

# ELEVATION 361\*

## *Energy Hygiene Exercise*

### Step by Step Guide

#### **CLEARING**

1. Close your eyes, take a couple of deep breaths to become present in your body.
2. Envision a channel of white light flowing from above your head, down your spine. Move your consciousness to the top of your head and into the channel. This is your higher-self channel, where Source energy and your life force flows into your human incarnation.
3. Imagine way above your head a cloud of concentrated golden light surrounding your channel. Summon the cloud to open and pour cleansing golden rain over and around your physical body. It rinses away everything that does not serve you; transmuting it into neutral energy as it flows into the earth.
4. Then imagine the cleansing light pouring into your head and flowing through the inside of your body. Rinsing out the tissue, muscles, bones, organs, etc. Let all that does not serve you flow with the light out the bottoms of your feet. Feel Clear!

#### **NURTURING**

5. With your consciousness still in the channel, at the top of your head, look up and envision a brilliant white light pouring down your main channel.
6. With your inhale, breathe the light down to the base of your spine. With your exhale, imagine it filling up the coccyx and pouring out to fill the lower part of your torso.
7. Inhale the light down again, exhale it out into coccyx and let it continue to fill up the middle of your torso. As if you are filling a glass - pull the light down thru the spine (like a straw or funnel)
8. Repeat until you have filled all the body and the crown chakra above you. Take a moment and let the body absorb the light. Feel Refreshed!

#### **PROTECTING**

9. With your consciousness still in the channel, at the top of the head, imagine the same white light flow out from the channel; over the head and down around the body – coating your skin, fitting like a wet suit. Tuck it under the feet and around the hands. This is the “Teflon” layer of protection for your sacred space.
10. Then imagine thick golden light flowing over the white – tucking it all around you. This is the filtration layer. It will transmute and/or repel lower frequencies.
11. Finally, pour a soft pink cloud over the golden light – tucking it all around you. This is the “peacemaker” layer. It sends a vibrational message of ease and grace (nonthreatening) through your aura. Feel Safe!
12. Take a moment to give yourself gratitude for caring for the most precious light of all – YOU!

\*\*Extra tip: if you need a very low profile in a situation, place a layer of grey (like fog) over the pink.

