

# A COMMON AWAKENING™

## Clearing and Cleansing

### Biofield

You are made up of much more than your physical body. You have many different energy centers that surround you and are within you. Each of these centers is important to understand for staying clean, clear, and centered.

What:

You have a biofield around your physical body that extends out about the length of your outstretched arm. Within that field there is a tremendous amount of information about you at all levels—physical, emotional, mental, and spiritual.

Why: Learning to attend to this space is very important for your wellbeing as it needs to be tended to just like your physical body needs food and exercise. It both receives and transmits information and can become depleted and distorted based on life experiences and internal states. The impact on your biofield will, over time, become manifest in your physical body in some way. Routine maintenance of your biofield will help support your overall well-being.

How:

1. Simply bringing awareness to your field is a beginning place. You can extend your awareness out through your biofield through awareness or using your arm to guide you to increase amplitude as attentional awareness influences and manifests.
2. Filling your biofield with white light can help strengthen and support your field and this also helps to clear your overall energy field.
3. Using exercises to support your biofield, running hands around auric field, smoothing the space just above the body (the auric field)
4. If you have had a surgery or accident it is likely that the field closest to your body has been impacted and is creating a weakness in your energy field. Exercises to smooth the energy a few inches around the body can help to repair any tears or injuries. You may feel heat or even see tears or distorted energy. Anything you bring your intention to can help to unwind stuck energy and free the holding pattern allowing healing and repair.

Resources:

Dr. Fernand Poulin- White Winds

Donna Eden's 5 minute energy routine

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## Clearing a Chakra

What:

You have 7 main energy centers in your body called chakras. They are referred to as spinning wheels of light that receive and transmit a particular energy consciousness. Each of the 7 chakra is located in a particular position on your body. The 1st chakra (root) is located just below your perineum between your legs. The 2nd Chakra (sacral) sits right below your belly button. 3rd Chakra (solar plexus) is the tender place just below the ribcage. 4th chakra (heart) sits in the middle of your chest. 5th chakra (throat) is in the middle of your neck. 6th chakra (third eye) is in the middle of your forehead. 7th chakra (crown) sits off the top of your head.

Chakras typically spin clockwise in a spiral motion that is consistent. They are shaped like a cone with the head of the cone a few inches out from your body and the point of the cone attached to an energy channel that runs through your spine.

Why:

Each of your chakras has a particular purpose and can be affected by life experiences including traumas, emotions, thoughts, bodily experiences. Each chakra can have its overall health impacted influencing how it is functioning. They can spin counterclockwise, spin too slowly or too fast, be pulled out, pushed in or deviated right or left. They can be overly hot in temperature or very cool. Just like your body needs to be cleansed, so does a chakra when it has been burdened or is not functioning well.

How:

1. To clear a chakra you need to feel with subtle attunement into the presence of each cone shaped energy center. You can typically place your hand a few inches off your body where the chakra is located and do the exercises below, or you can try to feel where the energy is on your body with any of the mentioned deviations or alterations.
2. To clear a chakra you want to spin the energy counter clockwise to clear the chakra. Use a spiral motion moving counter clockwise (12, 11, 10 on the face of a clock if you were the clock facing outwards).
3. Spirally unwind the chakra moving from large pancake size motions down to the point that attaches at the spine. You can use your palm to unwind or your thumb and first two fingers. You will move the energy below the skin through intention to reach the spine.
4. Shake off any energy from your hand.
5. Place your hand over the chakra again and spin the energy outward in spiral movements until you are a few inches off the body.
6. Give the chakra a final spin like you are screwing on a jar lid to get the velocity of the chakra moving.

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7. Clear all 7 chakras in the same way.

## **Clearing Unwanted Energies Picked Up from the Environment**

What:

Energy surrounds us at all times and can take forms that deplete or diminish our life force. You can consider this simply as “negative energy” or allow it to take on a more literal form as a constellated energy that needs clearing.

Why:

Any time you have been in a really crowded place or around people or places where upsetting energies are active is a signal that clearing might be helpful. Your subjective experience may be that you feel “off” or “burdened” and you aren’t quite sure why. You may even find yourself tripping or having dreams that are disturbing. Anything that makes you feel off may remind you to not just center yourself, but to clear your energy field.

How:

1. You can muscle test for these unwanted energies by interlocking your fingers (thumb and middle finger) on each hand making a chain. When you think of something good for you when you pull on your finger chain it stays connected indicating —strong. When you think of something bad for you, like a doughnut or lots of refined sugar, the chain will naturally break when you pull your fingers apart.
2. Now, you can test to see whether you have unwanted energies. If it is yes, the finger chain will break. If it is no, it will stay strong. You can then test how many and find your own way of testing where around the body. Down by the legs on the right? Up by the head on the left.
3. Then, simply imagine a cord of energy from that place on your body to a softball size orb off from your body and break the chain with your hand. Break an invisible cord in two.
4. Ask Archangel Michael to take that now released energy to its highest and greatest good, NOW. Or, if you are more comfortable you can ask Jesus or another ascended being to do this work for you.
5. Shake off the energy from your hands.
6. Test for strength using the above method and when the chain stays strong you know your energy field is clear.

## **Cords of Attachment**

We don’t realize that we are energy beings that are much more than our physical body and as a result we often overlook energies that are depleting us and those around us.

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What:

An attachment is a cord of energy that connects us to another person, like a telephone wire. These attachments can be based on love or concern and they can also be people with whom we are angry or have unresolved business with. These cords can be with those living and those who have passed over.

Even when we care deeply for someone we do not want to be in their energy field or have them in ours. This is depleting and over time creates a dependency and a depletion of energy that drains our overall well-being.

How:

You may know that you have an attachment because you think about that person a lot—whether it is positive or negative. You can muscle test (kinesiology) for an attachment, but often you will know you have one because you have an over involved thinking pattern about this person.

1. Begin by bringing this person to your awareness and picturing them.
2. Imagine a cord between the two of you that you are going to break or cut.
3. If you can identify the energetic connection (what it's really about) you have a greater likelihood of releasing the energy and not having it attach again.
4. Break/cut the cord and send the person back with love.
5. Return your energy to you and smooth the place where you felt the energy enter.