

REBALANCING OUR OWN ENERGY FIELD

It's important that we keep our energy field clear and clean of other people's stuff as well as any outside energies that we don't want to be carrying in our own field. This requires daily maintenance and attention.

Aura Cleansing Meditations

You can draw the Light into your body using your thought intentions.

1- Open up – wash in white light

2 - Clear your mind of all thought and connect with your Higher Self and I AM Presence.

3 - Ask your Higher Self to balance and align your earth star chakra. Breathe and relax as this takes place.

4 - Next bring up a red energy from the earth into your Base Chakra where the vibrancy of the red energy is filling the chakra. Visualize the center filling and expanding like a blossoming flower as the energy moves all around. See and feel the red energy spiraling down into the heart of mother earth and ask your Higher Self to rebalance your base chakra and etheric body. You can tell that the chakra is full because you will feel the vital life force energy filling that area of your body - the perineum and tailbone. It will feel good.

5 - Bring up orange light from the earth into the sacral or splenic chakra. You will be filling the sacral chakra and you can move the orange light out the front of the body as well as the back of the body. Ask your Higher Self to rebalance your sacral chakra and emotional body.

6 - Bring up yellow light from the earth into the solar plexus chakra. You will be filling the solar plexus chakra and you can move the yellow light out the front of the body as well as the back of the body. Ask your Higher Self to rebalance your solar plexus chakra and mental body.

7 - Bring up rose colored light from the earth and bring down emerald green light from Source into your heart chakra. You will be filling the heart chakra and you can move the pink and green light out the front of the heart as well as the back of the heart. Ask your Higher Self to rebalance your heart chakra and astral body.

8 - Bring down blue light from Source into the throat chakra. You will be filling the throat chakra and you can move the blue light out the front of the body as well as the back of the body. Ask your Higher Self to rebalance your throat chakra and etheric template body.

9 - Bring down indigo light from Source into the third eye chakra. You will be filling the third eye chakra and you can move the indigo light out the front of the head as well as the back of the head. Ask your Higher Self to rebalance your third eye chakra and celestial body.

10 - Bring down violet light from Source onto the crown chakra. You will be filling the crown chakra and you can connect it to the Great Central Sun. Ask your Higher Self to rebalance your crown chakra and ketheric template body.

11 - Ask your Higher Self to rebalance your Soul Star chakra with the appropriate color, which may be diamond light, platinum light or gold light.

12 - When you have finished rebalancing each chakra, bring down a column of white energy down through the Crown Chakra and see it

flowing through and aligning and harmonizing all the chakra centers of the body and connecting with the earth between your feet. This grounds you to the physical plane. As you do this, silently affirm to yourself that you are now completely balanced.

13 - Close down – wash in white light, seal your entire field in diamond white light and blue light and bring 3 golden rings down over you. Thank your Higher Self and I AM Presence.

We can also spend time channeling light with our hand into our own chakras, organs, meridian system acupuncture points, and points of light on our body and in our field.

Before I get out of bed every morning I affirm my connection with my Higher Self and link my crown chakra and soul star to the Great Central Sun and link my earth star and base chakra to the heart of mother earth and the New Earth Crystalline Grid.

We can also work with Archangel Michael to cut cords, clear lower energies and entities off of us as well. I work with AA Michael consistently to clear the lower energies. Ask him to take the lower energies or entities into the light to the level of the astral where is most appropriate for them at this time. This requires that you build a column of light for the energies to go into. You build the column by channeling it with your hand or psychically with your thought intention. Once you are finished using it, always remove the column back to the Universe and seal the area where it was to close any portals, either with your hand or psychically.