



ANGELA BIXBY

*Energy Intuit*

Intuitive Consultant, Consciousness Mentor  
& Certified Psychic Medium

## **Empath Toolkit – Energy Hygiene Techniques**

Energy Hygiene is always important. I tell people that not tending to your energy hygiene is akin to not cleaning your toilets. As an Empath and to manage your sensitivities it is imperative.

Basic energy hygiene of grounding, centering and clearing, as well as shielding – are important processes to do daily. If you are more sensitive or are having higher amounts of contact with people, you may want to do the practices more than once a day.

Consider yourself as a large energy field, before you see yourself as a human. When we connect with people whether in-person or virtually, we easily merge fields with them. Our culture isn't so helpful in teaching people about this and how to manage ones' fields.

Our subtle energy body is all of the energies that we are comprised of. Our chakra system and our aura house our physical, emotional, mental & many types of spiritual fields. Clearing your fields means attending to the balance and health of your subtle energy body (our chakras & our aura).

So the need to clear your fields can come from an in-person exchange with someone, a phone or email exchange, or even if someone is simply thinking of you. Our energy fields interact far more than we realize with others. You realize it, as you are a highly sensitive person and an Empath.

\*\*\*\*\*

## **Clearing Processes**

### **Basic Clearing Technique:**

*When you are feeling some sort of way – emotionally, physically, mentally or spiritually – ask in your head (you can also ask out loud or via written word), “Is this mine or someone else’s? If this isn’t mine return to sender! Or return it to its origin with love and awareness! Or any other directive creative statement that works for you.*

Ninety percent of the time it will lift. That pain in your knee, that negative thought, that overwhelming sadness that just washed over you – ninety percent of the time it will lift. At least for a little while.

While it is lifted, you want to ground, center and shield.

This means that you were ‘vibing’ someone. You were feeling their emotions, thoughts or getting their physical feelings (back ache, headache, jubilant feelings, etc). Vibing someone happens far more frequently than people realize.

As personally accountable and responsible beings, we assume that everything that we feel or think is ours. This simply isn’t true for the Empath.

And we more easily vibe people whose energy may waft in and hit one of our hot buttons. Think about what you’ve worked through...perhaps insecurities, body dysmorphia, all sorts of fears, etc. Although you’ve done the work to grow out of these patterns of thinking and feeling, it leaves you ripe for more of those feelings from others.

What happens is that say - insecurity, while you’ve worked through it — it’s a hot button. You have an old pattern of thinking and feeling for this. So when someone is around with this challenge, you feel it and naturally try to lift yourself or get embroiled in self-talk a la your past. Stop! Notice what you are doing and remind yourself that you worked through this six years ago. Ten years ago. Six months ago, etc. Send away what is no longer yours and get busying grounding, centering, clearing and shielding.

### **Your Baseline:**

From this cleared, grounded, centered and shielded space – this is your baseline energy signature! Congratulations on finding your way back to your baseline! This becomes critical in your process as an Empath, to differentiate your energy from others’. Your baseline is familiar. It includes your energy at any given time of the day, your mood, your thoughts, your approach to life, your likes and choices in life, etc.

This is a key piece in your process – when you notice yourself not in your baseline energy signature it is telling and a strong indicator that you are vibing someone.

You’ll want to strive to get back to your baseline as often as possible. While we are in our baseline energy signature is when building up our subtle energy body is more effective and when continuous tools will take root more naturally.

It can be difficult to have some of these processes ‘stick’ while you are constantly in others’ energy. Think about – trying to do anything with a person or a child strapped to your body. You are not as grounded, you are not entirely yourself due to the added weight of the person, etc.

This toolkit is designed to support you throughout your life as an empath.

I intend that you will all find your way back to your Baseline energy signatures, pronto!

### **Next Clearing Technique:**

*Identifying the source of the person that you were 'vibing'.* I use this phrase to refer to when we are picking up on someone else's energy. Identifying the source of the 'other' energy that you were experiencing is less important than identifying THAT you were vibing someone else. This is because – the sooner that we identify that we are vibing 'other' energies the sooner we can send them away and lighten our load. The longer that we walk around with someone else's energy, the harder it can be to release it.

Additionally, when we find that we have been carrying someone else's energy, or vibing them, for a long time – it is a bit of an energetic pattern that is rutted into our system. The work to mend this will take longer if it is a rutted pattern.

When you experience a symptom from another or when you have successfully sent away the energy that you were vibing, I encourage you to note its qualities. Was it a thought pattern with a tone of someone whom you recognize?

Ex. If you are normally a positive person and it was a self-loathing type thought loop that you were able to send away, who is that type of negative thinker in your environment?

Ex. If you were using vocabulary differently from your own, this can be a clue as to whom you are vibing.

Ex. If you notice yourself with similar aches and pains to someone that you know.

The value of ID'ing the source of whom you are vibing, is more for you to recognize the patterns in your energetic fields. The person whom you are vibing is not doing this on purpose and is likely quite clueless about how energy works (no offense). When you send the energy back to the person, or when you use this next technique, they will likely notice. It's quite common that once you clear someone else's energy or cut cords with them, that they will come boomeranging back with contact. They may not be consciously aware that you cleared them and this is proof to you of their feeling the energetic shift that you've created.

### **Cord-Cutting Technique:**

**Every contact we have with someone, particularly when it is emotionally charged, and very strongly so if it is sexually charged – forges a cording of energy between two people.**

These can become very strongly entrenched in our energy bodies and subsequently, our physical bodies. Periodically cutting cords is important, especially when we feel we are thinking

of the person too frequently. Mentally looping incessantly, whether at our own urging or the other person's, will leave us distracted or tired.

Energetic cords can and will drain us. It's why this technique is presented here in the Empath Tool Kit.

It is an energetic fact that cords are created between people in relationship. This includes nuclear families, friends that we are close to, co-workers and lovers. Having empathy for someone without discharging the other person's energy, can create cording to ourselves as well.

Healers must be extra careful and vigilant because cording can occur with clients if you aren't aware. Even readers who aren't doing energy healing and are connecting to the higher dimensional fields of others can experience cording quickly. Remember if you are more energetically sensitive, even thinking or ruminating on whom you've just had contact with – this can cord them into your fields and you into theirs.

A simple way to avoid such excessive cording is to bring strong boundaries to your thinking – your mental fields. Decide that after you have a consult with a client that you will not think of them again unless simply passing gratitude for the consult.

A good way to retrain your mental processes is to have a list of 10-20 things that you can do whether things to think about that have nothing to do with the client or positive and healthy distractions – read a book, do bookkeeping, go for a walk, color, dance, sing, etc.

Something to consider is that when others are thinking of you and emotion is added to it – if they are angry or elated – it will be felt by the other person more intensely.

When we are vibing others it can feel like a bit of a tug-of-war. Their feelings & thoughts are in our being, we are wrestling with them, and also recognizing them and then working to send them away and clear them.

In some ways, it's less about cutting the cords than letting go of the proverbial tug-of-war rope. Releasing. Laying it down. So if the instructions for severing of these cords feels harsh to you – consider the laying down of, the releasing any taught-ness to these cords as might occur if you laid down a rope that you'd been pulling on.

You may do best to picture the cords between you and others as laying down and becoming less taught, prior to moving into the cord cutting process.

### **Instructions for cord cutting:**

- Get into a calm, clear space as if you are going to meditate.
- Reduce distractions for the next 10 minutes
- Close your eyes (this helps you get into the alpha brain wave state more quickly where your subconscious gets to be affected in positive ways by this exercise)
- Breathe easily and rhythmically, slowing down your heart rate

- Call in Archangel Michael. He is an archangel of protection and wields a huge sword, just for this process of helping others to disconnect from the ties that bind them. Ask him to stand in protection and request that he be ready when you are ready for the cutting stage.
- Scan your body at this time. You can do it visually in your mind's eye, you can feel your way from toe to head, you can ask areas of cording to your physical body to make their presence known. This step will give you a head's up of where you may be about to undergo an energetic cord cutting.
- Ask him to cut all cords of connection with either "anyone draining your energy" or a specific person. If working on a specific person and more than one are weighing you down, you may want to go person-by-person.
- Breathe and relax while in your mind's eye you watch him cut the cords.
- Pay attention to how your body feels and what areas of your body feel affected by this – where you may feel tension, a release, relaxation, warmth, coolness, sharp pain, etc.
- When the process feels complete, then ask for healing and loving white light to be brought in to fill any cauterized cords or spaces left open by this process of cord cutting. If you saw cords being pulled out by their roots allow the white light to fill all of these spaces. When cords are removed by the roots, the empty space can be a vacuum to others' energies again and we don't want this to happen. Be sure to have the white light, or a light color of your preference on hand for this step.
- Finally, see/feel your entire being begin to fill with white light and watch it extend beyond the lines of your physical body out into your aura. Mentally express gratitude and thanks and feel free to move about your day.
- Be committed to not thinking of this person nor process for at least a few hours. Thinking of someone can undo the work and the process. Thinking of them can re-cord if the rumination is continuous and long-lasting.
- Drink loads of water to help the energy process to continue as you move about your day.

This process can be extra helpful if done in a salt bath and that isn't necessary.

Note: We don't cut people out of our lives when we cut cords. We are releasing 100% of their energy back to them and calling 100% of our energy back to us.

### **Miscellaneous Clearing Techniques:**

In addition to sending energies back from whence they came and cord cutting, you can do all sorts of clearing techniques as needed.

If you have the time to sit in meditation and scan your body and aura – allow your attention to be drawn to places where more clearing is warranted. If you are visual, you may see grey or black spots in your aura that looks like and acts like energetic lint. Once you see these, you can employ many techniques, sweeping (calling in a broom or using your hands to sweep), vacuuming, general releasing, etc.

Sweeping is the process of employing a broom or your hand to wave or sweep away the unwanted energies. You can also invoke a spirit guide with a broom to do this.

Vacuuming is as it sounds – picture a vacuum attaching to your energetic fields and allow it to remove all of the energetic lint that you may be encountering in your fields.

General releasing is stating and intending that all energies leave your fields that aren't there for your highest good.

Physical exercise coupled with an intention to clear – is one of the fastest ways that I have found to clear. Go for a walk outside and intend that all other energies are being cleared from your fields. Walk outside and ask the trees to cleanse your fields as you walk by them. Ask the earth to absorb all lower vibrational energies from your fields as you walk atop of her.

Chanting or toning is a great clearing technique! What this looks like: sing out loud to a song, chant Om or some other chant that you like, or simply yelling or uttering or vocalizing a tone with the intention of clearing.

You can also employ sound clearing with bells, crystal bowls, a gong, drums, rattles, etc. Simply use the sounds coupled with the intention that they are clearing your fields. You can move it around you or simply listen to it. Or dance with it. All of these will work well.

These techniques or others that you create will be effective! Enjoy using your intuition, imagination and any techniques that help you to clear.

Remember that *intention* is everything! If you intend to clear, center, ground or shield, it helps it to happen. The acknowledgement of energies and how they affect you is huge. Stand in your grounded state and see how quickly you can learn to work with your own energy.

Lastly, salt bath or salt scrub in the shower or while swimming or floating – water and salt water are tremendous for moving energy more quickly. So if you feel bogged down - jump in the shower and intend that you are clearing and centering and so it shall be.

## Grounding

**So often we move through our days without much consideration given to the importance of grounding.**

We need to be grounded to work more synergistically in much the same ways an electrical circuit does. Positive, negative and grounding are elements of a cohesive circuit. Grounding as a daily practice will facilitate vibrant living!

Being a grounded human means moving, deciding and living from our core. One aspect of this is that sensation of making decisions from our higher self, that deeper place. Another is the feeling that we have our 'feet on the ground'. The embodiment will feel that we are in firm service to ourselves, our loved ones and the world. Life moves around us and through us so rapidly at times that breathing deeply and grounding can elude us as an important aspect to vibrant living.

When you have that sensation of fogginess, confusion, too many options flying through your mind or at you – employing grounding techniques will help! These are especially useful for teenagers as hormonal shifts add a whole other layer of factors that may leave us feeling ungrounded (yes both us and them).

**There are many methods for grounding and your choice will be a personal one.**

You may find that one technique works well at some times and a different one may be employed at other times.

Some ideas for grounding that can be done individually:

- **literally** put both feet on the ground and/or imagine them as flat on the ground if that isn't possible. Imagine energy from the earth's core coming up through your feet and moving up through your body.
- **visualize** your feet as tree roots that are growing down into the ground.
- **plant** your feet whether standing or sitting and take three, deep breaths. Be mindful of breathing as far down into your belly as possible.
- **visualize** a cord going from the base of your spine down into the ground and all stresses and worries being sent down it – much like communications across fiber-optic lines
- **visualize** yourself as a vat of water and connect your feet or the base of your spine to the ground and unplug your pot thus releasing all of this water into the ground.
- **Meditate**
- **Feel** your toes in your socks/shoes/slippers and wiggle them
- **walk** in nature
- **exercise**
- **stretch** and see how many sensations you can observe in your body
- **drink** water and feel it move throughout your body
- **any** act of mindfulness that brings attention into your body and feet works!

Pausing and taking a few moments to shift your attention to a grounding technique that serves you will energize you for your next set of tasks. We require this attention to our own, energetic 'service' to run and enjoy our lives to the fullest!

Many empaths find that simply using the act of grounding, goes a long way to calm them and clear others' energies. You can also picture your grounding method as a way to discharge other

peoples' energies that you've picked up. Remember that you are doing this to get back to your baseline and lift the energies that you may be vibing.

## Centering Techniques

The art and act of centering is the basic process of calling all of your energy back into you. This can be done with – you guessed it – *intention!*

After you have cleared and grounded – intend/ask/state/proclaim that you are calling all of your energy back to you. You can intend that your energy is filling you from the feet up, or picture a guide pouring your energy into your head, or visualize the energy and its aspects running and jumping into your lap.

Enjoy using your imagination, intuition and intention to bring your energy fully back into yourself.

## Shielding Techniques

Shielding is a very important process for Empaths. You *can* be at your baseline energy signature and still vibe other people. As a matter of fact, assuming that you will always vibe others to some degree is reasonable and healthy.

Since others' emotions may still be floating in and out of your fields, you want to work with porous substances when you are using your imaginal gifts to shield. This is to allow others' vibes to float in and out while offering you a great amount of shielding so that it won't embed into you.

I like to encourage empaths to see their shields as pink cheesecloths.

While I use the terminology here of bubbling, shielding, protecting, guarding, walling, etc – Know that you are *intending* porousness for any substance that you are working with in your imagination – including titanium.

So intend now and everyday, that your shielding materials will always be modestly porous.

If you choose not to do this you run the risk of 'locking in' others' emotions into your fields and that is not good.

After you have cleared, centered, grounded, it is time to shield!

You can do this by visualizing yourself in a bubble. You can visualize others in a bubble especially after you've identified them as a source that you are vibing. You can also simply

bubble someone if you know them to be going through something and you plan to speak to them or spend time with them.

The times that we are living in are intense! And they will be for the foreseeable future. I encourage you to envision/imagine/intend that there are multiple layers - at least 10-12 – for each bubbling or shielding exercise that you do!

Once you've developed a process that works for you, it will be as simple as thinking - shields up! Or bubbles on with 12 layers! Before you head to that group event or trip to the mall or tough conversation with a loved one.

In the meantime, enjoy the process of picturing layers of shielding like rose petals, white light, invisibility cloaks, teflon, (all of these you have already intended will be modestly porous), titanium, cheesecloth, etc.

You can also picture the energies of color as layers of shielding too! Anything that feels as though it suits you, is going to work well in your tool kit for shielding.

I like to picture titanium shields interspersed with pink rose petals and white light layers.

When I'm walking into a situation where I want to be more on guard psychically, I will intend an indigo blue cheesecloth fabric with a pattern of evil eyes on it. This will be the outer wrapping of my 10-12 shields.

Have fun with shielding and remember that it's the creator's choice on the material and number of shields.

How long does shielding last? About three days max. You really want to be shielding as a daily practice and then more so if you are headed into other situations like a conference or travel. Shields want to be refreshed and checked-in upon! So perhaps shield in the morning then as you are winding down for sleep, check in with your shields and see whether they want to be refreshed or not.