

CLEARING

GYP-Module 4

WHY CLEAR?

When we are feeling bogged down in our auras, emotionally, physically, etc. it is a good idea to work through some clearing exercises.

Lightening our loads, so to speak is a wonderful way to restore our faith in our intuition and maintain our highest intentions.



GET STARTED RIGHT AWAY

The following are a few examples of exercises to clear ourselves.

Ways to Clear

Squeezing out our auras

Our auras are like sponges. Picking up good vibes and attitudes is helpful and negative ones can bog us down. To clear out feelings and vibes that aren't ours we can 'squeeze' our auras out and replace the vibes with beneficial ones. Rub your hands together and then comb them through your aura to rake out energetic debris and then shake your hands off and wash them. Afterwards pull up clear, fresh energy through your feet from the earth's core. This type of exercise can also be done on a windy day—go outside and hold your arms straight out from your shoulders and face the wind, then slowly turn your body as the wind blows your aura clean.

Imagine negative debris flying out of and off it as you do this. Then pull up clear, earth's energy through your feet. These are great exercises to do after an argument or heated discussion to clear our auras.

Walk in nature—this is my number one choice for clearing. Even a simple walk, twice around your block is enough to drain away negativity, psychic debris and bring back clarity to your aura.

Identifying our own emotions or heaviness

When we are feeling heavy and/or bogged down, sit quietly and ask your body, where it most feels this heaviness. Ask then what color it is and what shape it may be. How heavy is it? Then take your hands and rub them together and hold them over the spot on your body for one to two minutes.

Journal

Write out what we want to clear and or/lift. It may be tangible or intangible – treat the heaviness as a person you are writing to find out more about it. After you've expressed onto paper, feel free to release to a fire, water or to the recycling bin and feel yourself become lighter!

Soak it away

A salt bath is a wonderful way to clear ourselves with Epsom salts and/or baking soda. For an extra boost add a few drops of an essential oil for an aromatherapy touch!

Use crystals around your personal space

Finding different crystals that have clearing vibrations such as clear quartz crystals, selenite, amethyst and more. Place them around your home and workspace to help keep your space and aura clear.

Burning Sage or other incense

Burning sage is a great way to clean out space or your own aura. Light a sage bundle and set the intention of clearing the space for your greatest good. Then while the sage is burning move it slowly to each corner of the room allowing the smoke to reach the entire perimeter. It is good to keep a window open to let the old stale energy to flow out and leave your space. You can also do this to clear your aura by moving the smoke around your body and setting the intention to clear your aura.

Intention

Intention -- our thoughts directed in intentional ways – can whisk away, melt away, burn away any heavy or dense energies that may be bogging us down. Intend that the clearing is occurring as a single mode of addressing clearing or in conjunction with any of these clearing methods.

Asking our guides or angelic helpers

You can also seek help from your spirit helpers that were discussed in the last module. Ask those energies to help you to clear and to help keep your channels clear for the day, week or month.