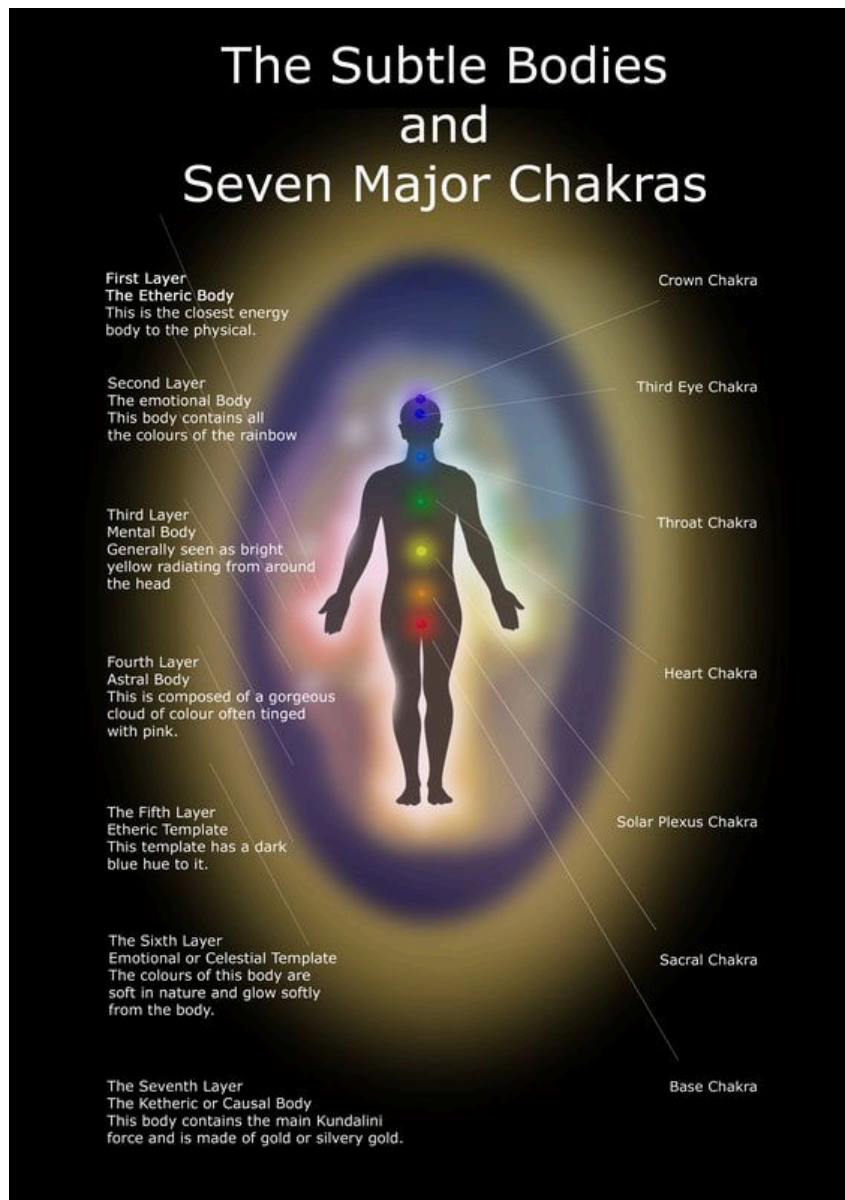


# Energy Body Hygiene



*The following information in this sheet are just some ways to maintain your Energy body hygiene. This is not meant to be used as medical advice. Please utilize discernment and feel into what feels true for you.*

## *Daily practices:*

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- ☐ Ground yourself into the earth in the morning with a quick meditation
  - ☐ When you clean your body or hands with water, visualize cleaning off any energy that isn't for your highest good
  - ☐ At the end of the day, visualize a rose floating before you and ask the rose to cleanse your energy as you call it back to yourself. Visualize calling back your energy from wherever it may be and be very clear that you only want your energy returned to you cleansed of any attachments.
  - ☐ Create boundaries with people, places and activities that make you feel contracted, drained, or depleted.
-

## *Other ways to maintain energetic hygiene:*

- Notice when you are with other people if you feel expansion or contraction
  - Listen to music that brings you joy! Sing! Dance! Move your body
  - Put your feet on the earth and feel energized by the sun
  - Find space for creation, it doesn't need to be perfect, create for the sake of the joy of creation!
  - Fire gazing, light a candle and stare into the flame. Tune into your energetic field and visualize the warmth of the flame cleansing and strengthening your shield.
  - Spend time with animals!
  - Hold a glass of water in your hands and connect your heart with the heart of the water. Give gratitude to the Spirit of water for all that is given to us. Speak your intention into the water and Drink the water. Visualize your intention flowing through your body while you drink.
  - Gratitude journaling
  - Prayer practices
-

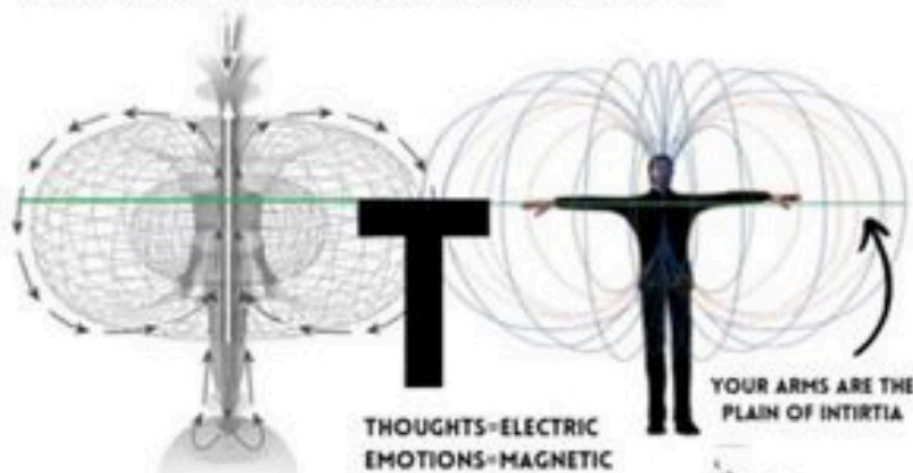
## *Modalities that support your energy body:*

- Energy clearing practices like Reiki, Emotion code, Energy Enhancement System, etc.
  - Sound healing
  - Acupuncture
  - Breathwork
  - Soul retrieval
  - Meditation
  - Tai chi
  - Qi gong
  - Yoga
  - Water practices
  - Ritual/ceremonial practices (Both individual and in group)
  - Sacred Plant Medicines
-

EACH THOUGHT AND EMOTION CARRIES A DISTINCTIVE VIBRATION WITH A SPECIFIC FREQUENCY. EVERY THOUGHT IS INTRICATELY LINKED TO AN EMOTION. THE STRENGTH OF YOUR PERSONAL FIELD PLAYS A PIVOTAL ROLE IN WHETHER YOU EXPERIENCE THOUGHTS AND EMOTIONS WITH HIGH OR LOW VIBRATORY EXPRESSIONS. THE REINFORCEMENT OF THE FIELD OCCURS WITH HIGH VIBRATIONAL THOUGHTS AND EMOTIONS.

EMOTIONS FIND THEIR RESONANCE IN THE HEART, WHILE THOUGHTS ORIGINATE IN THE BRAIN. IT IS CRUCIAL TO MAINTAIN POSITIVE THOUGHTS, AS THEY GIVE RISE TO POSITIVE EMOTIONS IN THE HEART. REMARKABLY, THE HEART'S MAGNETIC STRENGTH SURPASSES THAT OF THE BRAIN BY 5000 TIMES. POSITIONED AS THE CENTER OF THE FIELD, THE HEART POSSESSES THE UNIQUE ABILITY TO EMIT MAGNETIC IMPULSES INTO THE QUANTUM FIELD. CONTINUOUSLY PROJECTING YOUR EMOTIONS, THE HEART'S VIBRATION DETERMINES THE NATURE OF WHAT YOU ATTRACT BASED ON THE RESONANCE YOU ALIGN WITH.

EVERY CELL IN THE BODY GENERATES ITS OWN ELECTROMAGNETIC FIELD, AND THE COLLECTIVE CONTRIBUTION OF THESE INDIVIDUAL FIELDS RESULTS IN THE FORMATION OF THE OVERALL ELECTROMAGNETIC FIELD OF THE BODY.



## DISEASE & FREQUENCY

RESEARCH SUGGESTS THAT DISEASES OR ILLNESSES MAY EXIST IN A LOWER RANGE OF FREQUENCY. ACCORDING TO THIS VIEWPOINT, THE IDEA IS THAT INDIVIDUALS CAN POTENTIALLY BE MORE SUSCEPTIBLE TO DISEASES WHEN THEIR PERSONAL VIBRATIONAL FREQUENCY IS LOWERED, AS IT MAY ALIGN WITH THE LOWER FREQUENCIES ASSOCIATED WITH ILLNESSES. CONVERSELY, MAINTAINING A HIGH VIBRATORY RATE IS BELIEVED TO ACT AS A PROTECTIVE FACTOR, MAKING IT LESS LIKELY FOR ONE'S FREQUENCY TO MATCH WITH LOWER VIBRATIONAL STATES ASSOCIATED WITH DISEASES.

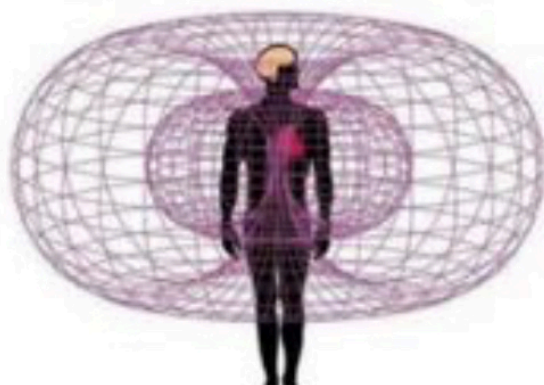


## HOW TO HAVE STRONG FIELD

- LIVE FROM THE HEART NOT THE MIND
- POSITIVE THINKING
- POSITIVE FEELING
- ELECTRIC DIET (FRUIT & VEG)
- BEING AROUND POSITIVE PEOPLE
- BALANCED CHAKRAS
- MEDITATING UNDER TREES
- GROUNDING DAILY
- MEDITATION

## The Heart is more powerful than the Brain

The Heart is about 100,000 times stronger electrically & up to 5,000 times stronger magnetically than the brain.

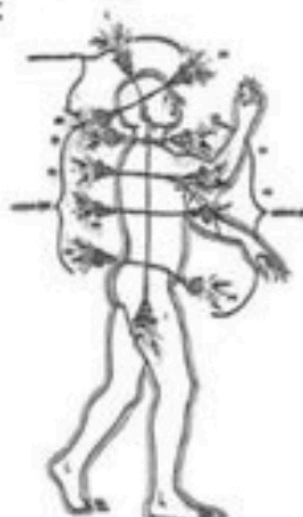


## ENERGY FIELD

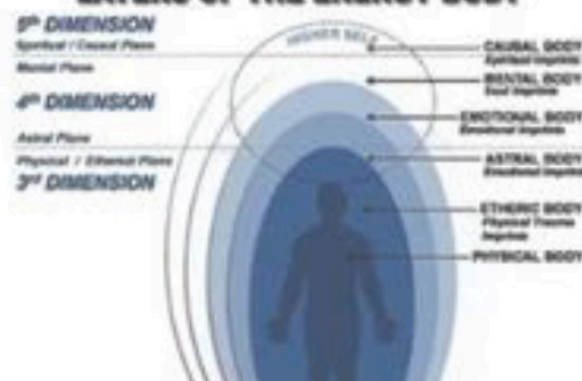
EACH INDIVIDUAL POSSESSES AN ELECTROMAGNETIC AURIC ENERGY FIELD, WHICH CAN BE SCIENTIFICALLY ASSESSED THROUGH METHODS LIKE ELECTROMYOGRAPHY. THE HEIGHTENED SENSITIVITY OF SOME INDIVIDUALS ALLOWS THEM TO PERCEIVE THE UNSEEN EMOTIONAL ENERGY PRESENT IN THIS FIELD. ENERGY, BEING CONSTANT IN ITS EXISTENCE THOUGH IT TRANSFORMS, IS THE BASIS FOR SENSITIVES' ABILITY TO SENSE AND INTERPRET EMOTIONS. WITHIN OUR ENERGY FIELDS, BOTH CONSCIOUS AND SUBCONSCIOUS THOUGHTS, EMOTIONS, AND MEMORIES COALESCE. IT IS THROUGH THIS AMALGAMATION THAT WE PICK UP ON THE UNSPOKEN "VIBES" EMANATING FROM OTHERS.

## CHAKRAS

THE SEVEN CHAKRAS DRAW THEIR POWER FROM THE AURIC FIELD. WHEN YOU MISUSE THE CHAKRAS BY EXTRACTING EXCESSIVE ENERGY, IT DIMINISHES YOUR FREQUENCY. MAINTAINING EQUILIBRIUM IN THE UTILIZATION OF THESE CENTERS IS CRUCIAL FOR ESTABLISHING A SWIFT AND ROBUST ELECTROMAGNETIC FIELD.



## LAYERS OF THE ENERGY BODY



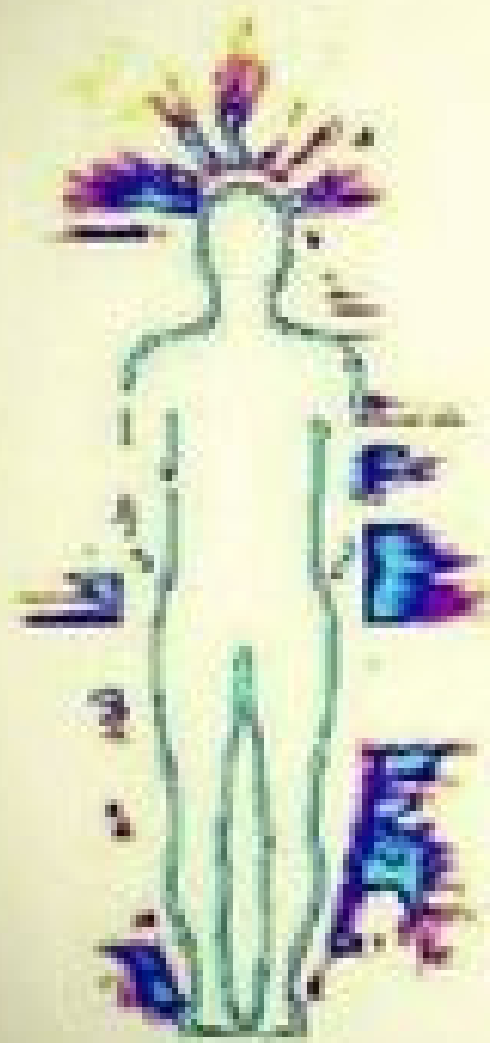




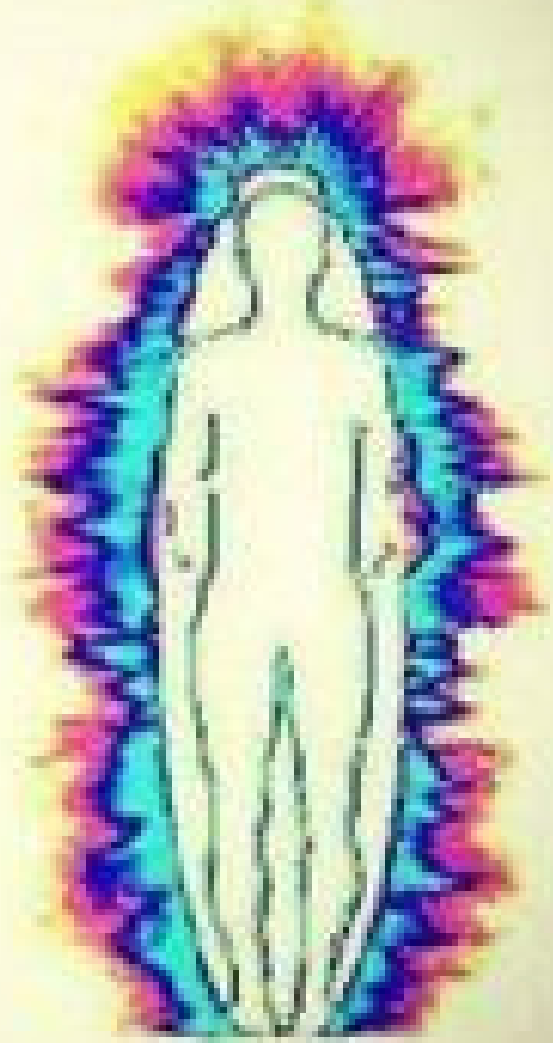
MEDITATING UNDER TREES ALLOWS  
YOU TO ABSORB THE  
ELECTROMAGNETIC ENERGY EMITTED  
BY THE TREE.



## Human Aura - Bioenergy



**Before meditation**



**After meditation**

