

The Spiritual Psychic Energy Clearing & Psychic Protection Guide

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A special excerpt just for you....

Chapter 1: Why You Need Energy Clearing

Chapter 2: How Badly Do You Need Energy Clearing?

*** CHAPTER 1 ***

WHY YOU NEED ENERGY CLEARING

Hello there, you big-hearted, psychically sensitive, emotionally empathic, energetically aware healer, giver, light-worker, or helper of the world! Welcome to your “Spiritual Psychic Energy Clearing Manual”.

This is a guide that I have written especially for big-hearted helpers and psychically open and emotionally empathic people just like YOU. The purpose of this guide is to help you to cleanse, restore, strengthen and stabilize your energy field, so that you are not so

easily rattled or distraught by all the negative energies or emotions within and around you, or just plain *overwhelmed* by all the intense energies there are out there these days.

What is “**energy clearing**”? To me, “energy clearing” is just a more generic term for “**psychic purification**”, for the energies that are being cleared and removed exist on the psychic and spiritual level. **Psychic purification** purifies & removes psychic toxins & emotional energies from your environment, the objects and space around you, and especially from within your inner self, your chakras and your aura.

Energy clearing (or psychic purification) is also a form of psychic “hygiene” that promotes psychic well-being and health. The more psychic purification you do, and the more frequently you purify, the less you will need to think about protection. Psychic purification can neutralize energetic toxins *before* they become a threat. And in cases where your aura has been compromised by negative energy, psychic purification can remove the negative energy and return you back to a more calm, and centered state. Psychic purification is also essential for spiritual centering, for the less psychic toxins there are in your environment, the easier it is for you get & stay in center.



This “Spiritual Psychic Energy Clearing” handbook was written as a comprehensive tool to help assist you with all of your energy clearing needs. You're welcome to skip around in the book if you would like, especially if that tends to be your usual learning style. However, I do want you to know that the chapters in this handbook are organized in such a way that each one builds on the one before it. That means that you will probably get the most out of this handbook if you read it cover to cover in sequential order, at least *eventually* (smile). You'll also become a whole lot more clear energetically if you slow down and take the time to do at least one or two of the recommended homework activities at the end of each chapter before moving on to the next chapter.

The ideas in this energy clearing guide can change your life *if* you take them to heart and actually *apply* them. Probably just reading this guide alone will help you to begin to shift the way you look at the world and deal with others. It's true that just merely being *introduced* to the ideas that are contained in this manual could help cleanse, heal, and balance your energies by making you more consciously aware of what triggers psychic contamination, and also what stimulates psychic purification and balancing.

However, if you take the awareness of these ideas and actually *apply* it to your life, then you will *really* see a positive shift for the better!

For example, do you know that when your energy is purified, grounded, and cleared, that your *mind* is also much more sharper & clear? Did you know that even your very *cells* operate more harmoniously when your energy field is clear and resonating at a positive frequency? And of course, your intuitive & psychic abilities operate much more accurately and clearly when your overall energy field is also clear.

In short, **when your energy is clear, YOU are clear, and your life flows much more harmoniously.**

Before we proceed, think about for a moment a time in your recent past when you felt frayed, frazzled or overwhelmed with energy....remember what that was like, and how difficult it was to achieve even the *simplest* thing, or to clearly tune into your inner guidance. Now remember another time in the recent past when you felt clear and calm....bring up that memory for a moment, and *savor* it. Do you recall how easy it was for you to “get into the flow” when you were that clear, and how you could accomplish even difficult things easily?

It was probably also easier for you to deal with any challenging people or situations in your life at that time, for when your energies are clean and clear, nothing negative or

unpleasant can “stick” to you.

These are all the reasons why energy clearing is so important....but WAIT...there is one *more* reason why you should get your energy clear and spend time maintaining that energy clarity, and it is this:

It is only when you are clear in your own energy that you can clearly experience and commune with the Divine within. Until then, you will only experience the Divine through the grungy lens of energetic imbalance. You may still be able to make communication with the Divine this way, but your communications are likely to be more distorted or difficult....whereas, when your energy field is clear & centered, communications with the Divine flows smoothly and easily.

This truly is the most compelling reason of all to practice regular energy clearing, for what is the purpose of life if not to commune with and merge with the Divine within?

The other most compelling reason of all has to do with you & your development as a spiritual and psychic being and with increasing your intuition. The more psychically open you become, the more energies you will consciously experience and observe....**and the more energies you are exposed to, the greater your need for energy clearing.**

If you dabble in the psychic realm at all (and probably you *do* or you would not be reading this guide) then you know that we psychic folk open ourselves up to a much broader range of frequencies, emotions, and vibrations than most people. Over time, some of those frequencies and energies that we have opened ourselves up to start to “stick” to our auras and weigh us down (energetically or physically). It is a bit like having a layer of astral “gunk” or “sludge” covering parts of your aura.

This layer of astral crud literally obscures your inner light and can cause your psychic perceptions and intuitive flashes to be “off”. In fact, you might say that having accumulated, excess energy built up in your aura tends to mess with your psychic and spiritual “calibration“. Not only can it cause you to mistake the impulses of the ego for messages from your inner psychic, but this energetic sludge-build up can also make you feel depressed, lethargic, hopeless, uninspired and cut off from Source. In other words, having energetic build up in your aura causes a psychic person like yourself to experience a sense of disconnection between you & Source. This naturally impacts your psychic and intuitive cognition in a most negative way.

The remedy for all of this is of course to remove the energetic build-up and “sludge” through energy clearing (also known as “psychic purification“).

In fact, once you get past the first initial stages of psychic cleansing, re-calibrating, and re-balancing (which can be quite intense), if you practice a little bit of energy-clearing every day, you don’t have to worry about getting that psychic “film” or “sludge” building up in your aura ever again. For if you release negative, excess, or unneeded energy *every day*, it no longer has a chance to attract itself to other unneeded energy and form a “film” in your aura. Regular energy clearing will keep your aura clean, sparkling, and sludge free. And a sparkling clean aura means a happy and healthy mind, a more joyous life, and greater psychic and spiritual perception.

A Quick Recap:

- * The purpose of this handbook is to help you to cleanse, restore, strengthen and stabilize your energy field, so that you are not so easily rattled, distraught, or overwhelmed by negative, intense, or excess energy in your field.
- * You will probably get the most out of this Energy Clearing Handbook if you read it cover-to-cover in sequential order and work at least 1 or 2 of the recommended homework activities in each section. However, you're also welcome to skip around and just read whatever calls out to you if that is more your style.
- * Just reading this guide will help to increase your awareness about the kinds of things that are most likely to upset your energy balance. It will also give you ideas about how you can regularly clear your aura so that you are not so easily upset or imbalanced energetically. Reading AND applying what you learn in this handbook will work best of all to create a positive shift in your life!
- * There are *MANY* positive benefits to have a clear energy field, including the fact that your cells operate more harmoniously and it is easier to deal with life challenges and get stuff done when your energy is clear and your aura is properly calibrated to a healthy frequency. On the spiritual level, having a cleared energy field means that your psychics perception are more clear and accurate, and your conscious awareness of the Divine is stronger.
- * Energy clearing is basically the same thing as psychic purification or psychic cleansing (it's just that some people like to use different terms for it). Energy clearing helps to remove the astral "sludge" from your aura, and keep it from building up too thickly.
- * If you have never cleansed or cleared before, the initial stages of energy clearing can be quite intense. However, once you get past the first or second major psychic cleanse, it's

usually a lot easier from there on out. If you regularly practice energy cleansing thereafter, you usually don't have to worry about the psychic sludge building up in your aura, because your daily cleansing will take care of it.

* Regular energy clearing will keep your aura clean, sparkling, and sludge free. It will also help ensure greater spiritual and psychic perception for you, a joyous life, and a happy & healthy mind. Although it can take a little bit of maintenance, regular energy clearing is so *freeing!*

RECOMMENDED HOMEWORK

1. Take a few moments to close your eyes, breathe deeply, and ponder how your life would be different if you were more energetically clear & psychically purified. How do you imagine your life would improve or be better if you were more calm, at peace, and free of negative energy toxins? What do you imagine the differences will be in how you feel, act, and think when you remove the psychic "sludge" from you aura? How will your health, well-being, or state of mind improve when you have learned how to more easily repel & release negative energies from your field?

Ponder all of this for a few moments. If you are the journaling type, you may also want to write down a few paragraphs describing the positive shifts and improvements that you expect to experience as a result of getting your energy clear.

* CHAPTER 2 *

HOW BAD DO YOU NEED ENERGY CLEARING?

Before we get into the “nuts and bolts” of the energy clearing ideas & techniques, I’d like to ask you a few questions to see how much you really need the ideas in this Energy Clearing Handbook. For each question below, please answer “yes” or “no”.

—Have you ever felt worn-down, dragged out, or overloaded by simply dealing with others in your day-to-day life?

—Are you prone to picking up on others' thoughts, energies, or emotions?

—Are you extremely sensitive or responsive to color, sounds, or smells in your environment?

—Do you find that it is easy for you to empathize with other people’s pains, problems or hurts?

—Do you sometimes experience physical fatigue or mental overload when dealing with routine stresses such as shopping in a crowded store?

—Is it difficult for you to receive criticism without feeling personally hurt or offended?

—Are you prone to melancholy or frequent mood swings?

—Do you manage or deal with a lot of people in your work or daily living?

—Do you work in the healing or counseling fields?

—Are you always the one who others turn to for help or advice?

—Are you a kind of professional helper or fixer? (Either formally or informally)

—Are you in a leadership role in your daily life, profession, family, or community?

—Are you the sensitive artistic type?

—Do you have mysterious health ailments that are difficult to diagnose or treat (such as fibromyalgia)?

—Are you always the one to do “little things” for others such as give them rides or prepare food for them when they are sick?

—Are you simply always tired or worn down?

If you answered “YES” to *any* of these questions, then you need energy clearing, and you need it on a regular basis. The more questions you answered “YES” to above, the more seriously you need energy clearing.

THE DILEMMA OF THE THIN-SKINNED

If you are easily worn-down in your daily dealings, it is likely that your psychic energies are already low, and your natural shields are weakened, making it very easy for outside energies to come in and overwhelm you. This is a very common condition for those of us who are naturally psychic or intuitive, for after-all, part of the reason we are so psychically perceptive is that we are energetically “thin-skinned”.

If you are prone to picking up on others' thoughts or feelings, or even easily identifying with their problems or pains, then you too are psychically “thin-skinned” and more vulnerable to energy intrusions. Furthermore, if you find yourself easily experiencing physical or mental fatigue when dealing with routine stresses (such as driving on the highway or shopping in a crowded grocery store) then it is likely that you too are naturally “thin-skinned” and have an energy field that is more porous and open to outside energies.

If you cannot take criticism without become “wounded” or upset, you are also a soul who is psychically very “thin-skinned” and unusually vulnerable and open to outside energies. The same is true if you are experiencing mysterious health ailments that cause you aches and pains, for your body is expressing the pains and pressure that you are experiencing internally on a psychic and energetic level.

People who are energetically “thin-skinned” are easily stressed, hurt, disturbed or overwhelmed by daily life’s challenges. I call this experience simply “ENERGETIC OVERLOAD” or “PSYCHIC OVERLOAD“. Any of you psychically “thin-skinned” people reading this know what I mean by this phrase, because you no doubt have already experienced it countless times in your life.

The reason we “thin-skinned” people are so easily overloaded is because our natural psychic shields aren’t as thick or as discriminating as the average person’s, and so we are more likely to let in energies that we shouldn’t, or to hang onto negative energies or emotional states instead of letting them pass through us....you might say that our filters are broken, both the “in” and the “out” filter.

As a person who initially spent many years of my life with a “broken filter” (so to speak), I’ve often wondered WHY exactly there are so many of us that are born so thin-skinned. After all, it really doesn’t make sense from an evolutionary perspective to be born so thin-skinned in these harsh & loud times we are living in.

For sure, some people are just more naturally sensitive than others. However, being sensitive to the point that it causes you pain or discomfort on a daily level doesn't seem natural at all to me. I used to think that it was just the way we are, as in, being so excessively thin-skinned was just the way God created us or the way our souls are wired. However, I have changed my mind about this over the years.

At this point in my journey, I am now convinced that in most cases, extreme energetic "thin-skinnedness" is caused by trauma at or around the time of birth, and the root chakra not opening properly as a result of such trauma. When the root chakra is not properly opened, the survival instinct is weakened, and the psychic shields do not form or integrate properly, thus leaving an aura that is poorly defined, weak, and excessively open to energy intrusions from the outside environment.

Thus, as you will learn later, **one of the essential keys to energy clearing and management is strengthening and re-igniting your root chakra.**

For The Thicker-Skinned

Now, it may be that you are reading this and thinking that the whole "energy overload" thin-skinned thing doesn't fit you at all. In fact, you may even be one of the rare few givers or spiritual person who is tough and *thick-skinned*. Perhaps you don't tire easily at all and you are stimulated by challenge and not all that sensitive to the colors, sounds, or conversations around you. You have your own kind of energy fortress going on, and you know how to stay centered in your *own* feelings, emotions, opinions and energies.

However, you may still need regular energy clearing, especially if you deal with a lot of people in your day-to-day life, or if you are a leader, healer, nurturer or counselor in some form or fashion. You may not show the signs of energy wear & tear as obviously as those who are thin-skinned, but if you are dealing with many people on a frequent basis (and

especially if it is your role to assist, lead, or help them in some way) then it is likely that there are many “cracks” in your energy field, and you do need to regularly repair, heal, and mend those cracks....otherwise you will be headed for a serious (but unexpected) burn-out episode.

The thick-skinned tend to express their energy imbalances in the form of serious health breakdown, career crisis or relationship collapse. They don't have as many day-to-day breakdowns as the thin-skinned but when they *do* experience energetic collapse, it is usually quite major. Furthermore, when the thick-skinned experience this energetic collapse, they usually don't have a clue as to how to deal with it, as they aren't used to feeling that helpless or vulnerable or being in a weakened state.

Through my years of being a psychic and helping many people to deal with energetic overload, I have come to see that most of the “thick-skinned” people aren't really as “thick-skinned” as they think they are or would like to be. Sure, they are not quite as sensitive as the “thin-skinned”. Nor are they as easily damaged by emotions, thoughts, and energies as the “thin-skinned”. But the psychically thick-skinned *do* experience psychic battering and strain on a daily level. And even if this strain doesn't actually show, over the years, the pressure and the stressful energy can build up until finally it causes some kind of great weakness or collapse for the formerly energetically “thick-skinned” person.

This state of psychic collapse is not a pleasant or desirable place to be in, especially for a “thick-skinned” person who is used to being in-charge and able to manage their own emotions and energies. This is why the “thick-skinned” person needs to know and practice techniques of energy-clearing just as much as the “thin-skinned” person.

A Quick Recap:

- * There are many factors that increase the need for psychic purification and several of them are listed for you earlier in this chapter.
- * Basically, people who are psychically “thin-skinned” need energy clearing more badly than those who are thick-skinned.
- * However the thick-skinned in leadership, management, or counseling roles in life still need energy clearing too in order to avoid major break-down or burn-out.
- * People who are severally psychically thin-skinned may have imbalances in the root chakra due to traumas suffered at birth or in early childhood. (Such imbalances can be healed & corrected by working with some of the techniques in this handbook.)
- * Whether you are psychically thin-skinned, thick-skinned, or somewhere in the middle, it is likely that you need energy clearing if you deal frequently with lots of people or have many stresses in life.

RECOMMENDED HOMEWORK

1. Ponder, reflect or journal upon the following questions:
 - Based on what you have read in this chapter, how seriously would you say that you currently need energy clearing on a scale of 0-10, with 10 being the highest?
 - Do you feel that you are generally thick-skinned or thin-skinned?
 - Are there certain situations or certain people that are more likely to bring out your thin-skinned side?
 - Did you experience trauma at birth or within the first 2 years of physical life? If so, how do you think that trauma your emotions & energy field as you grew to be an adult?