

ENERGY CLEARING

If this is the first time you've ever done an energy clearing and have any hesitations or doubts about doing it, feel free to say a prayer of protection before we start. I'll say the Unity Prayer for Protection and then pause for about 15 seconds before we begin in case you want to say your own prayer.

The light of God surrounds us;
The love of God enfolds us;
The power of God protects us;
The presence of God watches over us;
Wherever we are, God is!
And all is well.

(pause and count to 15)

Close your eyes and take a deep cleansing breath (*breath in for 1-2-3...and breath out for 1-2-3*)

With your eyes closed, look up at least 300 feet to connect with Source Energy, The Source of all Creation, you can call it God, Holy Spirit, Allah, Yahweh, Universal Energy or by any other name you choose. *(pause)*

Now, as you look up and hook up, imagine that energy source begins to stream liquid golden light or pure white light down toward your head.

As it approaches, imagine your crown chakra opening to allow this source energy into your brain. As it pours through, it opens you up to enlightenment, clearing any negative beliefs that might be blocking your Highest Good. It heals your brain, relieves any headaches or health issues in your head and fills your mind with Divine Intelligence.

As this source energy continues flowing down, it opens up and pours into your Third Eye, healing any issues in your head or face. You now can see each person you meet or think of a Divine child of God and are open to *hearing* what Divine Wisdom wants to reveal to you.

This liquid golden light or pure white light of source energy is now flowing into your throat, opening up this chakra, so any words you *speak* are words of love, wisdom, kindness, compassion and acceptance.

This liquid light now pours into your heart chakra, opening it up, so you are able to *feel love* for all humanity and every living being and every part of nature and consciousness. Your heart is relaxed and healed in every way needed. You now feel unconditional love for yourself and each and every person you see or think of, releasing all resentments, and sending forgiveness to all.

This liquid light now pours into your solar plexus, just behind your stomach. This energy is healing your pancreas, balancing your blood sugar, and making your entire digestive system function effectively and with ease. Your body naturally moves to its ideal weight and health. You feel calm, peaceful, and energized. Your emotions are calm and stable, giving you a sense that you have complete control in your life, with whatever willpower, flexibility and motivation you need to accomplish your goals.

Now, allow this Divine liquid source of life and energy pour into your sacral area, just below your navel, healing and improving the functioning of your reproductive system. This is your connection to your

desires, pleasures, reproduction and creativity. You are always creating and nurturing, whether it be the children you create or the dreams and hopes for your future that you create.

Now allow this liquid Divine light pour into the base of your spine and perineal floor, where your elimination organs are located, healing and improving the functioning of your adrenal glands. This is your connection to your survival, your will to live, and your sense of trust and security. As this source energy fills you here, you are calm, relaxed, and still. There is absolutely nothing that can cause you stress. You are grounded in peace, and can handle every event calmly, confidently and competently.

Now allow this liquid Divine source energy to continue pouring down through your limbs, down your arms ... through your fingertips ... into your thighs ... into your knees ... into your calves ... into your feet ... continuing all the way down into the ground, all the way to the center of the earth.

As you take your awareness to the earth's core, you feel the warm womb of Mother Earth and ground your energy to the core. In the very middle, there is a little trampoline that bounces your energy back up to you... through your feet ... up through your legs ... through your torso ... and into your heart.

Now, as this Divine source energy comes into your heart, it radiates out, in every direction from your body, 360 degrees, like a big central sun. ... now expand this energy and your awareness 2 feet out from your body in all directions ... expand this energy and your awareness to fill the *room* you are in ... expand this energy and your awareness to fill the *city* where you live ... now expand this energy and your awareness to fill the *state* you are in ... now expand this energy and your awareness to fill the *country* you are in ... now expand this energy and your awareness to fill all the *earth* ... now expand this energy and your awareness beyond the earth, into space, beyond this solar system ... out into the entire universe. *(pause)*

From this expanded state of awareness, feel your connection with the source of all creation ... of all Truth and Wisdom ...

Picture those you are in a relationship with --- it can be one person or many, but picture each person separately as an individual. Imagine that person is surrounded in pure, Divine white light ... and say to him or her, "I see you as a child of God and send you love."

If you like, you may do this for other individuals ... or choose one individual and ask if your spirit can talk to their spirit, to show you what needs cleared ... or healed ... or what their spirit or Divine Spirit might reveal to you about this relationship. *(pause for 10 seconds)*

From this state of expanded awareness, ask your Higher Self or God:

- What is the highest vision for this relationship? ...
- What do I need to release or clear to allow this highest vision to manifest? ...

Next, I will make some clearing statements related to ***relationships***, so if you want to type any of the beliefs that have been revealed to you, I will include them.

You always have free will to choose to clear or not clear blocks within you. If you wish to accept these statements, say “yes” after each one.

- Are you ready to clear anything that is getting in the way of you having *(pause to hear the “yes.”)*
 - *(after the “yes”)* Delete , Un-create, and De-story _____ in all time, space, dimensions and realities.
 - *State every limiting belief. Then repeat the clearing statement*
- Now, ask your Highest Self or God:
 - What must I become for the highest vision of this relationship to manifest? What qualities or skills do I need to develop? ...
 - What talents, gifts, skills or qualities do I already have that will serve this vision? ...
 - I am open to receiving this now and feel deep gratitude that it is manifesting NOW.

Next, I will make some clearing statements related to your **health**, so if you want to type any of the beliefs that have been revealed to you, I will include them.

- Are you ready to clear any belief or behavior pattern that is getting in the way of you having total and complete health *(pause to hear the “yes.”)*
 - *(after the “yes”)* Delete , Un-create, and De-story every belief or behavior pattern that is blocking me from having perfect health throughout all time, space, dimensions and realities.
 - *State every limiting belief. Then repeat the clearing statement*
 - Are you ready to accept that your body has the ability to heal itself and your role is to give it as much nutrition and cleanse as much toxicity as possible to allow it to heal? If so, say “yes.” *(wait for yes)*
 - Are you willing to invite in and receive perfect health? If so, say “yes.” *(wait for yes)*
 - Say “Thank you”

Next, I will make some clearing statements related to your **wealth**, so if you want to type any of the beliefs that have been revealed to you, I will include them.

- Are you ready to clear anything that is getting in the way of you having total financial freedom and abundant wealth? *(pause to hear the “yes.”)*
 - Are you ready to eliminate the words “I can’t afford it” from your vocabulary? If so, say “yes.” *(wait for yes)*
 - Are you ready to clear the belief that there is a lack or limitation of money in your life? If so, say “yes.” *(wait for yes)*
 - *(after the “yes”)* Delete , Un-create, and De-story _____ in all time, space, dimensions and realities.
 - *State every limiting belief. Then repeat the clearing statement*
 - Are you willing to invite in and receive all the abundance that is your birthright to receive? If so, say “Yes” *(pause for yes)*

- Since money is nothing more than energy, are you willing to set your energetic vibration to be in alignment with all the prosperity that God or the Divine Source of all Creation
- Now say “Thank you”

Next, I will make some clearing statements related to your ***career, life purpose, or any other desires you may have***, so if you want to type any of the beliefs that have been revealed to you, I will include them.

- Are you ready to clear anything that is getting in the way of you having *(pause to hear the “yes.”)*
 - *(after the “yes”)* Delete , Un-create, and De-story _____ in all time, space, dimensions and realities.
 - *State every limiting belief. Then repeat the clearing statement*
 - Ask your Highest Self,
 - “Is this a desire of my soul?”
 - “What do I hope to experience if I manifest this desire?”
 - “What are the infinite possibilities about this?”
 - “What would it take for this to happen?”
 - “What do I need to do to ensure it becomes a reality?”
 - Are you willing to invite in and receive the manifestation of your Highest Good in this situation and allow God or the creative force of the universe to work his magic and miracles to bring this to you in ways you have never thought? ... Are you willing to maintain inner peace and calm, through daily centering and grounding, so you can hear the soft whispers of divine inspiration that will guide your every step? If so, say “yes” ... *(wait for yes)*
 - Now say “Thank you”

(You may end your meditation with this statement of gratitude and bring your attention back to the present, or remain in quiet to see what else might be revealed. If you’d like to set an intention or visualize goals to manifest or do more energy work before ending, see the end of “[Chakra Opening/Balancing script](#), after the colored text.)