

*Your10Keys.com/Members – October, 2014*

## **Cleaning Your Energy**

### **For Evolution Explorers and Accelerators**

(Please Note: The additional Explorers and Accelerator information is in Garamond font)

The fall breeze that can help your energetic cleaning couldn't have come at a better time. With such a rough year for everyone, the ability to breathe that cool, crisp, fresh air and see what you need to fine tune in your life before you head into the crunch of the holidays is a wonderful opportunity.

If you're as eager as most people this year to change your life in a calm, soothing manner, a great way is to first ask yourself: "What was the purpose of experiencing everything so far this year?"

Ask yourself:

Was there more time alone where I could have figured out things in my life?

Did I confuse getting bored with not opening up my imagination?

Am I afraid to ask myself why I'm here on Earth, or what my purpose is?

Have I had a hard time figuring it out?

Now that you've entered the first days of fall, it's time to let the breeze in and clean all that old energy out and refresh yourself physically, emotionally, and spiritually.

Here are some fantastic techniques to do just that!

# The Exercises

**Explorers:** Continue on to the Cleansings

**Accelerators:** Each step of a Basic Cleansing will be done *for you* by professionals that have worked from their own location cleaning, clearing, and protecting property worldwide for decades. For major basic cleansings, they do not need to be at your site. They do need authorization to help you clean all of your properties (which being an Accelerator Member gives them). You will receive a short report describing the type of energy they found, what is cleansed and if there is anything else that would be prudent for you to do.

## Basic Cleansings of Your Home:

### Visual and Energetic Cleansing

- Picture yourself standing in one of your favorite places in your house. In your mind, turn around make a full circle absorbing your apartment or house along with all of the property that is yours or you use outside of the building. Once you have absorbed the 360 degree view in your mind, think of a big bubble around it, your entire property, and if it is an apartment, all of the pathways you take.



Say, **“I am surrounding my home/apt, and every aspect to the outer walls or outer property, everywhere I walk in the property, all of my possession, and my car in a bubble(s) of \_\_\_\_\_(pick your term: God’s Energy/ Divine Positive Light Energy / The Highest Positive Energy or a positive term you like) to change the energy inside the bubble to pure Positive Light Energy.”**

Picture the energy being infused with that Light in every corner, behind, under, and on top of every space, behind walls, in the walls, everywhere. It encompasses everything. Picture any negative energy seeping out of the bubble and being converted into Light Energy and sent out into the Universe with only the intention of helping others.

- When you look around in your mind, all you see is Light Energy in the bubble. All the negative is gone.
- Now close your eyes and do it again while taking a little deeper breaths.

#### Sage purification

- Sage is one of the most well known forms of clearing your home. It requires taking a small bundle of sage and burning it throughout your home to purify any negativity. It is important to note that windows should be opened as needed, as the smoke and smell of sage can be quite overwhelming.

Place the sage in a small dish or plate. Light it and then either it will go out or blow on it so that it is smoldering (it is burning but you just see the smoke and the effects of the burning). You don’t need it creating a fire.

Walk around your house, visiting each room with the dish or sage in one hand while using your other hand or using a feather to blow the smoke created by the sage into

and throughout the room. This can be in a general way. The sage smoke does not need to actually touch each part of the room, but until you know how to clean the energy as a professional does, it needs to actually be in each room and pushing the smoke two or three times (for a medium 12 x 14 room) into or throughout the room. (Sage does not work as well as lavender water, your individual protection stones or general verbal clearings in regards to cars. There is a disconnect between the energies because it is mode of transportation vs. a living location. Interestingly, a boat can fall under either category within the energy. Therefore, use another type of clearing for your cars and whichever energy your intuition tells you on your boats.)

When you first start, say something similar to, **“I ask that The Highest Positive Energy (or your term) creates the most positive energy within my home and property while lifting any negative energy in and away in a balanced beneficial way for everyone.”**

In a balanced beneficial way for everyone means that you are not just sweeping the dirt out the front door for you to track it right back in. What you consider dirt, even negative energy, can be either be converted to positive someplace else (similar to how plants use the carbon dioxide we exhale and convert it into oxygen that is beneficial for us), or discarded in a safe way back to the Source of all energy.

#### Lavender Water

- A bottle of lavender water is fantastic for aiding in clearing the energy and for making your home smell like a field of lavender. Spray the air of each room in your house with the intention of purifying your space of living. This is most beneficial when paired with either the White Candle Clearing or a Verbal Clearing.

You can also plant lavender around your property.

Prior to starting, say, **“My intention is to cleanse the air and property of this location (or my home, etc.) with The Highest Positive Energy. As the lavender water permeates the energy, it spreads out to encompass the entire property. I do this in natural Positive Light (also known as natural Positive Energy) and it refreshes back to me in the Highest Positive Energy for my life.”**

Spray each room, part of your property and car with lavender water. You do not need to repeat the saying once it said at the very beginning of each cleansing. Afterwards, light a candle in the room you will be in so that it helps to focus your mind, energy, and intention.

#### White Candles

- Light a white candle or a series of them in a room in your home where you would like to clear the energy and protect it with positivity. This can be beneficial for people who spend a lot of time in a particular room, or have a home office, where energy can become stale or make you feel claustrophobic.

Try different shapes for the candles. For instance a circle, star, triangle. For many people this helps to change their energy up in a positive way. Go with your intuition. If a shape doesn't feel right, wait for another day. If it does, go with it!

#### Verbally Clearing

- **“I clear, cleanse, and protect my property, home, and possessions of any negative anything. I ask the Divine Light to surround my property, home, and possessions in a protective bubble of Divine Light.”**

## Energy Specialist

- You can have an energy specialist create a blueprint of your home and clear each room, your front yard, back yard, and each and every square inch of your property. This is beneficial if you feel you cannot clear and protect your home on your own.

## Cleansing Yourself

### Shower cleanse

- While you're taking a shower or bath, imagine all the water that touches your skin is Divine Light energy that cleanses you and fills you with a sense of validation, self acceptance, love, inner peace, beauty, and the glory of being alive. Allow your very essence to glow with the Divine Light love that pours into you. When you are finished, ask to be protected by a bubble of Divine Light.

## Meditation Cleanse

Chanting sounds of energetic healing and restoration can be incorporated into your daily meditations. Repeat these sounds as many times as feels natural to you.

## Su

This chant is to help become harmonized with the universe and establish inner connection.

## **Om**

Pronounced "A-U-M"

This chant is to help connect you to the Higher Energy.

## **Cleansing Your Thoughts**

Your life is a reflection of your subconscious thought. Start out the day with a positive affirmation.

Always be careful with fire and never let anything burn without you being right there. Dispose of it properly once cool.

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