



CLEANING ENERGY TECHNIQUES WITH TOOLS

By Lourdes Lebron

There are many times when an energetically sensitive person picks up negative energy and feels “off” or even physically sick. This energy results from interacting with a person, place, or thing. Situations like arguments or even road rage can contribute to the buildup of unwanted vibes in a person’s energy system. Consequently, the goal of this article is to give you different tools that you can use to remove unwanted energies from yourself.

SMUDGING – Smudging involves using a bundle of sage to clean with the use of smoke. An easy way to do this is to stand (feet hips distance apart) holding a [sage stick](#) that has been lit, and trace the outline of your body starting at the feet. The sage should be held a few inches from your body and move the sage stick around your body as if you were cutting a paper doll. If you feel that it will take more than a few minutes doing this, place the stick in a heatproof/fireproof container while you sit or stand nearby it. The goal is to let the smoke dissipate through your body because the smoke will help dissolve the unwanted energy. Personally, I like to visualize the smoke as transmuting anything harmful into opalescent glitter that not only cleans, but shines and protect.

SALT BATH – If you are able to take a bath, take some sea salt, Epsom salt, or table salt and let it melt in the tub. As you sit in the tub, feel the salt dispersing the negative vibes and melting them away.



HERB BATH – Besides salt you may wish to place some herbs in a cheesecloth pouch and let them soak in the water. Lavender can be used to relax, rosemary to invigorate, and sage to clean. Try different ones and see how they make you feel. If you don't have herbs, try a few drops of an essential oil. Many of the oil blends on the market for sinuses have terrific blends of cleaning herbs that can help with energetic dirt. If you are using an oil, please make sure you have a slip proof mat under you as to not to slip in the tub due to the oil.

SALT SCRUBS – These can be used after a shower or bath. Once you are done rinsing, you can rub yourself with either a commercial blend or one you have made yourself with sea salt and oil. Visualize the scrub taking off the dirt and placing a smooth shield in its place. Rinse off the scrub and when towel drying off, imagine yourself patting the shield in place. Since this tool uses oil, it is very important that you have slip proof mat under your feet while doing this to avoid falling. [This link](#) will take you to instructions on how to make your own salt scrub.

HERBAL SPRAYS – I like to use these sprays as a quick energy rinse when I know it will be a while before I can do a full cleansing. I like to spritz them on starting at my head and working towards my feet. As I feel the droplets hitting my head and body I can feel the pressure from the energy being released. I have a preference for the ones by Thegardencrew.com, but you can make your own. [Here is a link](#) to a recipe from Mountain Rose herbs.

ESSENTIAL OILS – I like to use essential oils in diffusers, lotions, even washing machines. Since negative energy can stick to clothes, I like adding a drop of



essential oils to the rinse cycle in my machine. If this is not feasible (check with your washing machine care instructions first) you may wish to put a drop or two in a spray bottle and spray one to two feet around your clothes. Again, caution is warranted when using oils around delicate fabrics. A quick way to help clean energy is put essential oils (Peppermint, Citrus scents, Rosemary, Eucalyptus, Frankincense, Palo Santo) in a diffuser so that the scent slowly permeates the air in the room and helps to alleviate the heavy feeling often associated with negative energy. If you don't have a diffuser, you boil some water in a pot and let the oils disperse from there. Oils in lotions are a convenient way to receive the cleaning energies quickly. After a shower, bath, or even washing your hands, use a lotion scented by natural oils. You can make your own by using unscented natural lotions and combine 2-3 drops of the oils. As you massage the lotion in imagine it going deeply into your body and removing the detrimental energy.

REIKI/ENERGY MODALITIES – For those of you who use Reiki or many other types of healing energy you can use this energy to cleanse yourself. Starting at the top of the head, bring your hands together, open them with palms facing you, and slowly go down your body. Imagine your particular healing modality combing your body and removing the toxic vibes from your system. When you are done wash your hands in cold water to release anything sticking to it. For those of you who don't have access to an energy modality like Reiki, [here is one of my Reiki videos](#), that cleans you aura for you.

[Donna Eden](#) has many videos on energy work that anyone can do which help keep your energy flowing so that harmful particles do not stick to your energy fields. Although I highly recommend her [Energy Medicine Kit](#), I would like to



suggest her YouTube videos for anyone just starting out. [Here is a link](#) to Donna Eden's videos.

[Raymon Grace](#) also does clearing work with energy, but he uses a pendulum. Here is a link to his book, [Techniques that Work for Me](#). You can also find videos on his [YouTube](#) account where he works with the pendulum to send energy for particular situations.

MUSIC – Drumming music can clean a room or the aura of a person in a noninvasive manner. Playing this music for up to 30 minutes can leave a room and a person feeling energetically lighter. For straight drumming, Sandra Ingerman has a cd with her [Shamanic Journeying book](#). There are also many more cds and mp3s available; the key is to find the music that resonates best with you.

TUNING FORKS – Another unique method to clear energy is to use tuning forks. Not only do they feel great, but they clean energy at the same time. An easy way to clean chakras is to “ding” a tuning fork and then place it on the site of a major chakra. Doing this 3x on each chakra can help release built up negative energy. Using two of them at a time, can remove any dirt attached to the aura. Starting at the crown move both tuning forks simultaneously down the sides of the body and then down the front of the body. This should also be done three times. [Here is a link to a dvd, Sound Healing](#), explaining how to use these instruments.

CRYSTALS – A convenient way to release anything damaging to you is to use crystals. [Selenite](#) is wonderful for this purpose. Its energy is akin to a “vacuum cleaner”. One way you can clean yourself is to place a piece of Selenite on each



chakra, one below each of the feet, and one on your palms. Rest for 15- 20 minutes and let the energy of crystals do their work. If you don't have [Selenite](#), you can program [Clear Quartz](#) to do the same also. Some of you may find [Black Tourmaline](#) to work better for you. I urge you to experiment to see which crystal works best at removing energy that is toxic to you.

COMPOUNDING TECHNIQUES – There comes a time when doing one of these techniques is not enough. I urge you to compound the ideas above and come up with your own “cleaning prescription.” Try two or three together. Mix them up and combine them in different ways. What works best one day may not work for you the next day due to the different circumstances and energies you are exposed to. Vary them and experiment to develop the best possible system for you.

After doing any of the cleaning methods above, please drink plenty of water to help move newer cleaner energy through your body. Also, if you are sensitive to energy, you may wish to use grounding crystals to help keep you connected to the earth and allowing you to receive more positive strength from the ground.

To be successful at cleaning and removing negative vibes, it is important to remember that intention is the key. Focus on having a bright aura, clean chakras, and flowing meridians. Clean unwanted vibes as often as you can. Doing all of this will not only help you feel better mentally and emotionally, but aid your physical fitness and health as well.



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