



# Huu Energy Cross Current Sweep

UNCOMMON PPL



# Step-by-Step Guide to Clearing and Balancing Energy

## Step 1: Sweeping Away Negative Energy with the "Hu" Sound

The first step is to clear any stagnant or negative energy using the **sweeping technique** combined with the **"Hu"** sound.

### Start with the first arm:

- Hold your arm halfway up, not past your shoulder, with your hand open.
- Begin sweeping down the arm, moving from the shoulder to the wrist.
- As you sweep, **say "Huuu"** (a deep, elongated sound) to help clear any blocked or negative energy.
- Continue sweeping down the arm until you come off the hand, releasing any built-up energy.
- Repeat this motion twice on each arm.

### Repeat on the other arm:

- Do the same sweeping motion on the other arm, saying "Huuu" as you go down, and repeat this process twice as well.

# Step-by-Step Guide to Clearing and Balancing Energy

## Step 2: Sweeping for Clarity of Thought and Balancing the Body

This step focuses on balancing the body and helping with clarity of thought by sweeping energy from one side of the body to the other.

### Start with the right shoulder:

- Begin at your **right shoulder** and sweep across the body to the **left hip**.
- Apply slight pressure above the shoulder as you move your hand across the body to the opposite hip. Do five times on each side.
- This motion helps to clear any stagnant energy and promote balance, leaving you feeling more centred.

### Repeat on the left side:

- Now, switch to the **left shoulder** and sweep across to the **right hip**.
- Again, apply gentle pressure just over the shoulder, sweeping the hand across the body to the opposite hip.

This process takes less than a minute, and everyone who has tried it has reported feeling **instantly better**—lighter, clearer, and more balanced. You can do this exercise every day or whenever you feel like it. Once you learn this technique, you can perform it **anywhere and anytime** you need to reset your energy, whether at home, at work, or even when you're out and about. It's quick, simple, and incredibly effective!

