



Cosmic Healing With CJ

mind, body & soul

TIPS TO PROTECT YOUR ENERGY AFTER AN ALIGNMENT OR HEALING SESSION

1 - CLEANSE YOUR SPACE

Smudge (Sage) – Start at your front door and go clockwise from your house. Open windows to let the smoke out while you are saging. Call on God/The Divine for protection. Ask God/The Divine that your home be cleansed of all negative energy and bring in love and light energy. A note: Sage also kills 99% of bacteria. Saging is not cleansing just on a spiritual level but on a physical level as well. White Sage is preferable. After you sage, it is good to burn some Palo Santo, essential oils or incense to bring in positive energy. The Sage resets the energy back to a neutral state.

Sound – Singing Bowls or Bells or Clapping of Hands, Drumming, or Super Loud Music are fantastic tools to clean and break up stagnant and heavy energy in a space/room/home, etc. Go through your house and clang pots and pans if you don't have a singing bowl or bell, with the intention of clearing out all negative or stagnant energy. After you do this, you will notice the energy has shifted and your space should feel clearer and lighter. Everything holds frequency and using sound is a quick and easy way to reset the energy in your space!

Salt/Rice Bowls – Put Sea Salt and Rice in bowls (small ones like cereal bowls are just fine) and put them in the room or area you want to cleanse and clear. Leave the bowls out for three days. After the three days, empty the Sea Salt and Rice into a disposable bag, then throw out the Sea Salt and Rice. You will notice a significant change in the energy of your space. It should feel much lighter and clearer. Do this whenever you feel the energy is getting heavy.

Divine White Light/Pillar of Light – Ask God/Holy Spirit to fill your home with the divine white light from God/Source/The Creator and move out any energies that are



not in the highest vibration of love and light. Imagine a beam of light coming from God into your space and filling up the entire room and that light goes out in all directions and down to the Earth's core. Do this whenever you feel you need to. You can also cleanse off crystals, jewelry or any object this way, your car, etc. Quick and easy and effective!

Get Rid of Clutter – Clean out your closets. Get rid of things that no longer serve you. Remove trash, paper/mail that no longer serves you. A lot of that clutter holds stagnant energy. And that energy needs to move on out!

Home/Car Repairs - Make any repairs that need repairing in your home. Start with small ones and work up to the larger ones but having things left undone can affect your energy field.

Clean Your House/Do Your Laundry/Wash Your Car – Cleanliness is next to Godliness – there is a reason for that saying. A clean and put together house feels good and keeps the energy clear and that helps keep your energy clear. Likewise, a dirty and cluttered house makes you feel stressed and anxious.

Protection for You and Your Home – You can grid your home and property with black tourmaline and selenite along with asking God/the Divine/your angels to protect your property. Black tourmaline protects and selenite cleanses. These two crystals make a great pair. You can also put these pieces at your front door to ensure you are protected from any outside energy and whatever energy is coming to you and your home is cleansed off. You can put a piece of black tourmaline in your car and program it for protection and carry a piece on you as well. Also, ask God and your angels to protect you, your home, your car and space every where you go and keep you from harm's way and any negative energy come back to you be diverted from you, transmuted into positive energy or sent back to the sender.



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Move 27 Things - The Feng Shi principle of moving 27 things in a space completely shifts the energy of the entire space. Do this periodically when the energy in your home/rooms feels stale. You don't have to move big things. Small things count too! Rearranging furniture, cabinets, pictures, home décor, all count. Purging your closets count too! Moving and shifting 27 or more things totally shifts the energy. Try it!

2 – CLEANSE YOUR ENERGY

Rest – Get plenty of rest. Nap when you need to. Turn off electronics at night and put the phone away. Do not sleep with a TV on or a the phone by you.

Shungite – Electronic Devices emit Electromagnetic Frequencies (EMF) that are harmful to our energy field. Place a piece of Shungite near your TV or near your electronic devices to minimize the effects.

Epsom Salt Baths – Take an Epsom salt bath once a week to clear off negative energy (or more frequent if you feel you need it). Soak for at least 20 minutes or more.

Water – Drink Water; but incorporate hot lemon water if you can. The benefits of hot lemon water helps cleanse your internal body. Also, program your water to heal you from the inside out and thank the water for it's healing and blessings. Water literally responds to frequency. Research Dr. Emoto and water to learn about the healing power of water.

Nature – Get out in nature and ground. Barefoot. Imagine all the worries, stress and negative energy going to the ground and thank the Earth for taking that energy and recycling it into positive energy. Hug a tree and do the same. Trees give energy too. You can give the tree your negative energy and ask it to transmute it into positive energy and ask the tree to give you energy back and thank the tree. Nature is sentient and does respond to us. Always thank God, the Creator for all these amazing gifts. One of my favorite things to do is to stand outside on a windy day and allow the wind to



blow through me carrying away all my worries and concerns. Nature will communicate with us if we are open to it!

Gratitude – Be thankful and grateful daily. Remind yourself of three things a day to be thankful for. No matter how big or small. Being in a state of gratitude raises your vibration and attracts more things to come into your life to be grateful for. And, if you are grateful for someone in your life, tell them. Words can speak life into someone! You never know those words of gratitude might just make a difference in that person's life.

Words of Affirmation – Start speaking words of affirmation over yourself. You can do it silently in your head. Or out loud! You can say them out loud in your car. Eventually, look at yourself in the mirror and speak out loud words of love to yourself. I am beautiful. I am strong. I am powerful. I am intelligent. I am abundant. I am wealthy. I am balanced. Etc. You get the idea. Speaking OUT LOUD is powerful. You are affirming who you are all the time. Why not change the narrative from negative to positive and watch your reality begin to match your affirmations? I promise it works!

Dance – Dance in the kitchen! Or in your bedroom or in your car or wherever. Dancing is a great way to move out trapped, stagnant or old energy from our body. And it's fun! Dancing reconnects you to your inner child and your sacral chakra as well. Which opens up creativity, fun and a return to joy! Get to dancing!

Exercise – Exercising does not have to be a chore! Taking a walk, dancing, running, swimming, gardening, are all different ways to get moving. Movement is the key word. When we are moving, that means energy is moving and flowing out to allow for new energy to flow in. Exercise or move in whatever way that resonates with you. While you are moving through your activity of choice, pause and imagine all negative energy inside you is flowing out and being transformed into new positive energy and is flowing back in to you. This is a form of Alchemy!



Stand in Your Sovereignty – Affirm out loud that you are a sovereign being and no one has permission to take your energy, manipulate you, program you, siphon off your energy, do any kind of spell work or magic work, curses, etc. You are a divine being created by God and are sovereign over your energy and you call back all of your energy to you. Asking for God and the angels to cleanse that energy as it comes back to you. But, you are sovereign. Repeat the verse – No weapon formed against me shall prosper. Do this as often as you feel you need to. I do it all the time! And it helps alleviate fear!

Cut Cords and Ties/Release Karma – Ask God and your angels/guides to help you with cutting cords and ties to people, places and things, negative thought patterns, addictions, etc. that no longer serve your highest good. Ask that the karma be released and healed. Ask for love and light to heal the empty spaces left after you cut ties and cords and that it only be filled with love and light. Ask that whatever is to cut or released not to be reattached. Do this as often as you feel you need to.

Prayer and Meditation – A prayer life is key to changing your reality. Along with gratitude. Meditation can also be prayer. There are many different ways to meditate. The traditional way is a good way to center your mind and focus. I began my meditation practice just 5 minutes at a time. I eventually worked up to an hour at a time. 20 minutes of meditation a day would really help you transform your overall well being. You will feel more at peace, grounded and calm. I don't have hardly any anxiety any more and I attribute a lot of it to meditation along with prayer. Prayer is having a conversation with God/The Divine. It doesn't have to be formal. I talk to God and express my gratitude daily. I highly recommend both prayer and meditation. Look up meditation and ways to meditate. There are many ways to achieve this. Ask God/Spirit to show you the best way for you. Some people meditate through art, gardening, etc. Whatever works for you to calm your mind and achieve that meditation state where you don't have the monkey mind. The more you meditate the less you will have the chatter that goes on in your head on a daily basis. It just helps with clarity and focus so much.



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Self Care – Do what makes you happy and feel good. Whether it's a pedicure, a nice dinner out, or going on a nature walk, or taking a class, doing art, dancing, whatever it could be. A hobby. Or cooking or whatever makes your heart sing, start doing more of that. A concert. A festival. An art museum. A wine tasting. Relaxing at the river. Hiking. A bubble bath. Reading a good book. Learning about a subject you are interested in. Just whatever brings out your inner child. Loving yourself is the key to loving others. We have to first love ourselves before we can love others.

These are just a few things that should help you keep your vibration high and energy in a good place. If you have any questions, please call me or text me! ~ CJ