

Daily Energy Hygiene Practices with the Elements

Just as we brush our teeth or wash our face each day, our energy field also benefits from regular cleansing and strengthening.

Energy hygiene is about keeping your aura, chakras, and subtle body systems clear, balanced, and resilient.

By working with the elements — Earth, Air, Fire, Water, and Storm — you can create a simple daily practice that both grounds and uplifts you.

If at any point in your day you feel unstable, foggy, dizzy, anxious or unsafe – YOU ARE NOT GROUNDED!

Before you can go up and open up your higher chakra. We must first master the grounding to ensure that you are equally balanced and have a stable foundation.

Earth – Ground & Stabilize

Why: Earth helps us release excess energy, worries, and stress. It stabilizes our frequency and roots us into the present moment.

Practice:

- Stand barefoot on the ground (grass, soil, sand).
- Imagine roots growing from the soles of your feet deep into the Earth's crystalline core.
- Visualize any stagnant or heavy energies flowing down through the roots to be composted by Mother Earth.
- Finish by drawing Earth energy back up through your roots into your body for strength and stability.

Air – Clear & Refresh

Why: Air represents breath, movement, and mental clarity. It sweeps away clutter and brings in lightness.

Practice:

- Take three slow, deep breaths. With each exhale, imagine blowing out stress, cords, and attachments.

- Visualize a fresh breeze moving through your aura, clearing dust, cobwebs, and old thoughts.
 - Optional: Use incense, sage, or sound (a bell or chime) to refresh the space around you.
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Fire – Purify & Empower

Why: Fire transforms and activates. It burns away energetic debris and ignites your personal power.

Practice:

- Light a candle (or visualize a flame in your heart).
 - Imagine this sacred fire moving through your body and aura, burning away cords, hooks, and blockages.
 - Let the fire activate your inner spark, restoring confidence and vitality.
 - Affirm: *“I stand in my light, empowered and clear.”*
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Water – Flow & Restore

Why: Water cleanses, soothes, and restores balance to our emotions and energy field.

Practice:

- If possible, shower mindfully. Imagine the water washing away all stress, leaving you refreshed.
 - If no water is at hand, visualize a waterfall of crystalline light flowing over you, cleansing every layer of your energy body.
 - Drink a glass of water with intention, blessing it to bring renewal and vitality.
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Storm / Ether / Spirit – Align & Protect

Why: Spirit is the unifying element, connecting us with our higher self, guides, and Source. It seals your energy field in sovereignty.

Practice:

- Place your hands on your heart and call in your higher self or guides.

- Visualize a sphere of golden or violet light surrounding you as protection and alignment.
 - Affirm: *“I am sovereign, aligned, and guided by the highest light.”*
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Suggested Daily Flow

1. **Morning:** Earth grounding + Air breath clearing.
 2. **Midday reset:** Fire visualization to burn away stress + short water sip ritual.
 3. **Evening:** Water cleanse (shower or visualization) + Spirit alignment for rest and dream protection.
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When practiced daily, these elemental rituals keep your energy clean, your vibration high, and your connection strong. Like tuning an instrument, energy hygiene allows you to play the music of your soul with clarity and harmony.

Reminder – bring your body back into balance by sitting with hands together.

Prayer position will unite both sides of your body and mind.