

## Personal Energy Hygiene

What is energy hygiene? Well, first of all, it is, to a degree, starting with your body. You want to keep it cleansed, because it's also a symbolic act for all of the rest of your energy fields. It's you taking time to bathe or to shower, to clean, to refresh.

As most of you know, it's very easy to pick up energies. They're floating all around right now, and while this room is filled with beautiful ancestral energy, it's also filled with energy critters, energy bugs, energy parasites, energy goop, that's been – and poop too! – that's been hanging around. And as you become more sensitive and more integrated, there is the tendency to pick up these odorous energies all over your body. And while most other humans cannot detect the odor, self-respecting skwela can. We can smell it on you.

So you want to cleanse the physical body, of course. But let's talk about something more important – cleansing the mind. Oh, the mind is just a big energy field programmed and tuned to certain frequencies and certain patterns. The mind picks up a lot of junk, as you've probably noticed.

It is important to cleanse the mind, and it can be done very easily through the breath – through the breath, yes; spending a few minutes each day on conscious breathing – because as you breathe, you're letting the clear energies of you and clear crystalline energies outside of you now wash away many of the unneeded energies and thoughts that are in your mind.

Next, for energy cleansing of the mind: song. You have heard it today, several times. Singing.

Singing is much like breathing. It gets you out of the mind, and when you get out of your mind for a moment, the mind has a natural built-in mechanism that cleanses itself, that releases itself of thoughts that are no longer appropriate for your vibrational and expansional status.

But when you're always in the mind, when you're always tinkering around in there, your mind doesn't flush itself out.

So, breathing and a bit of song, and one more thing – very important thing, and I mean this very seriously – tell a joke. Make fun of something, because you see, you have programmed your mind to be so serious, so v-e-r-y serious and sometimes b-o-r-i-n-g, because you get so s-e-r-i-o-u-s. And you're trying to figure everything out, and you're not going to be able to anyway, so let go now. Let it come natural. Let it flow.

You are a natural being – natural in your energy expansion, natural in your energy resolution. So, when you tell a joke, you get out of your regular mind for a while. You lighten up a little bit. And some of you are so afraid of telling a joke because you think you might offend somebody.

Well, look at Louis Black! He tells serious jokes to politicians about them, and gets rewarded for being offensive and inappropriate. Don't worry about

offending. You're not in that Old Energy anymore. You're not going to tell something off color. The point is – let it up, let it out, get out of the mind.

That is a beautiful way of mental energy cleansing. It will actually – to use a computer analogy – it will be like reorganizing all those file cabinets. It will be bringing in more efficient methods for using the brain and the mind or intellect in this New Energy. You're going to find that the mind can be much speedier than it is right now, consuming less energy and causing less stress on you.

Next, your personal energy field that goes slightly beyond the body and the mind. You carry this thing called your aura, your energy field. It is what connects to, brings in energy from, and releases old energies out of your personal experience. It is an integral but often misunderstood part of you. You have heard about the aura, but most really don't understand it. It is there. It has a tendency to collect a lot of energy debris, a lot of junk. As you go around – as was mentioned earlier by the Pleadians – you go into a store, you can pick up energies from other people. If it doesn't go into your body or your mind, often it is in your energy field. It collects there.

### **Dark Psychic Energy**

But there is another type of energy that you would say is spiritually radioactive energy you really been picking up on lately, and it's been causing you a bit of confusion and grief. Because you are growing more sensitive, you are aware that these energies are there and they are very sharp. They like have little spears on them, and they get right in. And sometimes they penetrate the ethereal field and go straight into the body and the mind. These are energies of what you would have previously called black magic, witchcraft and the dark arts, and you're accumulating them in your energy field right now.

There are several reasons for this. First, some of these are old curses and black magic that you put upon other people in past lives. And the funny thing about any form of black magic, it always comes back to the originator. So you're feeling a lot of this old black magic energy that you laid out there – curses and spells and everything else – coming straight back at you – whoosh! – as your aspects come [gremlins, devils, evil ones] in. Don't be so naïve to think that all that old black arts wouldn't come back in either.

You're also feeling psychic attacks from other people. They're not necessarily conscious of it, but it's happening. As more and more humans are going into a slightly deranged mental state due to intentional chemical and energy bombardment from the sky, water and other media, it is also propelling them into a deranged psychic or spiritual state. They are somewhere between here and there – here, being Earth; there, being the other dimensions – very confused and very lost. And what they tend to do is send out what you would say would be black magic arrows, not in anyone's particular direction, but guess who they're attracted to first?

Ones who are more open and increasing their vibration and their consciousness,

**and that happens to be you.**

**take a deep breath here ...**

**(pause) and a few more; have a smoke or a smudge, drink or snack;**

**Breath deeply, breath with intent and awareness;**

**There is also a lot of very deliberate, what you would say, curses or dark energy assaults right now. As Earth is making its transition into a New Energy, new time period, new paradigm there are many Old Energies and aspects, cultures and civilizations that don't want to see it happen. Some of these are literally in the physical realm and actively practicing very dark energies. Some of them exist in the Near Earth realms where they are also laying an assault of this very confused energy on Earth right now.**

**They have an agenda. They are vested in the old way. There is an underlying belief that they will go out of existence if Earth goes through its evolution. They are doing anything, in a very righteous and very deliberate way, to hold on.**

**So you are feeling all of these energies coming in, but not to worry. Not to worry. What is also happening is your divine energy, your over-soul energy is coming in closer and closer, filling you up, particle at a time, coming into your energy field, into your body and into your mind. Its brightness is also feeling and attracting some of these very, very difficult and dark energies on Earth right now.**

**Now, while this sounds a bit ominous and a bit threatening, and I the anxiety level here shooting up to the top of the ceiling and beyond, it's really not a big deal. Not at all. It's just energy. That's all it is.**

**Of course, it's energy that's been packaged and shaped and formed into a certain structure and thrown at you. But it's just energy, and with just a little simple change of perspective, what you're going to find is that you're no longer dragged down by these Old Energies. You're not carrying them around anymore, but it's just energy coming in to serve you.**

**So what do you do?**

**Well, of course, you know the first part of the answer is to breathe.**

**So let's breathe right now.**

**While you're breathing, breathe in those energies. Oh yes, breathe them in. Stop resisting them. Stop trying to push them away. Having been masters of, let us say, dark energy works – as all of us have been at some time or the other – and being masters of New Energy, you don't have to try to run from them anymore. And you spent a lot of lifetimes running from dark energies, because you used to be there. You used to work with it. You understand its potency.**

**And when you decided not to delve into those energies anymore, you actually became frightened of them. You started running. You hid from them. The mention of dark energies, psychic energies, alien energies, can bring you to fear,**

and the fear can close you up in your heart, limit you in your mind. Talking about the dark arts can cause you to stop breathing, to freeze up and to go very, very small.

But I'm going to invite you to breathe them in, understanding it's just energy, understanding it can no longer turn on you. Others can no longer manipulate you. Your aspects can no longer control you. The ones in the other realms can no longer haunt you when you breathe it in. Oh, and I know – a bit of tension here in the looming up, a bit of tension – you say, “But what if I breathe it in and I become dark?”

You see, this is an old fear that darkness – these psychic, abusive energies – have held over you for a long time. So what they do is they create the perception that they can do something to you that if you even open the door a little bit that you'll be doomed to their hell and their control. But we're big boys and big girls now. We understand how energy works, and in just a moment we're going to understand how energy can absolutely be cleansed; how you can have personal hygiene for all of your energy fields.

So instead of running, instead of blocking and instead of hiding from all of these energies that are around now, the ones trying to hold onto duality, the ones trying to hold onto the suffering of the church, the ones trying to hold onto the belief in karma, the ones that are trying to hold onto their beliefs in heaven and hell. All the rest of these energies are at work and they're all around you. And how they affect you some days. How deeply they affect you and cause you to hide.

You can cleanse these energies, transmute them, without going mental, very easily. The first thing you do is breathe – and I mean really breathe.

Breathe like you're bringing the energy in, like you have nothing to fear, because you don't.

Breathe like the love and the divine within you knows that it's just energy.

It's not dark and it's not light – it's just energy. And it's not going to try to control you or harm you. It's there to serve you, no matter what illusion it was created under – by the ones who are trying to create this psychic assault right now, by your own dark energies from the past – it doesn't matter. It's there to serve you.

After you breathe it in, then you do something extraordinary. You imagine something – anything you want. You just imagine it.

You see, the imagination is one of the greatest gifts that you have. Imagination creates the reality and its sub-realities. The imagination is your beacon of light for who you are and who you're choosing to be.

## **Imagination**

**Now let's talk about the difference between imagination and mental visioning or envisioning.**

**Imagination is open and free. It doesn't try to establish focus and it doesn't come from the mind.**

**You could say that it comes from the heart and it comes from the inspiration and it comes from the divine within.**

**I'm not saying to imagine little; I'm saying imagine big. I'm not saying to imagine for the world; I'm saying to imagine for you.**

**You can imagine, even in this Now moment. Some of you say, "But I thought imagining was for the future only." Oh no, indeed. We can imagine right now. do this now**

**Let's imagine that we're sitting on top of a mountain, together on a beautiful day of sunshine, the glory of Gaia everywhere we feel. Let's imagine that we're sitting in a room together, that we're sharing our energies and our love, that we're sharing our safe space, that we're sharing our journey together. Let's imagine that for a moment. Let's imagine there's music. Let's imagine there's laughter. Let's imagine there's relatives from all around the world connecting.**

**Just breathe that in and imagine it. Imagine this glorious picture – which is happening right now. Imagine that you're surrounded by all your ancestors' spirits filling this the space as far as you can see, coming from every part of creation to take part in this celebration.**

**Imagine that for a moment.**

**And the moment you imagine – set yourself free. Open yourself up. Let yourself flow in creative, dynamic, divine energies.**

**You have just transformed any dark energy, any stuck energy, any assaults, any of these psychic arrows. You've just changed them, just like that.**

**You can imagine yourself floating on a cloud if you want. You can imagine yourself singing along to the music of Your Favorite Artist. You can imagine yourself lying in bed just before you fall asleep in that beautiful in-between world. It doesn't matter.**

**You can imagine yourself dining on the finest food that you've ever, ever tasted. It doesn't matter. It's not necessarily what you imagine, it's just that you imagine. Imagination is your expression. It is you expressed, you see. It is taking your soul and expressing it, opening it up. And the moment you do that, you come back to you. You come back home to the real you.**

**You can imagine butterflies. You can imagine floating across the skies. You can imagine bathing in a beautiful mountain stream – it doesn't matter. You can imagine suffering if you want. I don't know why you'd want to. You can imagine yourself in the shower, cleansing. Anything you want, dear friends. The imagination is the transformation of energies that would otherwise torment you, haunt you and chase you.**

**Don't make it any more complex. Breathing and imagining.**

**Let's imagine right now that we're in this beautiful place you call the home. It's filled with many features, beautiful energies, nature – anything you want. Can you free yourself to imagine, imagine grand and open?**

**Take a deep breath and imagine it. Imagine you there. Oh, you're always there. You don't have to focus on it, meaning you don't have to be analytical. You don't even worry if the imagination changes, flows and opens up, if it transforms from one setting to the other. Free imagination frees you. That's how you clear some of these dark junky energies that have accumulated, that have gotten into your energy field. Some have even gotten into your body, and a lot of them have gotten into your mind.**

**You free yourself. You cleanse yourself with simple imagination. That's all. Imagination. Once you start imagining on a regular basis, you're going to realize that it is also a tool of manifestation. You don't have to focus on stacks of money. You don't have to focus on the specific parts of your body that may be slightly out of kilter. Any imagination – imagine swimming in a river of chocolate. Imagine laying in a very comfortable large chair with angels fanning you and feeding you grapes. It doesn't matter. Don't be judgmental about your imaginations. Don't fear your imaginations. Start living your imaginations and cleansing your energies.**

**So that is our lesson in personal energy and spiritual hygiene for a dirty, dirty world.**