

*Energetic  
& physical  
cleansing &  
protection rituals*

HARMONY & FLOW WITHIN  
[WWW.HARMONYANDFLOWWITHIN.COM](http://WWW.HARMONYANDFLOWWITHIN.COM)

# Energetic & Physical Cleansing & Protection Rituals

---

## Brief Overview

There is more to us than just a physical body, we are multi-dimensional beings, and we must start seeing and treating ourselves in this manner. To view this from a holistic perspective, means to see yourself from all aspects within you. These aspects, layers or energy bodies that make up the self are known as Emotional, Mental, Physical and Spiritual. These aspects or energy bodies influence each of the main energy centres (chakras) within your being. These aspects or energy bodies within us also reside in different dimensions simultaneously and they all carry a different energy frequency and function.

We are all energetic beings/spiritual beings and we are having a physical experience. We all have a purpose here and it's up to us to remember who we are and what it is we are here to do and to give it expression, in whatever form it manifests itself.

So when we shift our focus from living and making our decisions based on our outside reality (a 3<sup>rd</sup> dimensional reality) to now seeing the world from our inner reality (a different dimension again), we start to get inspired, make decisions, and act from our inner guidance rather than being reactive to the external world. From this perspective you are now a conscious co-creator with the universe. Living a life that your heart dreams of (where your soul is communicating to you what it wants to experience).

Everything first starts in your energy field, and by focusing on this area first, you have the opportunity to change belief systems, energetic patterning, clear psychic attacks, negative thought forms, limited perspectives, past life wounding, karma, just to name a few. You are unlinking yourself from a programming that has been on autopilot for most of your life. We start to decode the old programming and start reprogramming. Another way of saying it we go through a death and rebirth process energetically through the womb space.

## Energetic Rituals

We are constantly emanating out different types of energy, whether positive or negative ones. For a lot of people this occurs on an unconscious level. Every person we come into contact with, even if it's for a very short period of time, energy is exchanged, felt or taken on by the other person.

We are all responsible for our own well-being and part of that is to master our own energy and power. There will be times where you will experience Spiritual Initiations, Power Plays, Negative People or Situations.

After experiencing these situations, you may feel disorientated, low in energy, depleted, confused, overthinking/overanalysing, low self-worth, unsure of what happened, angry, sad or frustrated.

When we focus on cleansing and protection rituals all energy bodies are being affected. Therefore, incorporating some kind of energetic and physical cleansing & protection rituals on a daily basis is to support your well being (emotional, mental, physical & spiritual bodies) at optimal level (keeping your energy centres clear, flowing, balanced so you are centred within yourself and not being influenced).

There are many techniques, tools and modalities available. It's just a matter of exploring them and finding out which one's best suit you and your needs.

I have provided a small list of different energetic rituals that I have been shown by my many teachers over the years, none of this is my own work, it is all ancient wisdom being passed down.



# Energetic & Physical Cleansing & Protection Rituals

---

I offer them for you to try out and learn which one's best work for you preferably on a daily basis. If you can't achieve a daily ritual at this stage, that is ok, you will integrate a process that best suits you. It is not necessary to have all the mentioned techniques below in your daily practice. However, sometimes different rituals will be suited for certain situations.

I have used all these myself and still do depending on what is needed at the time.

## **Rituals to perform before you leave the house.**

*All the rituals below before should be performed before leaving the house for more effective results.*

### **CLOSING DOWN ALL YOUR CHAKRAS**

Bring your attention to each chakra one at a time and spend a few seconds intending and/or see, sense or feel the energy centre (chakra) reducing in size:

NOTE: You can't completely close down a chakra. This helps to take on and feel less of other people's energy, it reduces the hypersensitivity.

Crown Chakra – see, sense or feel it and reduce the size of the chakra, when you feel it is complete move on to the next one

Third Eye Chakra

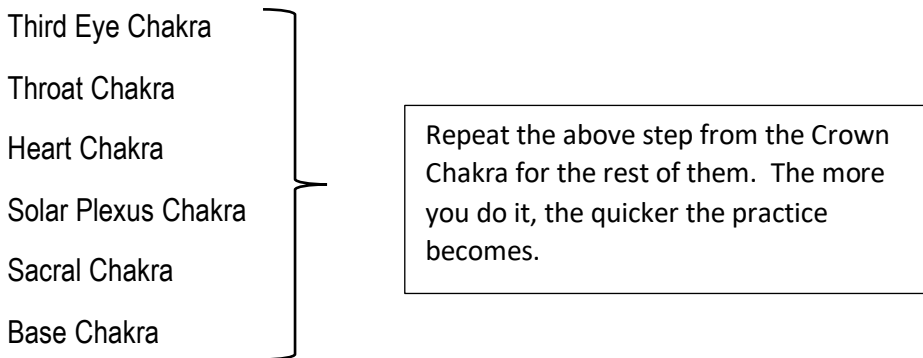
Throat Chakra

Heart Chakra

Solar Plexus Chakra

Sacral Chakra

Base Chakra



Repeat the above step from the Crown Chakra for the rest of them. The more you do it, the quicker the practice becomes.

### **BRING IN YOUR AURIC FIELD**

See, sense or feel your auric field around your body and intend for it to come in closer in toward your body, you can use hand gesturing for this exercise to help. Again, this is to help with reducing the hypersensitivity (feeling other people's stuff).

### **SHUT DOWN YOUR FEELING VORTEX**

The feeling vortex is accessed from your solar plexus area. Create a diamond shape with your thumb and pointer finger from each hand. Then reduce the size of the diamond by overlapping one hand in front of the other to make a small diamond shape approx. the size of a 50cent piece and say with intent –“shutting down the feeling vortex” This technique helps to minimise how much of other people's energy you feel.

# Energetic & Physical Cleansing & Protection Rituals

---

## PROTECTION SHIELD AROUND YOUR ENERGY FIELD

Using hand gesturing, see, sense or feel the energy coming up through your body from mother earth and running it all the way up through your body and out through the top of your head and reaching for the stars. Then see, sense or feel the energy coming down into your body and running all the way down your body and into mother earth. With your hand gesturing, see, sense or feel the energy coming back up and this time stopping at your heart chakra. Still using your hands gesturing the energy to come out from your heart centre to in front of you and then draw a circle motion with your hands starting from the height of your heart at the same time see, sense or feel a protective shield you are creating with your hands around your body along with setting the intent for the protection shield to stay in place for the rest of the day.

### **Extra practice (optional)**

As an added extra you can also visualise Archangel Michael's sword in front of you, you are holding it with the point facing into the ground and you are feeling the blue protective light emanating out from your heart and all your body, creating a strong blue protective shield with the intent to stay there for the rest of the day.

## WEAR CRYSTALS ON YOUR PERSON

Crystals have high frequencies and healing properties along with offering great energetic protection. They are a beautiful tool to wear on your person when you are away from your house.

If you don't have crystal jewellery, that's ok, you can try placing crystals in your bra if you have no pockets in your clothing or in pockets of your clothing. Set an intent on what you would like the crystals to do for you.

Crystals for protection I personally use is Rose Quartz and black Obsidian together and if you like you can add clear quartz.

### **Rituals to perform after you have seen people or at the end of the day before you go to bed.**

*For best results all of them should be performed, they get quicker to perform after some practice. Feel into it to know what is best for you. Also there will be different times of the day and different situations (even while you are at home) that will require you to perform some of these rituals.*

## BURN WHITE SAGE

Burn sage all around your body, even under each foot with the intent that you love the space you are in, you love the high vibrational energies all around me, I love the pure clean energies in my space. This will clear out any negative energies in your auric field.

## PALO SANTOS

This is great to burn after you have burned the sage to clear all the negative energies as Palo Santos is more to invoke/invite in positive energies that you want to work with like your, angels or guides, ascended masters, goddesses etc.

# Energetic & Physical Cleansing & Protection Rituals

---

## YERBA SANTA

Yerba Santa is also available as a smudge stick and is very good for protection and setting boundaries, it pulls in your higher self to you, what better protection can you have than your higher self.

## GOLDEN NET

*Assists with keeping your energy field clear. A great tool to incorporate into your daily practice.*

With your intention, see, sense or feel a divine Golden threaded net with very small holes, approximately 12 foot square about 2 inches above your head. Visualise it dropping down over all your energy bodies, right through your body and landing at the bottom.

Then see, sense or feel yourself pulling the net up through your whole field, up and out the top of your head, collecting everything that is non beneficial in all the energy bodies. Then visualise and/or using gesturing, place the entire net in your hand. When it is complete can either visualise a white flame in front of you and throw the net into the flame, or ask Archangel Michael or Archangel Uriel to return the net and everything in it to divine creator/source. Say Thank you. If you see, sense or feel that you can do it again as you still feel debris then repeat as necessary.

NOTE: You can use hand gesturing if that works for you (doing the hand movements as you are seeing, sensing or feeling the golden net move through you).

## ENERGETIC CORD CUTTING

*Energetic/Psychic cords link us psychically/energetically with other people, generally through our chakras. Psychic cords allow a flow of energy and connection between people. This is common and it also can contribute to energy leakage and interference from what the other person is carrying within their energy field. Incorporating this quick clearing ritual will help keep your energy levels high.*

See, sense or feel in front of your body and the back of your body all energetic cords that are coming out of your body (coming out of your body and connecting to someone or something else on the other end, it is not always necessary to know who or what is attached on the other end).

Then call upon Archangel Michaels' sword and see yourself cutting through all the cords in the front of your body with the sword. See, sense or feel the cords retracting back into your body. Then do the same for the cords (if any) coming out of the back of your body. Again use Archangel Michaels' sword and see the sword cutting through all the cords down the back of your body. See, sense or feel the cords retracting back into your body.

## VIOLET FLAME

*The Violet Flame was gifted to us by St. Germain and assist with clearing and purifying negative energies and also it raises the vibration and frequency on both a personal and planetary level.*

See, sense or feel a fiery Purple/Violet light/flame beginning at the base of your feet, see it rising, getting bigger and stronger as it is moving up, right through your entire body, until it goes up over your head and out into your

# Energetic & Physical Cleansing & Protection Rituals

---

auric field and feel the emotional pain being released, all negativity being released. Stay here until you feel it is complete.

You may want to use hand gesturing (moving your hands up your body and feeling the flame move up as your hands move up).

## **CLEAR OUT OTHER'S ENERGY**

Sit down in a comfortable position, you can rest your hands down, or hold them up with palms facing outwards. Then say 'Body please release all energy that is not mine and place it in the white flame to be transmuted'.

You may receive images immediately of people who you have encountered, this is what the body is releasing, you may feel or sense feelings that are being released. It could be negativity, beliefs, fears that you have absorbed that belongs to them. Allow the Universe and your Soul to delegate this process. Keep repeating the request to your body, and feel an energetic release as your body clears all energies that are not yours. Keep doing this until you feel clear.

*There are some schools of thought that you give the energy back to the person who released it, I was advised by a spiritual teacher once a person lets it go you can't give it back, you need to transmute it or release it into an energetic flame (colour you can decide what feels right). What I was advised by the spiritual teacher feels right to me and is what I have been doing. Do what feel right to you.*

## **CLEARING THE FEELING VORTEX**

The feeling vortex is in the energetic field of your body, it sits behind your solar plexus and is like a shape of a diamond and it covers your solar plexus and sacral chakra. You gain access to the feeling vortex through your solar plexus but is not your solar plexus.

We are constantly magnetising and emanating out our frequency and connecting into others. It is a good practice to clear this vortex regularly as we do commune with others daily.

To help minimise how much of other people's energy you feel, set the intent to shut down the feeling vortex of all hypersensitivity and energetic interference.

See, sense or feel either one big fat energetic cord or multiple cords coming out of this area (similar to cord cutting practice but this is specific to this area of the body) and pull, cut or dig out all the cords until it feels, senses like it is empty. As you are removing the cords, say to yourself raise, send and bound to the white light. One of my teachers taught me that sometimes things can come back down when they are sent to the white light.

Then fill the centre back up with pure white frequency and stop when you feel it is complete.

## **CLEARING/REMOVING OUT PSYCHIC ATTACKS – SHARDS OF GLASS, DAGGERS, SPLINTERS, HOOKS, WEBS, IMPLANTS**

See, sense or feel your own body with your inner eye and set your intent to see if there are any daggers, shards of glass, hooks or splinters, webs, implants in your energy field. It could show up in your neck, heart area, the back of your head, in your stomach. Whatever you see, sense or feel, trust it and then pull them out with your

# Energetic & Physical Cleansing & Protection Rituals

---

hands (hand gesturing is needed here) and visualise a white flame in front of you and either throw them or flick them into the flame. Or throw and flick them up into the white light, again with the intention to raise, send and bound to the white light. It will look like you are moving your hands in mid air.

Then set the intent to close all holes in your energy field and see, sense or feel them all closing back up. Then see, sense or feel pure white frequency coming out from each area from inside of you completely filling up where the holes were and then see your whole body being filled with the pure white frequency and out into your auric field.

If the practice was effective, you will feel immediately a change in your energy, you will feel lighter and if there was a sensation you could feel in your body, it could now not be there.

## MANTRAS

*Mantra or prayer hold certain sound vibration and frequencies that works in specific ways and activates particular divine frequencies. Mantras and prayers are a type of coded divine frequency and energy that has been gifted to humanity to assist us. Mantras and prayers can assist with raising your vibration, keeping your energy clear and with cultivating your connection with the Divine.*

### **KODOISH KODOISH KODOISH ADONAI TSEBAYOTH**

Holy, Holy, Holy is the Lord God of Hosts – this is the English translation

The Kodoish mantra is one of the most powerful protective mantras on the planet and creates a protective energy around you to assist and support you. Recommend saying this mantra at least 12x

### **PILLAR OF LIGHT**

*Repeat the mantra below and visualise a pillar of light surrounding you. Repeat this mantra 3x*

Beloved I am presence bright

Around me place your pillar of light

From ascended masters flame

Called forth now in God's own name

Let it keep my temple free

Of all discord and negativity

I'm calling forth Violet fire

To blaze and transmute all to higher.

*(from Summit Lighthouse)*

# Energetic & Physical Cleansing & Protection Rituals

---

## PHYSICAL CLEANSING & PROTECTION RITUALS (Optional Extras)

### Sound Bowls

Sound bowls are a great tool to have to help clear the energy and move it into a higher frequency, I especially use the small ones as they have such a high pitch to them and they assist more so in clearing out low vibrational frequencies. I incorporate this ritual when I physically clean the house, I would then follow afterwards with the sound bowl to clear and cleanse energetically in all rooms. I love the sound.

[www.singbowls.com](http://www.singbowls.com) – great site if you are looking for sing bowls to help clear your space.

### Rock Salt & Rock Salt Lamps

Rock salt loosely laid out into plates or bowls and placed around the house is great for absorbing negative energies. Rock Salt lamps are also very effective. I have them both around my house.

### Epsom Salts

Epsom salt has many benefits, in this particular case I was shown by my Naturopath, many years ago to have Epsom salts placed around all electronic devices (this was also because my first son, much younger at the time is also highly sensitive. The electronic devices emit an Electromagnetic Radiation (EMR), and it interferes with our own Electromagnetic Frequency. I personally have them placed behind all laptops and televisions in the house..

I have also purchased “Bodywell chips” for our mobiles to help reduce the EMR, I am also looking at doing some extra protection with our laptops, since we all use one and have one in our family.

<https://www.earthingoz.com.au/what-is-emf/> - this is the website and place where I purchase my bodywell chips if this resonates with you.

### Using Crystals to help protect against EMR

The following crystals can be used in a gridding template or loosely placed on or near the electronic device/s to help minimise the effects they have on our own electromagnetic field. You can use a combination of crystals from the list below in each category. Feel into what you feel guided to do.

#### Crystals that help to absorb the EMF or EMR

- Smoky Quartz
- Green Aventurine
- Lepidolite

#### Crystals that help to clear EMF or EMR

- Jasper
- Lepidolite
- Malachite
- Sodalite



# Energetic & Physical Cleansing & Protection Rituals

---

- Turquoise

## Crystals that help to protect against the EMF or EMR

- Black Tourmaline
- Shungite
- Fluorite
- Kunzite

## Ceremonial Rattle

A gourd rattle is more of a shaman tool and I use it to also move stagnant energy in my body and then clear it away with intent.

## Place Crystals around your House

By placing crystals around the house and activating them or asking them what you would like them to do for you whether it is to infuse the space or clear it out.– for example crystal please clear out all negative energies from this space, thank you, thank you, thank you. Intuitively pick which crystals you are drawn to.

## Physical Clearing and Cleansing of unwanted or old items

Items also carry energy, whether it is from your original motivation of why you purchased the item in the first place, also they can absorb the energy they have been around. It is a good practice to do a good clean out of things that you haven't used for a while or won't use, you will feel lighter in the space you are in. Having lots of things stored everywhere can really affect your clarity, mood swings, you can also feel disoriented and unsettled.