SPIRITUAL TOOLKIT: CLEANSING YOUR ENERGY BODY

When your energy body is gunked up with soupy, smoggy energy, you will feel like crap and you will not act or speak like the angel you are. A part of your spiritual practice is cleansing that energy sack.

Your complete energetic skeleton is made up of chakras (energy wheels located from the root of your spine to the top of your crown), meridians that run up and down like electrical rivers, and a crystalline core that bursts from the heart and can link all of your chakras together vertically. Your energy can explode past the confines of your visible body and into fountains of streaming energy known as torus fields. It can also shoot all the way down to the center of the earth and up to the center of the universe, anchoring you between Gaia and Source.

Over the years, as we walk through the traumas of life and run away from the dramas, our energetic fields get scabbed up and heavy with debris. We need daily windshield wipers and squirts of cleanser so that we can see more clearly. You can go to the healer or shaman who will squeegee it all up for you, but if you haven't dealt with the source of your inner pollution, you will continue to geyser toxic material into your energy stream.

We want to get to a place where our entire energy body is squeaky clean. When that happens, we will become light beings, bathed in our own rainbow light.

HOW TO SCRUB UP YOUR ENERGY BODY

1

Firstly, be aware of what human qualities have high and low vibration.

The bottom-feeders are fear, rage, judgment, punishment, and violence of any kind. Remember that fear and rage are allowed—just like other low-vibrational emotions such as jealousy or anxiety—but they should be experienced internally and personally without outward retribution towards others. Judgment, punishment, violence, and aggression are not emotions. They are distorted human reactions to low-level emotions. They should be avoided at all costs.

The highest level of emotions are love, forgiveness, gratitude, compassion, mercy, empathy, joy, hope, faith, and laughter. Never laughter at anyone's expense—but rather a wellspring of joy that buoys up from the belly and gurgles in the throat. This is very relaxing for the system and very cleansing for your energy body. As mentioned in the last Spirit Tickle, love will lasso fear and anger like a superhero and pulverize the shit out of it, so pack your energy bags with love and see how you do.

2

Avoid gossip and talking behind people's backs at all costs.

It is very low vibration. It is based on fear. Do not read gossip news sites. Do not, under any circumstances, write negative comments on anyone's blog or Instagram account. And do not respond to attacks with another attack or takedown of the dummy who's criticizing you. You are setting yourself on fire energetically when you do this.

3

Negative self-talk is a torpedo.

Remember that your words carry a frequency, too, so if you're writing or saying or thinking, *I am stupid, I am a jerk, I'm a loser, I can't do anything right,* you are imprinting those low-level codes onto your consciousness. Don't do it.

4

Clean up your diet.

If you regularly eat meat, just keep in mind that the energy of a dead animal is not high frequency. Plants, on the other hand, are filled with sunlight and carry the high-level light codes and frequencies of the sun, even after they are plucked from the earth. Other low-vibration items are alcohol, wheat, sugar, heavy metals (check your teeth!), fluoride, and dairy. They literally make you denser energetically and can clog your aura.

5

Prepare your internal and external temples.

Once you've done your gut clean up, clean up your home and set up your altar as a sacred space for daily contemplation. Place fresh flowers here, images of your family and ancestors, crystals, a candle, and any meaningful spiritual symbols or guide imagery (angels, etc.).

6

Sleep far from your electronics and your Wi-Fi.

Plug your phone in another room and see the difference. I have some energy-healing friends who do not even allow Wi-Fi in the house. Keep away from 5G towers—experts on human energetic frequency all say they mess with your energy body.

7

Slap low energy in the face.

You will jolt yourself out of the density by plunging into an arctic lake or freezing shower, by playing, jumping, skipping, and dancing like a child, by loosening up when someone is furious with you and giving them a spontaneous hug. You have to surprise the low-level energy. The high-level energy swoops in like a stealth jet and pulls you right up with it.

8

Be a walking garden!

There is such a thing as high-vibe dressing. When you choose your clothes and accessories, think of how you might like to illuminate other people with the bright color and vibrant patterns you wear. We are strongly impacted visually—so when you see something cheerful and sunny, you can also feel that way and share it energetically with others.

9

When you feel particularly dumpy, go immediately into creator state.

Cook a meal, paint or draw a picture, rearrange a shelf, write without inhibition, make something with your hands without worrying what anyone will say or think about what you've cooked up.

10

Sungaze at sunrise and sunset, and moongaze at night.

Our star and moon emit very high frequencies. You can tap into this if you stop, stare, don't speak, and just breathe in what's flowing towards you for at least five minutes.

11

Practice Divine Neutrality.

This is a lot like Tonglen meditation, the Buddhist technique we discussed in the previous Spirit Tickle. In meditation, visualize yourself pulling into your heart center all that is, everything that's happened on the planet, in this universe, in our incarnations, this life—all of our interactions and emotions. Pull it in with the breath. Feel it all; don't ignore any of it. Feel the tension in your body and then get neutral. Recognize that in this present moment, nothing is happening. Say *I love you, I bless you* to everything that you have pulled in. All is well, all is healed. Dissolve it, divinitize it, purify it. Let your torus fields (now that you know what those are!) spin through it. You're resetting your consciousness this way—you're understanding higher wisdom, the highest light possible, and you're integrating it. Then, when you exhale, you send forth pure light that has been completely bathed and neutralized. This way, you become a fountain of high vibration.

12

Set your intentions daily.

Do them out loud, where the tone and vibration of your voice can help you anchor it down into your cells. Here's an example, but feel free to make your own! "I call upon my Higher Self to guide my thoughts, words, actions, reactions and entire life stream this day. I activate love within my heart-center and I let it flash, twinkle, and spark in my heart portal. I send love light to every person I will meet and place I will go today." Visualize the future as you do this. Let the love light flare up in your heart, warming it, then feel the light in your body's cells, allowing it to reset your consciousness and emotions.

13

Use sounds, tones, and music.

Sound waves are vibrational and can carry very high or low frequencies. Using high-frequency music or tones is a very quick and easy way to raise your vibration. Practice deep, long *oms* (often said to be mimicking the sound of the universe itself) and let the humming vibrate from your belly up to your heart, throat, and into your mouth and lips. Use Tibetan singing bowls, or practice sound healing (there are so many options on YouTube). Stay away from headbanger, heavy metal music (stay away from heavy metals of all kinds!) and any music that uses derogatory words. Figure out what kind of music makes your heart swell and your cells awaken with receptivity. Then put that in a special folder on your phone so you go to it frequently for a boost.

14

High-vibe your home!

This doesn't mean spending money. This means getting everything in order, Kondo-style. Clean out closets, organize shelves, gift things you no longer use, rearrange furniture, paint a vibrant color on a wall, and bring in as many plants and fresh flowers as possible.

15

Move your body.

One of the quickest ways to move stagnant energy in the body is to move it. Get the legs kicking and heart pumping. Exercise of any kind will raise your vibration, but if you're totally hard core in your exercise regimen already, try to change your rhythm and move into movement that is softer and slower. Stretching, yin yoga, and other modalities can help you connect your body with your awareness.

16

Do a freewheeling soul spin.

I stand in the middle of my meditation room, close my eyes, and begin to breathe like the god Oceanus, sending a deep wind roar through my lungs and throat, and out into the room. Then I begin to move my torso like a slithering snake and wave my arms as if they were spirals of smoke dancing in the air. It's a soul spiral. Nothing wrong or right, just a vortex of your own spirit moving around.