

Quick Negative Energy Release Technique

We often unconsciously generate negative energies within ourselves by our negative thoughts, words and deeds.

For many of us, it's also as if we are wearing Velcro suits when it comes to attracting and holding onto negative energies generated by others. Regardless of how negative energies surround and fill us, it helps to have a way to help dispel them as quickly as possible. The method I'm sharing is exactly what my spiritual guides gave me many years ago, a simple 10 step meditation that can be done from beginning to end in five minutes or less. Best of all, this ***Quick Negative Energy Release Technique*** can be done at almost any time from almost anywhere. Even just in your mind's eye.

Follow the 10 Simple Steps to Release Negative Energies on the next page

Make this a part of your daily habits, as important as brushing your teeth

This mediation technique is a staple for me. I do it once or twice daily. The most productive times for me are while showering, just before falling asleep each night, after leaving a public place, such as a trip to the mall or crowded air flight, after (and sometimes during!) a stressful encounter, and after driving in heavy traffic or bad weather.

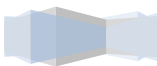
Try it while trapped traveling in less than ideal conditions, or if you are driving, while waiting for light to change, or traffic is at a standstill. You'll find yourself arriving less stressed and harried.

When it's not practical to close your eyes or use your hands to scan, you can also do the entire technique virtually by imagining doing each step in your mind.



10 Simple Steps to Release Negative Energies

1. Find an “alone” place – physically if possible; if not then make space *within* yourself. Close eyes. Relax.
2. Take 3 to 6 deep calming breaths. On inhale imagine breathing in positive signs + + +, then exhale minus signs - - -. You could substitute different images just be sure to keep them neutral. It’s not a good idea, for example, to use hearts or dollar signs so you don’t end up concentrating on broken hearts and no cash on the out-breaths.
3. Open eyes. Activate energy in hands by briskly rubbing palms together. Think rubbing a blown-up balloon across carpet so you can hang it on a wall using the static electricity that was enhanced.
4. Starting near top of head, hold open palms about 2 inches from your body and scan down the body imagining negative energies attaching to your palms, like iron shavings attracting to a magnet.
5. Pause when you feel a subtle change in your palms. (Example: prickly, heated, heavy.)
6. Visualize shaking negative energies away by reaching out as far as possible and flinging it off your hands. – Also helpful is to rinse hands under water if available. Or do technique while showering.
7. Re-activate energy in palms as needed and continue scanning.
8. When finished, again breathe in deeply 3 to 6 times imagining only positive energy + + + flowing in and + + + flowing out. Your goal is to fill yourself internally with positive energy, as well as add it to the energy space surrounding you. It’s common at this point to feel lighter, fresher, freer, calmer, or more energized.
9. To help increase internal protection, recite aloud or to yourself a positive affirmation.
(Example: I attract & release only positive energies. Any negative energies that remain help balance me.)
10. Then to enhance external protection, manifest a protective shield of white golden light to help guard and protect you. Imagine it forming above your head (crown chakra area) and cascading down all around you.





Photos of me (Kat Sturtz) doing a quick negative energy scan and release before a rehearsal session for *“Who’s Afraid of Virginia Woolf”* by Edward Albee at the Port Austin Community Playhouse (Michigan) in February 2013. Playing the heavy drinking and smoking, foul-mouthed bitchy yet emotionally fragile lead of Martha was especially tough. I had to reach down deep to embrace the character and live her turmoil and keep pace with the lightening fast emotional roller-coaster plot of this 3 hour play.

Rehearsals were physically and mentally exhausting. Doing the scan and release technique helped revive my energy for the 35 minute drive home, as well as keep me balanced during the rest of my days.

