



Sacred Energy Management

Energy Field Overview

- Chakras, Auric Layers, Meridians, Torus field
- Connection to Divine thru Crown Chakra and Earth thru Root Chakra
- Energy is constantly moving in these structures and is affected by our thoughts, will, intent, people, places, feelings, food, environment, etc.
- The idea with these exercises is to presence and bring unconditional love to whatever is present....nothing needs to be “fixed”
- “Where attention goes....energy flows!”
- Right brain/left side of body is feminine
- Left brain/right side of body is masculine

Chakras

- Spinning wheels/energy centers along spine
- Spin clockwise, have a front and a back
- Correspond to physical body parts, mental and emotional processes
- Metabolize energy

Auric Layers

- Start close to body and move out, 4-6 feet around body
- Correspond to a chakra, certain process
- Moves energy to and from the chakras

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Chakras

CROWN

- Connection to Source, trust, patience, being able to see the big picture
- Upper brain

THIRD EYE

- Knowing your truth, intuition, self awareness
- Lower brain, eyes, ears, nose, sinuses

THROAT

- Speaking your truth, asking for help, standing up for yourself
- Thyroid, esophagus, trachea, mouth, teeth

HEART

- Giving and receiving love
- Heart, lungs, breasts, shoulders/arms

SOLAR PLEXUS

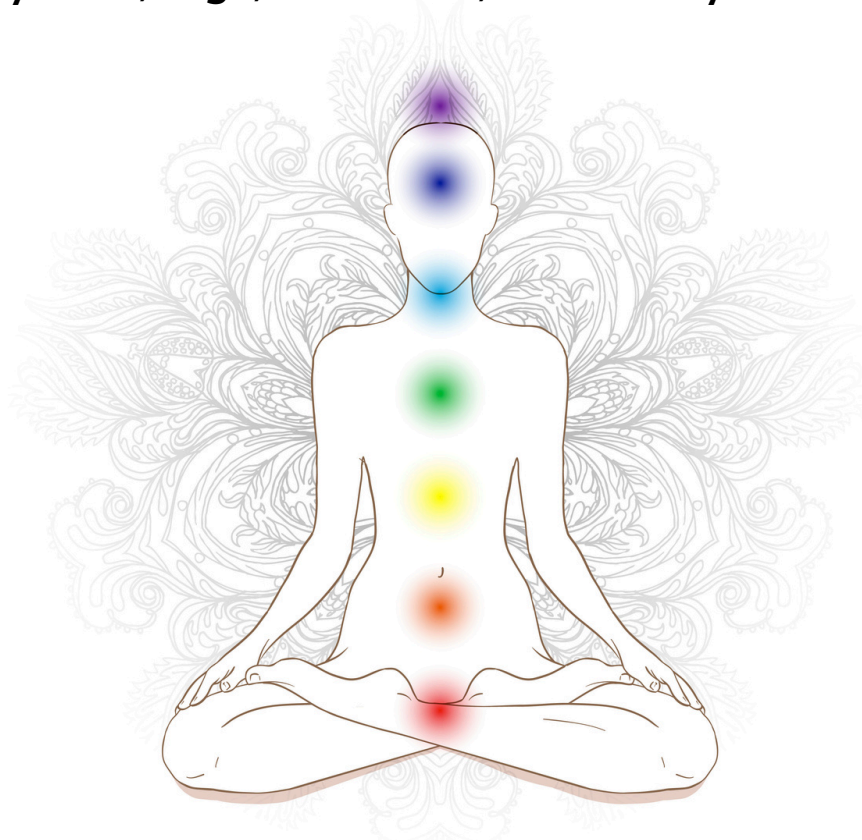
- Power center, self esteem, willpower
- Stomach, liver, pancreas, spleen, gallbladder

SACRAL

- I on I relationships with others, sex, money, creativity, shame
- Kidneys and bladder, reproductive organs, small and large intestine, lower back

ROOT

- Relationships with family and community, basic needs being met, being grounded
- Rectum, immune system, legs, muscular, skeletal system



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Grounding

- When your energy is grounded, energy is flowing through the root chakra to the core of the Earth and energy is coming up from the Earth into your root simultaneously

What it Feels Like

- When your energy is grounded, you are present, peaceful, and calm. It's easier to concentrate and get things done. You are alert, open and not as easily upset.
- When you're not grounded you feel like you are in the world, but not of the world. To me it feels like I'm watching life as a movie; observing but not experiencing it. You might have trouble concentrating, remembering, or just feel spaced out. You might struggle with overthinking, anxiety, rushed, unsupported, etc.

Importance of Being Grounded

- Helps us to be mindful, present, not rushed, and living with intention
- Able to drink up energy and power from the Earth
- Allows all energetic and psychological processes to happen
- Births creation into the physical

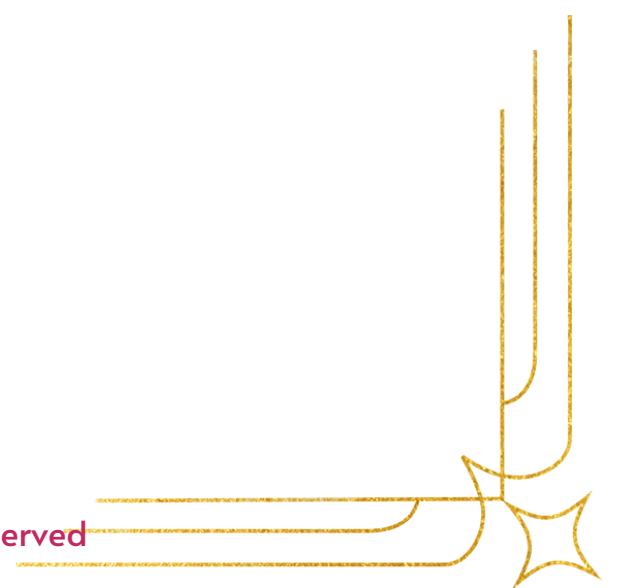
What Causes us to not be Grounded

- Stress, overwhelm and trauma make it feel “not safe” for us to be on the Earth, or not wanting to be here
- Overemphasis on spiritual connection (spiritual bypassing)

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Your Grounding Practice

- To start to get the feel of being grounded, I would recommend grounding your energy 2-3 times per day. Then, when your energy starts to float up, you'll be able to notice it and pull yourself back down to keep yourself feeling more steady instead of riding a roller coaster.
- If you've experienced a lot of trauma, had physical health issues in the root area, or have experienced high amounts of stress, your nervous system might need an overhaul to be able to do this effectively.
 - Work with a therapist or experienced healer (restructure root?)
 - Get support physically (naturopath?)
 - Be very consistent with this practice

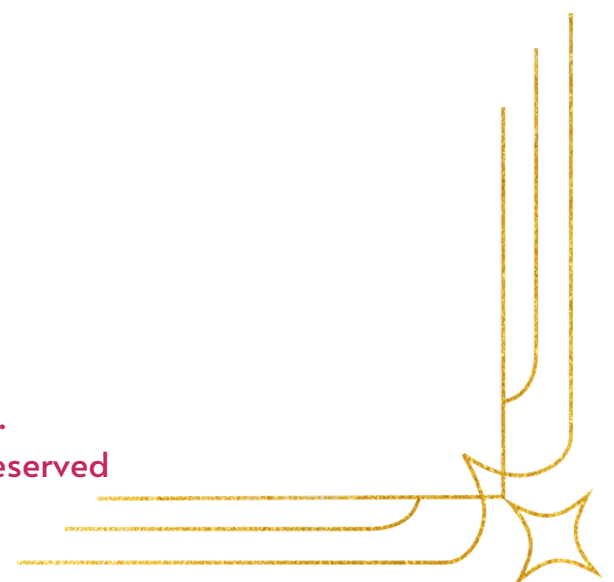
Other Ways to Ground

- Earthing shoes or getting outside barefoot www.earthingharmony.com
- Grounding sheets
- Foster connection with the Earth thru ceremony/intention

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Integrating Energy

- Integrating energy is a way to open our hearts to receive blessings and support from our Divine helpers
- The spiritual realm is really supporting this collective shifts so we're being blessed with energetic "downloads" or "grace/blessings" so healers can share with the world

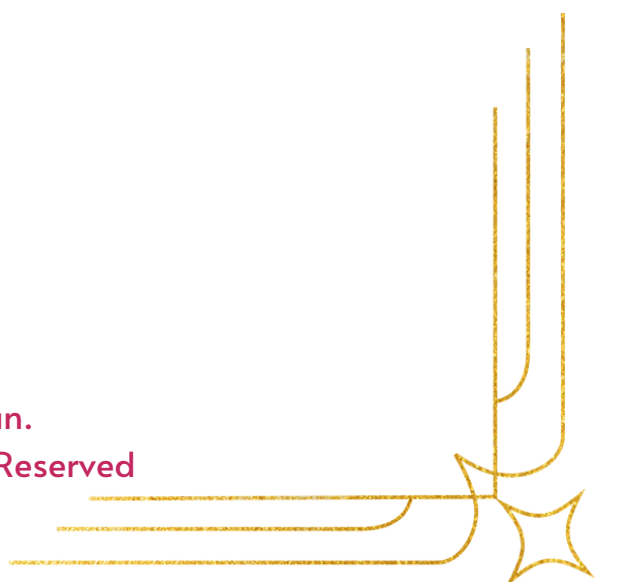
Signs that Downloads are Ready

- high pitched sound in your ear
- Heavy around head, shoulders, ears
- Feels like you just need to sit before you can do anything else
- Can be similar to feeling ungrounded
- Waking up at night at the same time, feeling ready to go

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Daily Energy Exercise

- Here is my daily regimen, but do what feels right and best for you. You are the way!
 - Tense entire body on an inhale, release on exhale 3 times
 - Invocation - calling in guides, guardians, angels, ancestors of the highest lights and frequencies, ascended masters, sacred directions, and sacred elements
 - Presence whatever is happening in the body or with emotions, short meditation, bringing unconditional love in to whatever arises
 - Clear and bless chakras
 - Clear and bless field
 - Integrate
 - Ground
 - Ask for healing for self or others/world
 - Thank guides and helpers

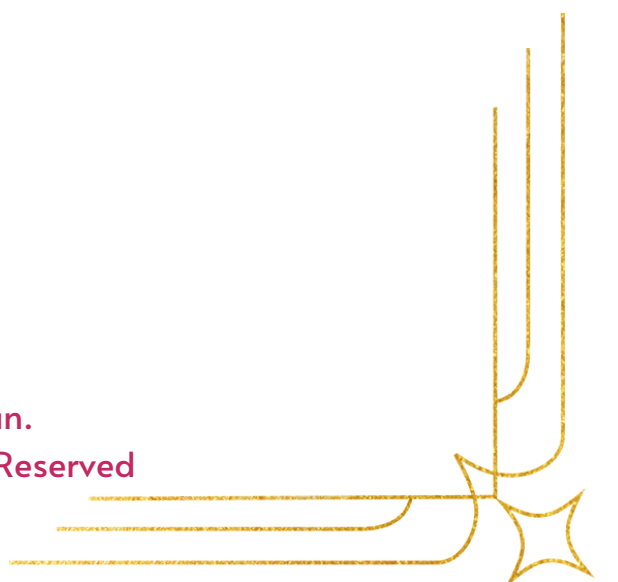
Other Ideas

- Don't have a lot of time? No problem!
 - Just breathe through chakras quick and ground
 - Work with the elements
 - imagine the sun filling all of your field and your cells with love
 - ask the water to cleanse and bless you during a shower
 - blessing the water that you drink
 - asking the breeze to cleanse, breathe it into body
 - go into the earth and rest
 - look into a flame and ask it to transmute energy
 - Intend energy to flow into a sore spot on your body, to calm your mind, bring love into your heart, etc
 - Unconditionally love yourself however it feels right!

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Being More Aware of Energy

- Being more present
 - These exercises will bring more presence and awareness to your field and body
 - Slowing down and checking in with yourself as often as you think. How is my mind, body, emotions? How did _____ affect my body, mind, emotions?
 - Plum Village app
 - Getting outside in nature
 - Reflecting - meditation, journaling, etc
 - Eliminate technology as much as possible
 - Setting the intention to have awareness

Dealing with Energetic Overwhelm

- The exercises taught today will re-center you. These are the go-to tools!
- Dealing with a less than ideal environment, person, situation
 - Avoid if possible; environment will always out do a practice
 - Understand why it triggers you...maybe there's something to learn?
 - Be the lighthouse; shielding reinforces duality

Shifting Your Energy

- The exercises taught today will re-center you. These are the go-to tools!
- Walking/exercise; even better if it's outside
- Gratitude * Joy and Gratitude are highest vibration emotions
- Divine Connection - the tools work on getting you here
- Sound (music, rattles, drums, bells, youtube zen music)
- Scent (flowers, essential oils)
- Food
- Environment - home, work, car,
 - cleanliness and organization
 - "stuff" is energy

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