



ANGEL'S FRIENDLY COACHING

Clearing Energy

Close your eyes, take a few deep breaths and say in your head: "I am a snow globe." Imagine that you are the statue in the middle of a snow globe with snowflakes and water swirling all around you. Feel what it feels like to be in your snow globe then say "I am alone in my snow globe, I am my creator self" and imagine a HUGE ball of bright white or golden light dropping down over you, into your snow globe, down through your head, through your body and out your feet into the center of the earth where anyone or anything that is not you and that is not in alignment with your highest self will be flushed away from you and transmuted into unconditional love using the energy of the earth and the white light above you. This can take you 30 minutes if you want to make it a meditation or you can do it in 20 seconds when walking into the office. The key here is the you are becoming aware of the energy around you and learning that you and only you are in control of it and if something or someone has energy around them that makes you feel badly, you can protect yourself and clear yourself regardless of the situation because you are the creator of your own reality!

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Call out what's present for you

Close your eyes and imagine you are sitting in a bubble of your own energy. Imagine what it looks like, where it emanates from and how far it extends from your body. What's present for you right now? What are you feeling? What is your energy like?

Call in the energy you want

If your energy is not what you want it to be, inhale the energy you want, and exhale what you want to release. Take some deep breaths, consciously imagining the energy you want entering your body through your inhales, and the energy you wish to release exiting with your exhales. Repeat this until you feel like your energy is clean.

Declare your protection

With a short mantra, declare in your mind how you wish to protect your energy. For me, it helps to say this: "Let theirs be theirs, let mine be mine. I don't have to take that on." As you go into social situations where other people's energy may be volatile or otherwise contagious, repeat this mantra to remind yourself of your commitment.

Recognize that their energy is all theirs

The next step to protecting your energy is to recognize that other people's energy is all theirs. This step is taken when you are in the presence of someone's energy that you don't want to take on.

Just as you visualized your own energy, now imagine their energy beaming out from their core into a sort of bubble around them. Notice that their energy bubble stops at a certain point – it does not reach you if you don't want it to.

Visualize that you are safe from their energy bubble. Repeat your mantra in your mind for extra protection: "Let theirs be theirs, let mine be mine. I don't have to take that on."





What to do if you have taken in unwanted energy

Like all self development work, you can't begin an expert! You will likely take in some energy even while doing this process in the beginning.

First, show yourself some compassion. Negative energy is a succubus for more negative energy. It fuels itself on anger, hatred, judgment, sadness and disappointment. When you beat yourself up for not being perfect, you feed the succubus! Don't give it that satisfaction; be gentle with yourself. Acknowledge that you tried and that this is a work in progress.

Next, use the very same process you used before you came into this interaction: Call out what's present for you. What have you taken on? Call in the energy you want with an inhale, and release this unwanted energy with an exhale.

Declare your protection by repeating your mantra in your head. You may even want to tweak it a bit with something like: "Let their energy return to them. I do not need to hold this." Repeat steps 2 and 3 until your energy feels clean again. You may want to do this process in a bathroom or bathroom stall. You are worth the time it takes to feel the way you want to feel even if that means stepping away when you're busy. It is not selfish to protect yourself.

Even though I've practiced this process for a while now, I still find myself taking in the energy of others. Sometimes I forget to do it until I've already taken in unwanted energy. Sometimes I'm just "overly sensitive" and find that my boundaries are blasted open the entire day.

What I'm working on doing with myself is something I hope you will employ as well: know that trying is a triumph. Know that standing up for your well-being is a worthy and courageous cause.



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