

# Clearing Unwanted Energy

Zoe Walton, L.Ac., EFT-ADV

- Ground yourself.
- Ground and protect the room you are in.
- Pick a color (can change daily; don't use green).
- Imagine a pool of that color underneath the ground; this is Energy from the Earth.
- Imagine that a stream of that color is flowing up from the pool in the Earth through the soles of your feet, up your legs, into your abdomen. This energy is like a faucet that runs continuously up your feet and legs into your abdomen.
- Out in space, by the moon is "Cosmic Energy." Imagine this energy as some shade of gold.
- Bring a stream of this gold colored energy down through the back of your head and down your spine where it joins the Earth energy in your abdomen. This energy is also like a faucet and flows on its own.
- Now both faucets are on, both colors mixing beautifully in your abdomen
- Allow 10% of the colored energy to go down your Grounding Cord and 2% of the colored energy to go down your arms and out your hands.
- Allow the remaining 88% of the colored energy to go up the front of your body and out your forehead.
- Once this energy cycle is going, imagine any negative energy that you have generated or picked up leaving your body with the energy going down your grounding cord or out through your forehead.