



# **High Vibe Energy Clearing Techniques for Successful Manifesting**

# *Introduction*

## **Why Energy Clearing is important**

Hey there! Life can get pretty hectic, right? Between work, social commitments, and everything else, it's easy to feel drained and overwhelmed. Plus, we pick up on other people's energy that surrounds us all of the time, which can create disturbances in our energy field, leading to all kinds of symptoms, from fatigue to anxiety and even physical pain. More importantly, these disturbances hamper your ability to align with the life you are trying to manifest!

That's why it's super important to have some daily practices to clear your energy and keep your vibe high, so that you can match your vibration to your desires. These tips will help you feel more balanced and ready to take on the world with a clear mind and a peaceful heart as well as ensure that you are manifesting like a boss!

For a healthy energy cleansing routine, pick 2-3 of your favourite from the list below and incorporate them into your week. You want to create a sustainable practice, so don't try and do all of them together!



# *Morning Intention Setting*

Let's start with setting an intention for the day. Before you even get out of bed, take a few deep breaths and think about what you want to achieve and how you want to feel. This little ritual acts like a container for your day, and so everything you do from here on it will be created within that positive environment .

## **How to Set Your Morning Intention:**

1. Get comfy and close your eyes.
2. Breathe deeply in through your nose and out through your mouth.
3. Picture your day ahead and set a clear intention, like "I'll stay calm and confident today" or "I'll spread kindness and positivity."



# *Grounding Meditation*

Spend 5-10 minutes each morning grounding yourself. Sit comfortably, close your eyes, and imagine roots growing from your feet into the Earth. This helps you feel stable and present, ready to tackle whatever comes your way.

## **Steps for Grounding Meditation:**

1. Find a quiet spot and sit comfortably.
2. Close your eyes and take a few deep breaths.
3. Visualise roots growing from your feet, anchoring you to the Earth.
4. Feel the stability and support from the Earth, letting any stress or tension flow down through the roots.



# *Energy Cleansing Rituals*

Incorporate some energy cleansing rituals into your daily routine. You could smudge with sage or palo santo, use sound healing with a singing bowl, or take a salt bath. These practices help clear out any negative energy and restore your balance.

## Popular Energy Cleansing Techniques:

- **Smudging:** Light a bundle of sage or palo santo and let the smoke cleanse your aura and space.
- **Sound Healing:** Use a singing bowl or tuning fork to create vibrations that clear stagnant energy.
- **Salt Bath:** Add Epsom salts or Himalayan salt to your bath to detoxify and cleanse your energy field.



# Positive Self-Talk

Talking to yourself in a positive way can really boost your mood and confidence. Use supportive and encouraging language to reinforce your self-worth and help you handle challenges with resilience.

## How to Practice Positive Self-Talk:

1. **Be Aware of Your Inner Dialogue:** Notice the thoughts and words you use when talking to yourself. Spot any negative or critical patterns.
2. **Challenge Negative Thoughts:** When you catch yourself thinking negatively, pause and challenge those thoughts. Ask yourself if they're true or if there's a more positive perspective.
3. **Replace with Supportive Language:** Swap negative thoughts with positive and supportive statements. For example, instead of saying "I can't do this," try "I am capable and will give it my best effort."
4. **Use Encouraging Phrases:** Incorporate phrases like "I am doing my best," "I am worthy," and "I am growing and learning" into your daily self-talk.
5. **Practice Self-Compassion:** Treat yourself with the same kindness and understanding you'd offer a friend. Acknowledge your efforts and celebrate your progress, no matter how small.

## Examples of Positive Self-Talk:

- "I am capable and strong."
- "I trust myself to make the right decisions."
- "I am worthy of love and respect."
- "I am constantly growing and improving."
- "I handle challenges with grace and resilience."



# *Mindful Movement*

Get moving with some mindful practices like yoga, tai chi, or qigong, or even a simple mindful walk in nature. These activities help circulate energy throughout your body, release tension, and boost your overall vibe. Even a simple daily walk in nature can work wonders.

## Benefits of Mindful Movement:

- **Yoga:** Enhances flexibility, strength, and mental clarity.
- **Tai Chi:** Promotes balance, relaxation, and energy flow.
- **Qigong:** Cultivates life force energy and improves overall well-being.
- **Walk in Nature:** Connects you with the present moment



# Gratitude Practice

Take a few minutes each evening to reflect on your day and write down three things you're grateful for. This simple practice shifts your focus to the positive aspects of your life, raising your vibration and attracting more good vibes.

1. Keep a gratitude journal by your bedside.
2. Each night, write down three things you're grateful for.
3. Reflect on these moments and feel the positive emotions they bring.



# Healthy Nutrition

Fuel your body with high-vibrational foods. Focus on eating fresh, organic fruits and vegetables, whole grains, and plenty of water. Avoid processed foods and too much caffeine, which can lower your vibration. Try adding herbal teas and superfoods to support your energy levels.

## Tips for High-Vibrational Eating:

- Choose organic and locally-sourced produce.
- Drink plenty of water to stay hydrated.
- Incorporate superfoods like spirulina, chia seeds, and goji berries into your diet.
- Avoid processed food and stick with wholefoods as much as possible.

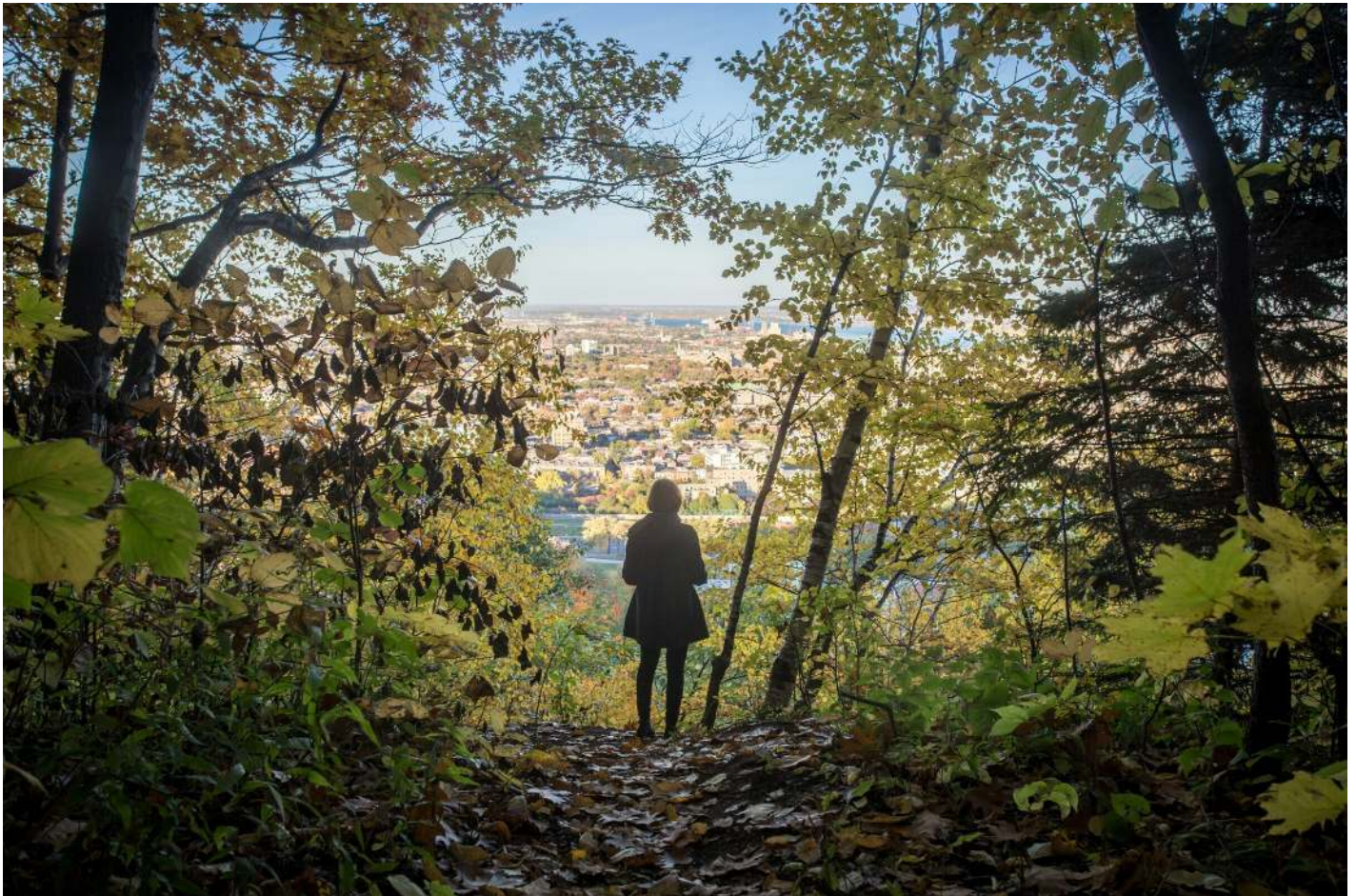


# *Digital Detox*

Take regular breaks from technology. Spend some time each day away from screens to reduce electronic interference in your energetic field. Use this time to connect with nature, read a book, or engage in a creative activity.

## **Ideas for a Digital Detox:**

- Set specific times during the day to unplug from devices.
- Spend time outdoors, enjoying the natural world.
- Engage in hobbies that don't involve screens, like painting, knitting, or gardening.
- Mute Notifications: apps like Whatsapp and socials are designed to interrupt you and get your attention, causing you to lose focus and take you out of the present moment.



# *Energy Protection Techniques*

Protect your energy with visualisation techniques. Imagine a white or golden light surrounding you, creating a protective shield that deflects any negative energy. You can also add additional protection by imagining a mirror shield on top of the light shield, so that negative energy might bounce off you. You can also carry protective crystals like black tourmaline or amethyst to support your energetic boundaries.

## **How to Visualise Energy Protection:**

1. Close your eyes and take a few deep breaths.
2. Visualise a white or golden light surrounding your body.
3. Imagine this light forming a protective shield that deflects any negative energy.



# *Evening Reflection and Release*

End your day with a reflective practice. Spend a few minutes in meditation, acknowledging any emotions or thoughts that came up during the day. Use visualisation to release any lingering negative energy, letting it dissipate into the universe.

## **Steps for Evening Reflection:**

1. Find a quiet space and sit comfortably.
2. Close your eyes and take a few deep breaths.
3. Reflect on your day, acknowledging any emotions or thoughts.
4. Visualise releasing any negative energy, letting it dissipate into the universe.
5. Call back in all your energy from all the people and places you have interacted with today.



# Final thoughts!

By adding these daily practices into your routine, you'll notice a big shift in your energy levels and overall well-being. Remember, consistency is key—stick with these practices and watch your vibration soar.

## Worksheets

On the next few pages you will find some template worksheets that you can print off to use to get yourself into the habit of using the techniques in this book.

The more you practice, the more you will reap the benefits!

## Ready to Dive Deeper?

If you're feeling inspired by these practices and want to explore your energy on a deeper level, consider booking an [intuitive reading](#) or a [past life reading](#) with me. These sessions can provide profound insights into your life's journey, help you uncover hidden patterns, and offer guidance for your personal growth. Whether you're seeking clarity, healing, or a deeper connection to your true self, I'm here to support you every step of the way. Let's embark on this transformative journey together!

*Sara x*

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# Worksheet 1: Daily Intention and Reflection

*Date:* \_\_\_\_\_

## Morning Intention Setting:

Today's Intention: \_\_\_\_\_

How do I want to feel today? \_\_\_\_\_

## Evening Reflection:

What went well today? \_\_\_\_\_

What challenges did I face? \_\_\_\_\_

How did I handle those challenges? \_\_\_\_\_

What am I grateful for today? \_\_\_\_\_

What can I improve for tomorrow? \_\_\_\_\_

# Worksheet 2: Positive Self-Talk Tracker

*Date:* \_\_\_\_\_

Negative Thought:

Challenged Thought:

Supportive Language:

- Encouraging Phrases:
  - I am doing my best.
  - I am worthy.
  - I am growing and learning.
  - Everything is unfolding perfectly

Reflection: How did changing my self-talk affect my mood and actions today?