



# Energy Healing Institute

## Mini Meditation Moments

Many of my clients who play with exploring their energy field drop their heads down, lower their voices, confess...that they're not meditating every day. They even go so far as to say, "I know I should, but....."

I'm here to reassure them. Here's the thing. Spirituality and physicality are one and the same. By living your life – showing up for things – and noticing, observing and clearing along the way, you integrate the spiritual and the physical. It's a fun and effective way to play the game. Metaphorically speaking, that is.

What's the trick to noticing, observing and clearing along the way? Simply recognizing that at one level an incident that is pregnant with meaning (pick any event in your life) is nothing more than an experience at the energetic level. So when an incident activates your triggers, notice the emotional patterns that run, or the impulsive behaviors that emerge, or your temper ignite or...whatever. Use the experience to clear energy and unhook from the pattern, impulse or behavior. Unhooking leads to liberation.

How about this for an idea? Mini Meditative Moments. Do you love it?

Here's how it works. Let's use "powerlessness" as an example. It's an issue, you've decided to clear it and move on. Have you noticed that choosing to clear a behavior, pattern, etc., creates opportunities to do just that?

So, you find yourself in another situation where something someone said rendered you powerless.



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It's on your agenda, so you **Notice** how you feel. Take a moment or two to be quiet and still, go within and invite the "powerless energy" to show up in your space.

**Observe.** Your attention may be drawn to a chakra where the energy is particularly prevalent. Conversely, you may feel as though you're at a laser light show - your aura is illuminated with streaks or slashes of energy.

Smile. Have some levity. It's just energy, and you're going to **clear** it.

*Chakra clearing* - place a drain at the bottom of the chakra (imagine a basketball, put the drain at the spot where the basketball meets the gymnasium floor). Lift the lever, open the drain. Let the bound up energy swirl down the drain. **Notice** how you feel, what you see, hear, smell, taste. **Observe** how your field and body shift as the chakra clears. After a minute or two, imagine closing and removing the drain. Invite gold, sparkling cosmic energy to come into your crown, down your back and into the cleared chakra.

*Auric clearing* - play with what you experience metaphorically. If you're seeing streaks or slashes of energy, turn them into bubbles and use a fan to blow them out of your field. If you're kinesthetically experiencing thickness or heaviness, turn it into bowling balls and bowl it down an imaginary alley to the center of the Earth. Get creative. Have a little fun. After a minute or two, invite any bright, clear color to permeate your auric field.

With either scenario, integrate the energetic and the physical by noticing and validating your self and your body. Elapsed time? 1-2 minutes.

Noticing your experiences, observing the energetics and clearing what's ready to release brings you in to the moment, unloads



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baggage, evolves perception and integrates the spiritual with the physical. In just a minute or two.

So, no more apologies, please. It's all good.