



Video Transcript

Meditation To Cleanse Energy And Establish Boundaries

Hello, goddesses. I'm so happy to be with you today for creating healthy energetic boundaries. My name is Raquel, and on today's journey, I'm going to lead you through a little bit of a nighttime ritual. And this ritual is designed to help you clear all in any energy you might have taken on from the day. And something that I love to talk about in my day -to -day life is actually creating energetic boundaries. A lot of us talk about physical boundaries, having our yeses and our nose, but oftentimes we forget that we take on a lot energetically. And a lot of you might not know that we have an auric field or an electromagnetic field that extends far beyond that than many of us may actually believe. So this field is anywhere from six feet to 66 feet away from you. So what this means is that we're constantly in other people's energy, so to speak. And a lot of times when other people maybe aren't in the best mood, or maybe they have a lot of stress that they're taking on, sometimes we end up taking on that stress as our own. And I'm sure in your own life you've experienced times whether you're in a city and you're on a busy subway system and then you come home and you might feel like your mood changed. How in those moments, it's nice to begin to consider, is this actually my own or did I take on something else in that moment that wasn't mine? So that is why creating healthy energetic boundaries becomes very important. So this is a ritual that actually stemmed from what I do in my own life. I do it every single night to cleanse my body, to cleanse my field before going to sleep. And overall, it's helped me create better boundaries, of course, in my day -to -day, but also create better sleep for myself. So what we're going to

do to get started is a little bit of a journaling practice, and this journaling practice, all you're going to need is a notebook, or if you don't have a notebook handy, you just need a piece of paper and a pen. And to get started today, we're going to start with a little bit of a journal prompt. And this prompt is going to be, what can I let go of from my day? Many times, we're not only holding on to, you know, what happened in the past day, but we might even be holding on to our to-do lists for tomorrow, the things that we didn't get done, the things that might still be creating a little bit of a barrier or a grip towards getting a good night's sleep, and then also clearing our overall energy. So we'll get started right here by starting to write out that journal prompt on your journal, on your piece of paper, what can I let go of that is not serving me that I don't need to carry into the night. And of course, this might be your opportunity here to just write anything in this moment that might still be on your mind. So we'll give about a couple of minutes, a couple of seconds here to start to write out some of those things for you. Of course, there are no right or wrongs. A lot of the times, like I said, it could be rooted in those to-do lists, in those day-to-day stressors, and even on other people's energy that you might still be holding onto. So what do you want to let go of?

And this is your opportunity in this moment. If you'd like to continue writing to just pause the video, you can continue to journal through this practice.

And when you feel ready, we're going to start to just in some of those things that you wrote down. Noticing in this moment, if those things that you wrote down, are they stuff that are yours, or are some of them involved with other people?

And these might be co-workers, these might be family members, these might be little things that you got involved with in your day. As you start to make note of all these other energies that were involved throughout the day, starting to make note of those people that were closest to you throughout the day. You might take a moment here to write down a couple of those people that come to mind. And when you have that, we're going to start to use this, use those people, to start to cut some of those cords so that we can have beautiful night's sleep. I always say that the first step is to cleanse to let go, and then the second step is to protect. As we create that protection, then from that space, you'll have a beautiful, beautiful night's sleep. So from here, we'll start to place the journal down.

And as we start to move into more of our meditative practice, you might take a moment here to just make sure you're seated with that spine nice and long. Both hands can come on to the thighs. You could start to close the eyes and because we're doing a bit of a visualization, I do urge you in this moment it is a bit easier to close the eyes.

And from this space, we'll start to once again connect with that breath, just allowing just a few breaths to begin to calm you and ground you and clear and let go of anything that you wrote down. On your next inhale, you'll inhale through the nose, letting in just a couple of well wishes for your

good night's sleep.

And on the exhale, you'll focus on letting go of some of those tasks, those to-dos, those things that have been ruminating in your mind, letting it go through the breath.

We'll inhale through the nose, once again, letting in that new life, those good feeling feelings into your night. And we'll exhale to clear and release all of the old, all that's not serving you. Two more times to your full breath in.

Full deep breath out.

One last time, full breath in.

Full deep breath out. We'll extend it all the way to the bottom this time. And once you reach the bottom fully, we're going to hold here at the bottom.

And we'll hold the breath for a count of 10, 9, 8, 7,

6, 5, 4, Three, two, one. Beautiful,

on that next inhale, you're going to fully fill up your whole body once again. And we'll come back to the breath. Back to that natural rhythm.

As you continue to keep those eyes shut, you're going to start to bring to minds a couple of those people that you wrote down in your journal.

And as you start to bring them to mind, when I say we're clearing and we're cutting energetic cords, that doesn't mean that you're never going to talk to that person again or that they're not meant in your life. But we're just cutting the energy that might have been created throughout the day, just simply by spending a lot of time with them. So on your next inhale, you might bring to your mind one of those people that you spent a lot of time around today.

And in this moment, you can imagine where that energy might be sitting in your own body. Maybe it's in the mind because you spent a lot of time working with them during the day. Maybe it's in the heart because there's someone you're very connected with, they're your partner, etc. Wherever you feel that cord within your own body, wherever you feel that energy attachment.

From here, you're simply going to start to allow that space to release.

You can even imagine yourself as if in this moment you're grabbing that space where you feel that energy with your mind's eye, with your mind's hand, and you'll gently start to cut that cord.

You can even invite in the saying,

thank you so much for spending time with me today. And in this moment, I'm going to release you.

Releasing that energy fully for that beautiful night's sleep.

We'll do that two more times, this time with that second person that comes to mind, that second person that you spend extra amounts of time with noticing in this moment as you tune into your own body where do you feel it

as you start to pick up on that space you'll start to once again imagine that mind's hands starting to cut clear and release that cord from your body not only from your body from your

Beautiful, we'll do that one last and final time. And if there are many other

people and energies you feel in your day -to -day, you might spend a little bit of extra time here continuing to move through that practice. But together we'll move through that last person that comes to mind. Noticing where you feel it within the body. gently beginning to clear and release that chord.

And once you finally have it released, you can gently repeat to yourself. I fully clear and release all in any energetic chords I might have in this moment. Fully releasing all in any energy that does not serve me, does not serve a beautiful night's rest.

And from this space of full clearing, last but at least, I said, will create that bit of protection. So with those eyes closed, if you are a visual person, you can begin to imagine a white light. A white light and a white circle all around your whole body, protecting you.

This white light emanates from your physical body, but then it also starts to send out into

that be coolness beginning to sense that a little bit deeper and then last but at least you can seal that in by simply stating i protect myself with white light as i go into sleep may this white light protect me all throughout the night until i wake up in the morning

Beautiful, and from that space of just starting to notice and feel what it feels like to be fully in your own body. Without all these outside energies, maybe affecting some of your day -to -day feelings.

You'll begin to place both hands right on top of your heart. Taking a few moments here, just to once again connect with your own heart space. Sending just a couple of breaths into that heart,

feeling that warmth, feeling that protection, and feeling that deeper sense of rest.

When you're ready, you can start to come back into the space, open up the eyes, and hopefully you're ready for a good night's rest.

Thank you so much for joining me for today's practice. Once again, my name is Raquel, and I hope to see you again.