



Video Transcript

Meditation To Clear Your Energetic Field

Welcome to this guided meditation for clearing your aura or energetic field. For this meditation, find a quiet and comfortable place to sit down. Try to find a position where the feet can be planted firmly on the floor, and the back can be upright so the breath can flow freely. Take a moment to find your supported position and begin to shift into stillness.

When you're ready,

take a deep breath in, fill the lungs fully and slowly. Exhale as slow as you can. Take a few more rounds of breath. And even if it was just for one breath, try to inhale 100% of the way and exhale 100% of the way. At least one breath at fullest capacity to clear and cleanse yourself in this moment.

After these deep breaths, allow your breathing to settle into a natural and relaxed rhythm.

Place the hands together at the heart center and begin to rub the palms together. Generate some heat in the hands. As you continue to breathe deeply, rub the hands together a little more vigorously until they begin to feel hot. Take a deep inhale. As you exhale, press the palms together in stillness.

Slowly begin to pulse the hands in and out and visualize holding a ball of light. In between the hands, you might feel a tingling sensation or the sensation of the hands feeling like magnets. It's okay though if you don't feel any physical sensations. Just continue to visualize a ball of light in between the hands.

This ball of light represents your ability to sense and shift energy.

Slowly begin to pulse the hands further and further out. Allowing the ball of light to grow and expand.

Each time the hands come closer together, the tingling sensations might intensify, and as the hands are pulled further apart, feel the spaciousness between them.

Bring your attention now to the body and the energetic field, but the palms facing you begin to run the hands through your energetic field, just a few inches or so past the physical body as you run the hands gently over the arms and the areas around the head. And the face sense. Any parts that feel cold, dense, or stagnant.

Trust your intuition and let your hands guide you to these areas.

As you identify an area of stagnant energy, gently place your hands near it without actually touching the physical body. Imagine the warmth from your hands gently penetrating the energetic field to melt away the heaviness and the staleness of that part of the body.

Allow your hands to move in a fluid and intuitive manner following the contours of the body. And the energetic field. Feel the energy of the hands. Interact with the energetic quality of your aura, and through this connection, know that balance and harmony can be restored.

As you continue this movement, visualize stagnant energy, dissipating and transforming into light.

See the stagnance being released and absorbed into the ether, which creates space for fresh and positive energy to now flow back into your field.

If you encounter a particularly dense or resistant area, you can pause and hold your hands. Still concentrate on sending the warmth from the hands into this block to dissolve it. Truly trust in the power of your own healing energy and know that the hands are an extension of the heart and in the heart.

The light of life shines bright.

Continue to move the hands throughout your field for the next few moments.

Breathe deeply and know there is no wrong way to sense or connect to yourself.

Breathe in deeply and slowly exhale the hands into the lap. So that the palms are up and the backs of the hands rest against the tops of the legs. Take a moment to observe your aura. Now, notice what parts of your energetic field feel bright and clear and expansive.

Connect to a sense of freedom that comes from releasing your energetic burdens.

Take a deep breath in and slowly exhale. Place one hand over the other on the heart center.

As if you are closing a circuit between yourself and the heart. Feel the hands warm. The heart and the hands warm the hands. Express gratitude for your healing ability and know that you can return to this practice whenever you feel the need to refresh and cleanse your aura.

By regularly practicing this meditation, especially with the use of your hands, you can maintain a clear and vibrant energetic field. To promote your spiritual growth and overall wellbeing,

know that you have the ability to connect to the powers of the highest good, and these powers are inherent, whoever you may be or whoever you may think yourself to be.

Inhale fully. Exhale slowly. Thank yourself for this moment to connect.

When you feel ready, begin to bring your awareness back into the body. Move the hands and feet, fingers, and toes. And slowly open the eyes.

Allow this sense of clarity to extend throughout the rest of your day and know that it has the power to reach others and affect them, even if it's subconsciously to shift towards a place of peace and balance.