



Information Sheet 02 ~ Clearing Stray Energy Attachments

Background

There are many situations where stray energy attachments can be picked-up. The surest sign that this has happened is a sudden change in your mood from being light-hearted and content to being out of sorts in some way – grumpy, fearful, anxious, nervous, angry, resentful etc.

It happens simply by being in the vicinity of people who are holding these kind of vibrations when you are a little bit tired, vulnerable or off-centre yourself. Your inner condition creates an opening for stray energies to infiltrate you. Your personal light attracts them.

Recognising that you're tired and vulnerable is relatively straightforward and you can make a habit of remembering to centre yourself when you notice this. When you're off-centre it can be more difficult to catch.

A major characteristic of being off-centre is being distracted. When you're distracted your attention is away from your immediate experience – you're looking in another direction. Paradoxically this can be when you've just had a really good positive experience. You can be reflecting on that experience rather than paying attention to where you are in the moment. That distraction creates an energetic vulnerability. The "light" of your reflection on your experience is the attractive element. So quite out of the blue your mood can change to anxiety, fear or despondency of some kind for no obvious reason, and the satisfaction you were feeling from the positive experience evaporates.

A good habit to develop is appreciation. So whenever you have one of those positive fulfilling experiences you hold yourself in a place of gratitude and appreciation for it. This is a much higher vibration than revelling in the self-satisfaction of the experience, which is egotistical in a petty way. The vibration of appreciation and gratitude will stop most stray attachments.

Clearing Practices

- ❖ You can clear stray energy attachments using the following words:-

Divine Intelligence ... completely release and remove every thread and trace of any energy I've picked up [today / in town / at the office / etc.] that disrupts my connection with the flow of my authentic expression. Transmute these energies into their most appropriate form and return them to their source now. Replace them in me with Divine Love, Truth, Wisdom and Compassion.

This works best if you can say this aloud, or at least whisper it under your breath. It works if you just do it internally, but less effectively.

- ❖ A more active physical procedure is as follows:-

Put your hands together with one underneath the other and the thumbs touching [as in the picture]. Breathe out as fully as you can. Let your in-breath take care of itself. Put your tongue to the roof of your mouth. Then blow your breath out strongly while you hold this intention:



As I breathe out my energy fields spin and vibrate at the ideal speeds and frequencies to spin out all parasitic energy attachments.

When you've done this you can add an affirmation like ...

I direct the Divine Intelligence I Am to completely infuse my energy fields with Divine Love and compassion ... now. ... And so it is.

