

Releasing Energy That is Not Mine

Hold your hands in front of you, palms facing each other but not quite touching.... Relax your shoulders, elbows down, and not force your hands' positions.

Then, lean into a mindful breath(s) and while looking at your hands and saying something along the lines of the below, imagine pushing the energy out from your hands and feel it leaving your hands:

"I ask my spirit to go throughout time and all of me, including my ancestors and soul's history that has ever felt a victim to the energy of others or times I have absorbed energy from others that is not mine.

I ask my Highest Self and every aspect of my being to release this energy of me through my palms. I ask to heal the places throughout all of my being where this energy leaves."

Keep looking at your hands that are palm facing in front of you and keep imagining pushing the energy out of your palms. You may feel the energy leaving your hands and your hands start moving. Let them move. They may move slow or quickly, short distance or as far as your arms reach.

Don't judge the movement. Keep giving yourself permission to release this energy and push it out your palms. Let go of the energy trying to leave you because it is no longer serving you.

Then when you feel at a point you have released what you are able to at this time, place your hands on something near you such as a table, and say:

"I welcome light, love, and truth. I now release all energy that is not mine, sending it back to where it originated with love and understanding."



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