

A Clair's Energy Exercises

Clear Energy Field:

"Spirit Team. I humbly ask for your assistance... to clear my energy field... of ALL ENERGY that is not mine, does not belong to me, that is NOT FOR my highest and best self. I ask that you clear my physical body and all my energy bodies at this time. Please clear what is not meant for me in this moment, in all lifetimes, in all dimensions, in all realities from today to infinity. Let it be so. So be it. AMEN.

Ask Higher Self:

(Name), what else do I need to do at this time to further clear my energy? Listen...follow and write down the 1st answer you hear, see, feel and or know.

Call Vital Force Energy back to You:

"Spirit Team. I humbly ask for your assistance... to return ALL My Vital Force Energy NOW. I ask you to retrieve ALL my energy that has KNOWINGLY or UNKNOWINGLY been taken, removed or drained from my physical body and my energy bodies through an energy leak, opening, portal and or attachment. Please fill up my Vital Force Energy NOW to 100% Battery Life of the Highest Light from the Highest Beings...please return my energy to me and for me in this moment, in all lifetimes, in all dimensions, in all realities from today to infinity. Let it be so. So be it. AMEN.

Clearing Your Home:

Go to each corner of each room from floor to ceiling...I call in ONLY the highest light of the highest beings into my home, my sacred space NOW. All other energy must leave now through the open door and or open window. You may NOT return for any reason. You have no permission to be here, you have no authority here...leave now. I cleanse and clear this space with the Intention of ONLY the highest light to remain FOR my highest and best self...for me in this moment, in all lifetimes, in all dimensions, in all realities from today to infinity. Let it be so. So be it. AMEN