Psychic Cleansing Rituals

From time to time we all need to clear or cleanse our 'energy' fields from disturbed or unwanted 'thought forms' or entities that we might have picked up from emotional situations, psychic sensitivity or from sexual encounters. Each of these situations, in different ways, can cause us to be vulnerable to some form of 'energetic' intrusion that needs to be cleared in order for us to get back into proper balance. One way to tell whether this happening to you is to be sufficiently self aware to know when you are acting out of character. Moreover in the normal course of life it is beneficial to regularly clear and cleanse your 'energy' fields so this a process that should become habitual.

The two main cleansers in nature are fire and water. You can learn to use these two elements both symbolically and practically to clear and cleanse 'negative' or unwanted energies from your psychic fields. The methods for using water and fire will be described in turn, with the cleansing of sexual encounters being dealt with last as this can require a slightly different approach.

All of these exercises should be carried out under the jurisdiction of your 'Higher-Self' (H-S), which has the sovereign power to clear and remove any intrusions, through the different levels of your being, from your physical body through to your soul essence.

General Cleansing Using Water

Water from earliest times has been used for both cleansing and clearing at both a physical as well as spiritual level, as the ceremony of baptism will attest. One of the modern systems for washing in today's world is by having a shower. This can be used both physically as well symbolically to wash through your 'energy' field to clear out unwanted intrusions. The following exercise will show you how to do this symbolically:

Cleansing Your Own Energy Field Using the Symbol of Water

Aim: To cleanse and clear any discordant or intrusive energy

Time: 5 - 10 minutes

Find a place where you can sit quietly and close your eyes, the soles of your feet should be on the ground, rather than sitting in a 'Lotus' posture. The reason for this is that you need to be connected to the energies of the Earth. Become aware of your breathing and as you breathe out feel that you are relaxing yourself. You could go through a full body relaxation process if you find it hard to relax sufficiently.

1. Start the exercise by first connecting to and acknowledging your inner soul essence. The simplest way to do this is to imagine that it is 'light' within your body. This light should be centred and anchored in your heart area.
2. Once you have linked to your inner light or soul essence you next need to connect to your 'H-S'. You can do this through a number of simple ways, by imagining, requesting, feeling or affirming.
a. To use your imagination to link to your 'H-S' you can imagine a light or even better a symbol like the Sun shining in the sky above your head and then perceive a beam of pure sunlight coming down through the crown of your head and linking to both your inner light as well as your conscious mind.

b. To request a connection to your H-S simply state the words, either inwardly or outwardly, whichever you prefer "I call on my H-S to link to my inner soul essence and to my conscious mind."

c. To feel the link to your H-S first connect to your heart centre and allow your feeling sense to connect you to your H-S.

d. To affirm you link to your H-S repeat inwardly "I affirm my connection to my H-S".

3. To test whether you are indeed properly connected to your H-S you can use a finger signal to test the link. The easiest way to do this is by using the first finger on the right or left hand, whichever seems preferable. You are effectively allowing the body to speak to you kinesthetically. You need to have your palms placed downwards on your thighs or on a table in front of you. If the answer is in the affirmative your 'first finger' should raise from a flat position. You can use your middle finger for a 'no' answer. If the first finger does not raise itself or the middle finger is raised, then repeat the above exercises perhaps combining them. If in testing again and your finger does not raise then send a very strong thought to your H-S requesting your H-S to clear and dissolve any blockages that might be impeding the connection. This should then remove anything that is trying to block your connection. This form of connection to your H-S is known as ideo-motor signalling. It should remembered that you H-S is always aware of everything that you are doing because of its link through your inner soul essence, however there might occasionally be something blocking the connection back to your conscious mind.

4. Once the connect to you H-S has been achieved then imagine the energy from you 'H-S' is washing through every aspect of your being like a golden rain, that is sweeping all negative or unwanted energies down through your body and into the earth to be dissolved and transformed.

I personally like to carry out this exercise whilst standing under the shower in the morning so that I am combining a physical cleansing with a form of spiritual purification. With practice it becomes easy to immediately connect to you H-S, so that it is always present in your life and becomes a source of inspiration and help that can always be called upon at a moment's notice.

5. You can always use mantras or affirmations to assist with the visualisation and in this case say inwardly or outwardly words like "I call on my H-S and the elemental power of water to clear, cleanse and wash away all negative and discordant energies that are not there for my highest good." When beset by some difficult energies this statement should be repeated three times.

6. When everything is complete then you can call on your H-S to seal and close any doors, openings or windows within your psyche and to replace any dissolved or
removed energies with an energy of healing and balance. Then thank you H-S, the water elemental beings and any other guides or helpers that you might have called upon to assist you.

**Cleansing Your Own Energy Field Using the Symbol of Fire**

The second of nature's great cleansers is that of fire, which contains great power and can be very destructive if not contained. If you have attempted to clear some energy, which seems to be resistant the water element, then use fire. The methods are somewhat similar to water although from an imagined perspective I would normally sense or visualise that I am sweeping through my energy field with a flaming sword. At a practical level you can also use a sage 'smudge' stick for the same process.

**Exercise: Cleansing Your Own Energy Field Using the Symbol of Fire**

*Aim: To cleanse and clear any discordant or intrusive energy*

*Time: 5 - 10 minutes*

1. Carry out steps 1-4 from the previous exercise.
2. Next imagine or sense that you are holding in your hand a flaming sword and sweep through the whole of your energy field three times saying inwardly "I call on my H-S and the elemental power of fire to clear, cleanse and dissolve any negative or unwanted energies that are not there for my highest good".
3. You can also use this symbol to affirm "I call on my H-S and the elemental power of fire and air to cut, clear and sever any cords or attachments that are linked to me at any level of my being, and to fully dissolve the residue of these attachments". As you say these words imagine that you are cutting and severing any cords that might be attached to you.
4. When everything is complete then you can call on your H-S to seal and close and doors, openings or windows within your psyche and to replace any dissolved or removed energies with an energy of healing and balance. Then thank you H-S, the fire and air elemental beings and any other guides or helpers that you might have called upon to assist you.
5. The same process indicated above can be used with a lighted sage 'smudge' stick.

These exercise can be repeated on a daily basis particularly if you incorporate them into a daily meditation or showering routine with water. They will help to keep your energy fields clear and balanced and free from unwanted influences.

**Removing Sexual Energy Influences**

All sexual encounters create energy that is part of a natural expression of human experience intended to help propagation of our species. At a higher level spiritual energies are generated that can assist the incarnating spirit on its journey into the physical realm. The exchange of energy that takes place during normal hetero-sexual activity has different implications depending upon whether you are a man or woman. In the case of women, as the receptacle for these energies, there is a greater tendency for these energies to remain stuck within the psychic matrix of the self. A slightly different process occurs for the man but there comes a point when it is appropriate to clear and
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To cleanse all of the shared energies and residues from the past. This is because these energies can have the tendency to hold the accumulation of past patterns and can therefore be an impediment to change. For non-heterosexual couples there can be similar energetic exchanges, which need to be cleared as appropriate.

The process of clearing and cleansing sexual energy needs to be carried out through the jurisdiction of the H-S and is quite a simple process. The exercise should be carried out by both men and women, although, as already stated, from my experience the residue impact of these encounters has a tendency to be stronger within hetero-sexual women.

Exercise: Cleansing Sexual Energy from Past Partners

Aim: To cleanse and clear any sexual energy from past sexual encounters

Time: 5 - 10 minutes

The first step should be to try and draw up a list of all of the sexual partners that you have encountered. In most cases this should be a reasonably simple task although with some individuals, particularly in cases of one-night stands it might be more complicated. Ideally each of these encounters should be dealt with in turn although, in cases, where there have been multiple partners these could be tackled as a group.

1. The next step is to carry out stages 1-4 in the first of the exercises listed above.
2. When the link to the H-S has been established and confirmed through the ideo-motor finger signal, the say out loud the following words: "I call upon my H-S to clear, cleanse and dissolve all residues of energy from my physical and energetic body from the sexual relationships that I have had with (name of person)." Then going on state: "I call on my H-S to send a thought of love, thanks and forgiveness for all that we have shared together and to release any bonds that might link or jointly bind us within the framework of this present lifetime." When these words have been said then say "So be it, so be it so be it."
3. When this has been done check with your ideo-motor finger signal that the cleansing is complete. You can do this by sending a thought or request to you H-S along the lines of "I request my H-S to indicate to me using my finger signals when this is complete."
4. Once the cleansing process has been successfully carried out with the first individual you can then repeat the process with the next on the list until all past partners energies have been fully cleansed. It may be possibly to fully clear all of these influences from one meditation exercise. In some cases it might take two or more to complete particularly if there is a lot of psychic entanglement.

The above exercises are intended to help you as a person maintain a healthy balance of living. If you encounter difficulties using these exercises you may need to contact a spirit release therapist or other therapist to help support you in the process.
About the author

David Furlong grew up in a family that practised spiritual healing and discovered, as a young child, how to access his healing skills. He has been a healer for more than forty years. He is one of the founder tutors of the College of Healing and was the first Chairman of the Natural Health Network. The author of five books including The Healer Within, Working with Earth Energies and Healing Your Family Patterns, he has run workshops and training courses for more than thirty-five years. He is the founder of the Spirit Release Forum.