

7 Ways to Keep Your Energy Clear

1. Take a bath with Himalayan salt
2. Put your bare feet in the grass or dirt
3. Ask Archangel Michael to cut the energetic cords that no longer serve you, releasing what is not yours
4. Journal, especially first thing in the morning before your inner censor wakes up
5. Take a time out. Meditate, read, walk, get away from others, occasionally sleep alone if you share a bed
6. Surround yourself with a golden bubble of light that lets in only love and what you need to know
7. Use this affirmation "I release energetic attachments that do not serve my highest good"

