SPIRITUAL HYGIENE

Twice a day, and often throughout.

I ask to connect to Source/Creator, my guides, and my essence/higher self.

I ask for a pure white suit to be at 100% integrity. I ask to surround it with a sphere of opal light, surrounded by a sphere of rainbow light.  I ask it to dissolve and go to the Light at the end of my workday/outing/visits/etc.

I ask to release all energy that I may have picked up that does not belong to me to go back to its original source, including cords and any other attachments. I ask for all energy that does belong to me to come back to me.

I allow love to heal me. I am loved, I am loving, I am loveable.

I ask to come 100% into my body and look out of both eyes at the same time. One to see the problem, one to see the solution.

I ask to center my Feminine energies- (count to 48, imagine you are in the center of your energy field).

I ask to center my Masculine energies- (count to 48, imagine you are in the center of your energy field).

Daisy exercise- imagine a giant daisy, floating in space, just existing, whatever color you like. This represents your energy field. Take a look at where you are on the daisy- if you are not in the center, just crawl into the center of the flower, put your self in the middle. Now look around at the petals- is there anyone else on your flower? Sitting, standing, holding on by their fingernails… If there is, remove them- this may be a gentle asking them to leave, blow them off like dust, flick them like a pest, whatever works for you. Get back in the center of your daisy. You want to be the only one on your flower, in the very center. Use this exercise anytime you feel “off”.

If you share, please credit my name Pam Loong, RN, TheConnectedNurse.Com.