

Third Eye Clearing

These two can be paired together.

First: At your third eye chakra, on your forehead in between your eyebrows, physically “scoop” this area as if picking up and cleaning something out. Mentally setting the intention to remove any and all outside energy you have taken on in any way shape or form that is not yours. Shake your hands off as if to remove the energy, sending it back into mother earth to be cleansed and transmuted.

Third Eye Clearing

Boost the affects of this by running your hands under water and wiping from your heart chakra/heart space, up your throat chakra/neck, over your third eye and your crown/top of your head, down the back of your head and neck.

Repeat the entire process, hands in water included, three times. Rinse your hands thoroughly in water when complete to rid all energetic residue that you have removed.