

Keeping Your Vibe High: Spiritual Hygiene 101

DO THIS EACH DAY:

1. CLEANSE Your Energy Field

Surround yourself in the white light and imagine Divine light showering over you and washing away any negativity, stress, or worry. Ask Archangel Michael to cut any cords between you and any other entities and imagine Michael's sword swiping in front of your body cutting the cords away. Feel any attachments falling away from you. Continue with the Divine light shining down until you are ready for step two.



2. ENERGIZE and PROTECT

Utilize the tool called the "Tower of Light."** Breathe slowly, deeply, and evenly. Relax your whole body while you are in a standing posture. Visualize being encapsulated in an intense bright blue light all around your body. Then envision a white burning globe of light just above your head. This globe is the Light of your Higher Self – think of the highest good you are capable of conceiving. See the dazzling white globe sprinkling down white light with silver sparkling energy that permeates you. Be aware of yourself blissful and alert standing in the Power of the Divine. Hold yourself in the vision of your blue aura filled with vibrant white light for several minutes.



Additional High Vibe Ideas

- Do the Tower of Light** before bed for restful sleep.
- Movement - jump, clap, dance to achieve a high energy state
- Essential oils (cedar, lemon, myrrh, rosemary, frankincense, lavender, or sage)
- Bath with sea salt, Epsom salt, and essential oils
- Breathing exercises [Dr. Andrew Weil's 4-7-8 Breathing](#)
- Meditate with crystals - amethyst, selenite, smoky quartz
- Aura cleansing music [Positive Aura Cleanse](#)

Tips for Situations & Confrontations

- Envision yourself in the Tower of Light** and be aware of your shining impenetrable aura
- Imagine a sheet of thick blue glass in front of you protecting you from the person you are distrusting or in conflict with
- If there are strong emotions, in your mind set the intention in your consciousness of Hopoponono "I love you. I'm sorry. Please forgive me. Thank you."

**NOTE: The "Tower of Light" exercise is from the classic book "The Practical Guide to Psychic Self-Defense and Well-Being" by Denning & Phillips.