



ONE HEART WAY

Tips to Keep Your Energy Field Clean and Vibe High!

By: Scott Cvetkovski
Founder and Reiki Master of One Heart Way

As a life-long learner of energy, I have found and discovered many ways to ensure that my energy stays in a high vibrational state and protect myself from energies that don't serve my greatest and highest good. I'd like to share with you some of my simple techniques I use on a daily basis to ensure I am at the most perfect vibration that is right for me. These techniques require no type of attunement or class to be able to perform, but is our birthright as spiritual, divine beings having a human experience on Earth.

My Morning Routine

1. Start my day with gratitude

Gratitude is a very high frequency emotion, and to begin your day this way opens you up for more blessings to come to your way.

2. Quick energy bath

Once I am in a state of gratitude, I begin the process of cleansing and protecting my auric field (the biofield and life force energy that surrounds you). When the auric field is not strong, we can find things during our daily life being a bit more of a struggle and find areas of our life a little more difficult than they should be.

Steps

- a. I **visualize white light completely washing over me** like a waterfall and see it washing away anything in my auric field that doesn't serve me until I see myself only surrounded by white light extending 4-6 feet from my body
- b. I then go through a **sequence of protective colors to completely solidify and protect me** from any outside energies that are not for my greatest and highest good
 - i. First, I visualize surrounding myself in **blue protective light**
 - ii. Second, I visualize surrounding myself in **silver light**
 - iii. Lastly, I **visualize and seal myself in gold light**



ONE HEART WAY

3. Power Shower

Water has been used for blessings and ceremony for thousands of years. We all have the birthright to bless our food, water, and even people. Every morning I bless my water before showering as a final energetic cleanse and upgrade to start my day. **Say the following out loud or internally before entering:** *“I bless this water and make it Holy, may it cleanse my mind, body and spirit, and raise me to the vibration level of Divine Love and Light.”*

Use Your Voice

Your voice is an instrument and tool for manifestation and creation. When you speak and declare something, that reverberates through the unseen threads that go through all living things and beings. Whenever I feel I am holding onto an emotion that no longer serves, a way of thinking that feels outdated, or even an entire situation that may have happened in the past, I like to use some simple vocal declarations to remove these energies that no longer serve.

“I bless and release and plug back into spirit.”

This small, but extremely powerful declaration can remove the energies that no longer serve and have run their course in teaching and informing of us lessons, perspectives and choice. We also enter back into a higher vibrational state, with higher vibrational emotions and thoughts when we reconnect with our divine self and step back into alignment with our greatest and best good.

“I give back any energy that is not mine and take back all energy that is mine.”

This is an incredible resource and tool that can truly be used in all situations. Whether you are an empath and collect others energy easily, someone who has just had a lot situations happen to them, someone who needs to reclaim power back to themselves, or just stepping newly into this world and want to know about energy exchange, this is statement works great.

Many times, when we interact with others there is an energy exchange. If we aren't used to cleansing our energy fields, or setting boundaries, we can find ourselves taking on the energy of others, or particular situation. The more intense a situation is, especially with those close to us, the more likely we are the take on their energy and hold onto things that are not ours. It is important we give this energy back to them and reclaim our own, so we do not hold feelings, thoughts and emotional patterns that are not ours.