



1. Identifying low vibrational energies:

Any emotion, thought or memory that doesn't make you feel good is low in its vibration. Everything is in a vibratory state as all matter that we can perceive and beyond is made up of energies. They move in an oscillatory or vibratory pattern (like a ball bouncing up and down under a certain force).

So, first become aware of any one such emotion (eg. anger), thought (eg. thought about your volume and vocabulary when you're angry), and memory associated with this emotion and thought (eg. an argument you had with your close friend or family member). They don't make you feel good and therefore, as somebody paying attention to your patterns, you should learn how to rid yourself of them. Remember, they are all energies.

2. Understanding some simple means to releasing negative energies:

- a) You'll be surprised but the simplest way is to ASK THEM TO LEAVE but with love, like you'd ask your child or somebody close to you, to leave you alone for sometime; everything should originate from a place of love! "I ask you to leave me as I don't like the way I feel right now. I want to vibrate higher". Sit back, leave the body loose and relax for a few seconds to minutes, as per how you feel inclined to. They will start moving out.

- b) Saying daily affirmations specifically describing these energies is a powerful method of releasing them and/or converting them into positive energies.

(NOTE: *Positive energies* have high frequencies viz. many quickly oscillating waves which **FEEL LIGHT** whereas *negative energies* have low frequencies viz. slowly oscillating energies which **FEEL HEAVY!**)

"I release the anger I am feeling, in a blessed and transmuted manner now; I release it in a blessed manner so that it doesn't affect somebody else."

"I am no longer bothered by the argument _____ and I had which was causing me anger. I understand everybody has free will and can express themselves in a manner known to them."

"I am non-judgemental and empathetic."

"I am unconditional love."

"I am a good person; I have some patterns that don't serve me and I am healing myself successfully."

"I am healed."

"I am free of all thoughts that make me uncomfortable or cause fear."

"I am protected and safe always!"

"I have free will."

"I am grounded."

Remember everything should come from the heart. Thus, if it takes a few repetitions to actually feel them, go for it! Repeat them as many times as you find the need to.

- c) Play healing frequencies. This music will generally raise your vibrations from low to high frequencies; thus the word "healing"!

<https://www.youtube.com/watch?v=X95arcCMAXc>

<https://www.youtube.com/watch?v=eWLVBP3Vr04&t=3231s>

▶ Reiki for Chakra Unblocking & Balancing

Last but not the least, I'd like to leave you with the advice that you must feel your feelings without guilt and then affirm to release them. When you feel them, they are actually moving and are available to be released or converted to positive energies. IF you don't allow yourself to feel them, you will most likely fool yourself. Cry, laugh, get your anger out but feel!

Be yourself, be authentic in all your flaws. Only when you embrace them, will you be able to heal them. All the best with your healing!