

# 10 Energy Clearing Techniques - Clearing Yourself of Negative Energies, Entities and Spirits

by Mary Buchowski-Kurus

Copyright 2018 Mary Kurus All Rights Reserved

There are many ways in which you can help yourself to clear your energy field, your physical body, and your home or office that you live and work in. The following helps to guide you in how to deal with energies, spirits and entities that invade your energy field, home or office.

**Please note that the following will not/ not work to eliminate psychic attack energy. Do not attempt the following if you believe you have been attacked by psychic attack energies since you could create more harm and open portals for more psychic attack energy.**

It is always important before beginning any energy exercise to do the following:

- Ask the loving Universal Energy Beings to give you protection and shielding from other negative energies
- Sit in a quiet place and do some deep breathing exercises to get you calm and very focused
- Set a deep intention for the clearing work you plan to undertake; your intention is very important and take time in doing this
- Remain consciously present with loving, caring and protecting Universal Energy Beings

- **Grounding - Being Fully Present in the Moment**

Whenever you are thinking or trying to cleanse yourself of negative and dark energies, first ground yourself so you are deeply connected with Mother Earth. Sit down comfortably with both feet planted on the floor, and if possible, right on the earth. Imagine a thin silver cord that runs from the center of your being or from each of your ankles, way down to the center of the earth, right into the middle of Mother Earth. Hold this visualization until you feel deeply connected with Mother earth. This is an important beginning to many types of work with other dimensions. At times, just an exercise of grounding will help you release negative energies.

## **1. Smudging with White Sage**

Smudging with white sage is an ancient custom of North American Indians who have used and continue to use this method for clearing unwanted negative energies. You can purchase dried white sage in a variety of shops today or you can grow and dry your own white sage.

People who work in close quarters with others, and this includes teachers, nurses, physicians, therapists, factory workers, energy workers, office workers etc., need to smudge and clear daily. Some of the negative energy carried in one persons' aura can easily flip into your own aura or home. Daily smudging is a powerful clearing tool to use on yourself and your office to keep your energy field clear of "accidental" energy transfers. Unfortunately, this is normally insufficient for any type of psychic attacks.

To smudge just do the following. Take a bowl about 4 or 5 inches in diameter and place a few inches of sand to cover the bottom of the bowl and to protect the bowl from heat. Place a few leaves of white sage on the sand and light the ends or edges of the leaves. Once the leaf is flaming well, blow out the flame and leave the leaf to smoke. This smoke is what is called smudging.

Pass the smoke over your head and all around you a number of times. If you are smudging your home, close all the windows and doors and pass the bowl with leaves smoking around each room, into corners, up to ceiling corners, and into closets and cupboards. Leave the doors and windows closed for a few hours. This smudging can dissolve or eliminate many negative and dark energies, entities and spirits from your home.

## **2. Black Obsidian and Black Tourmaline Spray Concentrates**

I make and sell concentrates from the black obsidian and black tourmaline gemstones. You can make a spray by taking two teaspoons of the Choming Concentrate of either Black Tourmaline or Black Obsidian and mixing it with one cup of water. Then carefully spray your aura, your children, your car, your home or office with this spray. This works by dissolving or eliminating dark energies, spirits, or entities but it is stronger than smudging. These sprays are powerful eliminators.

### **A Rock Shop Owner's Story**

The owner of a rock shop recently told me a story about her experience with black tourmaline. She had been having many individuals with dark energies coming into her shop and decided to use black tourmaline to keep them out. She placed a grid using black tourmaline in her shop doorway to keep out these negative energies. Well not only did the negative energies not enter her shop that day, but she found that nobody entered her shop that day at all. She learned an important lesson about black tourmaline. But it's a powerful gem for keeping negative energies and beings away from you.

Black Obsidian is just as powerful as black tourmaline but it is more porous and allows good and loving energies to flow both ways, while protecting and keeping negative energies away. Black Tourmaline tends to keep everything away.

To purchase Black Obsidian or Black Tourmaline Concentrates you can contact Mary Buchowski-Kurus at [mary@mkprojects.com](mailto:mary@mkprojects.com) and visit her website for detailed information about these concentrates at [www.kprojects.com](http://www.kprojects.com).

### **3. Black Obsidian and Black Tourmaline Gemstones**

These gems are a somewhat weak protection to use just by carrying them in your hand or pocket, but they can be helpful.

Remember that if you keep a gemstone in your right hand or pocket, you are releasing and helping to release negative and dark energies. If you keep it in your left pocket you are drawing in energy to help you eliminate negative and dark energies. Anything held on the left side draws energy and anything on the right side releases energy. If you carry these gemstones daily, they need to be re-energized regularly. I have a detailed article on my website at [www.mkprojects.com](http://www.mkprojects.com) on how to do this.

### **4. Tibetan Incense (made in Nepalese monasteries)**

There is an incense made today in the monasteries of Nepal by Tibetans that is so pure that it can dissolve negative energies in your auras and home. This incense is made by hand in accordance with Tibetan traditions preserved through the centuries within the monastic orders of Tibet. It's made in the traditional Tibetan manner with 35 different spices and aromatic substances including nagi, saffron, and red and white sandalwood. This incense is now being made by Tibetans in monasteries in Nepal and can be purchased throughout the world.

It's important to know that incense, essences essentially anything made by machine loses much of its vibratory healing power and does not produce the same clearing or healing effect as incense or anything else made by hand.

### **5. Prayer and Connecting with Other Loving Spirits**

People get very frightened when they believe they have been attacked by negative energies, spirits or entities. They feel helpless and violated and without the necessary knowledge or skills to help or protect themselves. Fear is one of the greatest problems associated with energy attacks since fear tends to magnify and intensify the experience of the person.

Prayer is powerful and can help immensely when dealing with negative energy and spirit attacks. If the person who has been attacked can pray to the God or Universal Being of their understanding for strength and courage, their fear should slowly abate and they will be better able to concentrate in applying a number of the suggestions for clearing that I make in this article. Positive prayer in love strengthens individuals to deal

with their issues. Ask others to pray for you also as you go through this difficult experience. There are special convents and monasteries with sisters and monks who do nothing but pray each day. Call them and ask them to pray for you as a special intention. Believe me, prayer works and needs to be part of the healing process.

For those who believe in the spirit world, ask those who are in other dimensions to guide you and help you through this experience. They are there and just need to be asked. Ask the highest of spirits and guardian angels to help you as part of this healing process for you.

## **6. Protecting Visualization Techniques from Negative Thought Forms**

This technique works particularly well when others are angry with you and are sending you angry or vengeful thought forms. A person can be very angry, cursing you and wishing you harm. They probably do not realize that they are sending you these energy thought forms that can lodge in your body or aura. You may hear their voice in your mind, see a blurry vision of them speaking to you in anger, or just be feeling very uncomfortable. Do you remember the many times when you had angry conversations with someone who was not present? You may have thought you were talking to yourself but in reality, you were sending out angry thought forms when you did this.

The following is a visualization I have used many times that has worked well when used properly. Visualize that you are where you are and this other person is about 100 yards away from you. Then visualize a Plexiglas wall that drops between the two of you. This glass wall is about six inches thick and is such that anything loving can penetrate this wall easily, while negative images or thoughts cannot penetrate this wall. Hold the image of this wall and I guarantee you that the angry voices and images will disappear almost immediately. This will give you real protection from angry thought forms so they cannot penetrate or lodge in your body or aura.

## **7. Surrounding Yourself in White Light**

White light is the light of love and using this practice can help with minor negative energies. You can surround yourself with white light and feel the presence of a Loving Universe. However, this white light often does not keep out the heavier dark energies and normally does not keep out entities and spirits. It's a good practice to connect with the Universe but not very powerful in protecting you from many negative energetic practices.

## **8. Personal Affirmations**

As you think so you will behave. You need to adjust your belief system so that you will believe that you will be safe and have the overall feeling of the love and protection of the Universe. An affirmation is a statement you make from the bottom of your heart, with deep felt emotions, stating the effect you wish to experience. I personally do not believe that affirmations will protect you from serious attack energy but some people have limited success with this approach.

## **9. Being Aggressive to Chase Away Negative Energy Beings, Spirits and Entities**

There are many negative spirits entities, and beings floating around Mother Earth. They might find you and enter your home or your energy field. There are times when an energy being will wake you up during the night by bumping you or invading you sexually. Or you will feel a very cold presence in your energy field. This means that a negative entity, spirit or being has entered your energy field. To chase this away, with a very loud voice, aggressively speak very loudly telling it to leave that it is not welcome. You might have to do this for few minutes. Continue doing this until you are satisfied that it is gone.

### **Ordering a Negative Energy Clearing for Psychic Attacks:**

If you believe that you are under psychic attack and need help in clearing the psychic attacks, negative and dark energies, please **contact me** at [mary@mkprojects.com](mailto:mary@mkprojects.com). I always include an energy healing once the clearing is completed since psychic attacks can cause a lot of damage to your energy field and systems. I do Negative Energy Clearings and Healings for individuals, homes, vehicles etc. My prices can be viewed under **Ordering Information** on my website at [www.mkprojects.com](http://www.mkprojects.com).

With Love and Caring,  
Mary Buchowski-Kurus