

## CLEARING YOUR ENERGY FIELD

This PDF Cheat Sheet is for your use after you have done the step-by-step energy clearing with Dorian personally or have used the soundtrack called "Clearing Your Energy Field" available on the web-site.

### GROUNDING CORDS

**These cords have been permanently created – you don't have to create them again unless you intentionally destroy them! All you have to do is clean them.**

#### Triple Tree Trunk Grounding Cord

- Drain everyone's energies that have gotten on you down to the center of the Earth (do this throughout the day)
- To clean your cord - Pour a bucket of divine white light down the grounding cord through all 3 layers
- Can imagine scrubbing bubbles or golden scrub brushes cleaning out the inside of the trunk
- Cleanse your triple grounding cord every day or as often as necessary

**NOTE:** You can drain other's energy off of you down your grounding cord anytime you wish. You can also turn their energy a color and drain it down your cord. The most important thing is to clean it with the white light every day, especially at the end of the day.

#### Electro-Magnetic Cord

- Turn On (**Note:** You have to turn this cord on every time you use it or it won't work)
- Call it into present time here and now
- Drain all yours and other's negative thoughts, feelings and emotions down the Cord to the center of the earth
- Don't have to clean as it clears when it automatically turns off, however, you can pour a bucket of divine white light down it if you wish

### CENTER OF YOUR HEAD (YOUR OFFICE/SPA)

- Imagine your office/spa in the center of your head
- Walk in and turn on the lights
- If you sense, see or feel any clutter, imagine yourself cleaning it up. Sweep all dirt, dust or trash down your trap door
- If you sense, feel or see anyone inside your office/spa, ask them to leave.
- When you sense, feel or see that your office/spa is cleaned and clear, turn off the light, close the door and post your guard at the door

**NOTE** – This is an important technique to keep yourself centered and balanced. You can check your office throughout the day and clean it up of clutter, people and situations if you

have allowed anyone to invade your space or get you off centered. Remember it is about intention!

## **CLEAN YOUR AURA**

- Pull your aura in 18" around you
- Can fill your aura with a color such as pink (love)
- Use a vacuum hose attached to your triple grounding cord to cleanse off your aura. See other's energies being sucked up into the hose and sent down your grounding cord to the center of the earth.
- If you sense a tare in your aura, mend it by running your hands over the tare
- If you sense something within your aura, take it out
- Have Archangel Michael cut all cords and pull them out . See the holes left filled with white light.
- Layer your aura with colors, pink, blue, green, purple, violet, etc. make the last color orange. For some reason orange is the most powerful color!

**NOTE:** You can also call other's auras in 18 inches and fill them full of color such as pink for love!

## **RUNNING ENERGY (To Clear Chakras)**

### **Step 1**

Sit with your feet on the ground (once you do this a lot, you can do it in any position). Call in 15% Mother Earth energy to come up from the center of the earth through the bottom of your feet, up your legs to the base of the spine (1<sup>st</sup> Chakra) and down your triple grounding cord back to the center of the earth. Tell it to keep running during this clearing. Envision this energy any color but brown!

**NOTE:** I have asked this 15% Mother Earth energy to constantly run for me 24 hrs. a day. If you sense that this energy running 24/7 is too much for you, go back to running it upon command.

### **Step 2**

- Open up Crown Chakra (7<sup>th</sup> Chakra) like a lotus flower
- Call in 85% Divine White Light Energy into the crown of head
- Run it down the spine, down both legs to feet and out the toes – 10 rays of White Light Energy coming out of your toes
- See it filling up your feet, both legs and connecting at the 1<sup>st</sup> Chakra (base of spine) and mixing with the 15% Mother Earth Energy and flowing down your grounding cord to the center of Mother Earth
- Have your White Light Energy run up from the 1<sup>st</sup> Chakra (base of spine) and:
- Fill your body completely to the 2<sup>nd</sup> Chakra (2" below the naval) spin white light and fountain out front/back of body
- Fill your body completely to the 3<sup>rd</sup> Chakra (middle of Solar Plexus) spin white light and

- fountain out front/back of body
- Fill your body completely to the 4<sup>th</sup> Chakra (center of chest) spin white light energy and fountain out front/back of body
  - Run White Light Energy down the shoulders, into arms and hands and fountain out of hands. Send it out through the fingers – 10 rays of White Light Energy
  - Fill your body completely to the 5<sup>th</sup> Chakra (Throat below Adams Apple) spin white light and fountain out front/back of body
  - Fill your body completely to the 6<sup>th</sup> Chakra (3<sup>rd</sup> Eye) spin white light and fountain out Front/back of body
  - Fill your body your body completely to the 7<sup>th</sup> Chakra (Crown) spin white light and fountain out the top of head

**NOTE:** You can do this anytime during the day when you want to run energy and clear Chakras.

### **GOLDEN SUN**

- Visualize a golden sun over your head and call back all your life force energy and power from any person, place or thing here and now
- Have sun move into your head and integrate into your body

### **VIOLET FLAME**

- Visualize a violet flame or tornado about 12' above your head and below you.
- Bring it down onto your head and down through your body
- Have it spin above you, around you, through you and below you
- Hold the intention that it is dissolving everyone's energy in you, around you and through you. Have it dissolve all energy cords or connections to all people, places or things.
- Can do this mantra while using this tool – **I am a being of the violet fire, I am a being of purity, God's desire** (Elizabeth Claire Prophet's Book – The Violet Flame)

**NOTE:** This is a great tool to use around you at all times.