

CLUTTER ENERGIES

Clutter energies originate from others but we tend to hold onto them as if they are our own.

EMPTY ENERGY

I had this dream that I was in my new home and it was filled with dining room tables and chairs. Each one had been handed down throughout the generations. There is also a library with tons of books that were not being used and served no purpose however some of them have also been handed down through the generations. I added my books and my kitchen table to the rest of the furniture in the home and upon consideration, I realized nobody needs a dozen dining room sets in a small house that makes it so cramped you can hardly move around.

So after asking heavenly father to explain what would be the best way to handle this empty energy, I was shown that the energy itself is not negative and does not harm anyone, however it creates clutter. So rather than releasing or removing the extra, we can learn from our ancestors through their experiences and invite all of these empty energy to come together into a family tree in the center of your being. The branches represent reaching out to our ancestors and the leaves represent their experiences while the roots are grounded firmly in the Plan of Salvation

So close your eyes and invite all of the empty energy that is within you to convert into a similar family history tree.

1. Close your eyes and invite all of the empty energy that is within you to convert into a similar family history tree.
 - a. Invite all the empty energy to come together and convert into a family tree in the center of your being. The branches represent reaching out to our ancestors and the leaves represent their experiences while the roots are grounded firmly in the Plan of Salvation

UNEXPLAINED ENERGY

When we watch television or movies, read books or stories on social media, the stories can be intense or memorable and stored within the body just the same as any other experience or event that actually occurred to you. However it is unexplained for a few reasons – the event didn't actually occur to you and there is no evidence for the mind yet the intensity is powerful and memorable. Think of a movie: for instance Field of Dreams. When you reflect on the story and you tell the events, do you find yourself getting choked up and crying from the memory? When you read a story on social media, do you cry? Have you ever considered that this energy remains within you and creates clutter or energetic confusion?

1. I gather together all unexplained energy and release the energy from my spirit, mind, body and energy fields. I detach the cords, cut the cords with the flaming sword, release and remove the cords.
2. I apologize to my Heavenly Father and to my body. I choose to be more respectful of my body and my mind.
3. I invite into my mind the energy of health, love, acceptance, respect and peace. I choose to be more selective with the energy creating clutter within my body and mind. I choose positive, Godly energy to flow throughout my mind and body.