

Staying Sane & Keeping Clear

How to Keep your Self Free from Outside Energies

Introduction

The world of energetic and psychic phenomenon is a wondrous place, sometimes. A place where, in connecting to Source and higher self, we can find infinite wisdom, great peace and endless beauty. A realm where all is known and safe; where there is no wrong and all steps are in line with our higher learning. For some people however, spiritual or psychic development can involve moments of sheer hell: being so out of control, disconnected from self and victim of circumstance that the only fitting descriptors are “isolated”, “lost” and “alone”. For the psychically sensitive, life can be a real roller coaster ride with no apparent ability to control the ebbs and flows. Whatever presents energetically has the potential to hit fully, affecting them in ways “normal” people just don't experience (not knowingly anyway). Like a leaf in the breeze, the highly energetically sensitive can, at times, feel as if they are totally at the whim of the energies around them. For these people, what can make the experience so hellish is that there is often no one around to help them decipher the experience without being labelled as “ill” or “odd”. For the psychically sensitive, finding real help can just as difficult as the energetic chaos they are experiencing, with not a lot of guarantees.

It is for these people that this article is written. Many of us experience busy-ness nowadays - the noise, lack of control and chaos. For the psychically sensitive, the volume can increase exponentially, often for no apparent reason, and many of these individuals tend to be left wondering what's happening and labelling themselves as problems. Yet a lot of the dizziness is explainable; much of the energetic noise can be reduced if not removed from our world, once we know how to do it. This article seeks to examine the impacts of the outside world upon the psychically sensitive; raise questions as to whether or not the “problem” lies with them or in the greater world; and provides some useful, safe and easy tips for breaking free of overwhelming experiences for greater clarity, centredness and peace.

The World is a World of Energy

The world is a world of energy, a place created from differing configurations of the same base building element, called in this article “the atom”. Everything - from spiritual energies through to thoughts, feelings and physical objects - is made up of these atoms, meaning that we are all fundamentally related to absolutely everything! In psychic terms, this means we have a natural tie-in energetically with any atom in anything or anybody, anywhere. Hence the ability to read psychically: it's simply the ability to tune into the atoms and vibrations about us and communicate with them effectively. While this may read as a theoretical construct for some people, for the psychically sensitive it's the beginning of explaining many things.

Whilst some people can work intuitively only when they want to, seemingly turning their skillset on and off at will, there are others who tend to pick up virtually everything that's happening in the world around them, whether it's theirs to deal with or not. The highly sensitive person actually hears, feels and/or sees energetic and psychic activity as it occurs in the world around them and can therefore be quite affected by it. The psychically sensitive cannot always turn these experiences off or tune them out; s/he may have no control at all. The world of atoms for some people is as real and as tangible as the chair you're sitting on

and the logic above can explain a lot of the “out of controlledness”, victim and low self-esteem that these people can experience when the energy gets too busy. The psychically sensitive really do experience it all, just as you and I breathe, often with no explanation or background assistance to help them interpret their experiences. For these people, life can be a highly demotivating and incredibly isolating experience.

Most of What We Experience is in the World Outside Us

If all that we experienced of the world of energy originated from within us, energetic sensitivity in itself would be pretty easy to develop and live with. At least, in this instance, there would be some aspect of limit, ownership and justification for the things that occurred. However, the trauma of being psychically sensitive usually stems out of the fact that most of what the energetically sensitive picks up originates in the world outside them, where things are not necessarily theirs to begin with and usually less known and controlled.

The highly sensitive person picks up outside stuff for several reasons. Firstly, we are born to exist within a world full of others - it's not as if we can operate in isolation of this at all. Just walking along a street full of strangers can expose you to millions of atoms and energetic webs of all sorts. Imagine what happens in our closer relationships - intimate, familial, professional, social and more. The psychically sensitive doesn't have to try to pick up anything - s/he just does. Simply sitting next to someone for 5 or 10 minutes can end him/her in a completely new web of energy, reality, feeling and thought.

Secondly, from the moment we enter this world, we are dealing with a world of atoms that is endless and forever active. For the psychically sensitive, life can mean experiencing “extra-sensory” phenomena every waking moment of their life - this includes human energies (thoughts, feelings, fears), technological energies (radio waves, microwaves, electromagnetic frequencies), spirit energies and more. Imagine being permanently attached to a radio station with no off-switch then going to sleep to find the same things happening. When would you get any quiet, any peace? There are many layers in the world of energy - a myriad of dimensions, realms, things and beings including humans. If you add these layers, which number infinity, to the human and technological energies out there, you can appreciate the range of phenomena that the energetically sensitive can become entangled with every day.

Where all of this becomes a problem is that much of the “normal” world doesn't really recognise these phenomenon. Many of us may know about chakras, past lives and other things but few people have much idea about thought energies and the more invisible world. Yes, the landscape is changing but everything that cannot be seen or touched still tends to be labelled as imagination, fantasy, illness or odd, even by those who offer support and help, who don't necessarily know or understand this world well themselves. This is where being psychically sensitive can manifest as an experience of being very, very alone.

Please note that this is not an attack on other professions nor a suggestion that they should be avoided when trying to find help. It goes without saying however that not all healing practitioners - traditional or new age - understand the world of hearing voices, seeing ghosts and feeling other people's feelings well enough to be able to discuss them with their clients in a way that means effective, non-medicated help. It's not as if everyone has the same skillset nor can they be an expert in everything but it does become a problem when the experts you turn to for assistance can't actually help you and/or effectively refer you on. As a result, all the psychically sensitive may receive is a response that is limited to modern medical and/or scientific theory and/or based in ignorance or fear. Whilst this may assist in part, it doesn't help completely. Inevitably, this can encourage the psychically

sensitive into a lifestyle of illness, helplessness, “faulty” or “wrong”, never actually cutting through their situation and/or gaining greater understanding or control. It can also encourage suffering in silence for fear of being castigated, chided, medicated or locked-up. People can be misdiagnosed, by themselves or their ‘specialists’, and begin wearing their psychic ability as a problem or illness instead of the asset, wonderment and skill that, with awareness and education, it can become. We can perhaps start appreciating the criminality behind it all - ignorance diagnosing ignorance, through no fault of anyone’s - but how is the energetically sensitive to make sense of it all?

Putting the above together, you may sense the isolation and stigma inherent in being psychically sensitive. Not only is the individual experiencing things that those around them cannot see, hear or feel but they are also encouraged - overtly or not - to keep quiet about it, accept their “condition”, even medicate. The trouble with such strategies, especially the use of drugs and/or medication, is that they can actually make an energetically sensitive person even more open and sensitive to the energetic realm, creating potentially a very downward spiral. The good news is that there IS a structure to the world of energy and there are clear, hard and fast rules that can help the energetically sensitive individual deal with their reality once they learn and honour them, and it’s not about getting religious, joining cults or adopting strange practices.

Types of Energetic & Psychic Sensitivity

A person who is psychically sensitive tends to pick up things via their ability to see, hear or feel ‘invisible’ beings, frequencies and/or things - i.e., through clairvoyance, clairaudience or clairsentience. Some commentators would add a fourth category - the sense of just knowing things, which is really a form of telepathy (the ability to receive the unspoken thoughts and feelings of another being or person) which in itself is a form of clairaudience. A person can receive psychic information through just one of these pathways or via a combination of them. Often, we are strongest in one of these intuitive skills with the other two/three lying behind it, playing out more subtly. Each of us develops slightly differently and there is no one way of receiving (or learning to receive) energetic stimuli even though there are known processes and rules that make spiritual development as safe and as structured as any other knowledge base.

Psychic and energetic sensitivity can come about in several ways. We can be born with it or it may develop later either naturally or via some form of trauma or abuse. On an energetic level, the act of being “too sensitive” can sometimes result from being too open - i.e., too open energetically to anything. Sometimes we do this quite consciously (e.g. when developing intuitive skills) but, most of the time, the position of being “too sensitive” is unconsciously achieved. There are many ways to become “too sensitive”. The effects of prolonged substance abuse (including coffee, sugar and food additives) upon the human aura are well-documented as are the impacts of sustained mental, emotional and/or physical abuse. This includes self-abuse be it physical or via self-hatred or criticism. All weaken a person’s resolve and energetic barriers, making them more vulnerable to outside influences. There are also those who are born with less of an energetic boundary between themselves and the outside world. Any weakening of the human aura results in greater sensitivity to outside energies, making it easier for them to get in.

Another way of becoming “too sensitive” is by forever listening, having one’s extrasensory/psychic detectors continually extended and attuned horizontally towards the outside, human and/or astral world instead of towards higher self, Source or within. Like electronic plugs, these energetic sensing devices can extend almost permanently from our being, often when we lack faith and trust, or when we fear. This is a problem that many of us experience when developing spiritually, requiring us to learn what it is we’re supposed to connect to for our highest good and how to access it. The act of forever listening makes us much more receptive to the energies around us and more vulnerable

therefore to psychic influence.

When a person begins experiencing psychic or intuitive sensations without actively choosing to develop, it can be very overwhelming irrespective of the way in which s/he senses things. "What's going on?!" is a very reasonable reaction for anyone to have in such moments! That being said, it is this writer's opinion that the clairsentient probably has the toughest learning curve of all. This is not to minimise the challenges that face a person who suddenly starts hearing or seeing things. However, at least with these two ways of sensing, you know that what you are receiving is beyond you - i.e., it is happening, you are experiencing it but it is definitely not just you or yours. The clairsentient, however, picks up feelings and thoughts from others around him/her but has no obvious visual or audio cues to help define them as coming from another source. As such, s/he tends to process and label all the feelings and thoughts that are received as her/his own with no separation of the energies - it is all "me" and something very odd is going on! Whilst you can easily separate visuals and voices, thoughts and feelings can be much harder to screen, place correctly and disown. The challenge for the sentient is to get to a point where s/he understands the process of identifying what they are experiencing so as to clearly label it "mine" or not - only then does confidence return. This involves understanding energy and knowing how to interpret it and, until that occurs, life can seem very alarming and out of control.

There are Two Types of Energetic Projection - Natural Emanations and the Deliberately Projected

Generally speaking, there are two types of feeling and thought energies produced by both physical and invisible beings - natural or subconscious ones (including our internal dialogues) and deliberately projected feelings and thoughts driven by will or ego.

a) Naturally Projected & Subconscious Thoughts

It goes without saying that many of us spend a great deal of our day thinking, feeling, planning, processing and contemplating. This inner dialogue is as natural as breathing, often quite subconscious and makes up the vast majority of the energies out there, generated by us all. Now, these feelings and thoughts are of all sorts - pleasant, happy, sad, angry: the list is endless. We all think, often, and over time we think of it all.

b) Deliberately Projected Thoughts

There are also those things that a person may choose to project towards others quite deliberately by brooding or focussing upon them. This can include anything from psychic attack and black magic through to the lesser 'evil' of simply projecting what one thinks or feels (e.g. when we seethe away at something or someone who annoys or disturbs us, rather than dealing with it more honestly and openly).

Projections can stem from both "good" and "not-so-good" intentions - from trying to help/heal someone to trying to negatively influence/subordinate them. Either way, such use of energy and human will tends to stem from a desire to control the flow of things, a subordination of divine will to the immediate needs of the individual and, as such, is questionable. It tends to be used when one has yet to understand that everything does resolve itself into goodness and positive outcomes eventually if we allow it to and we can help that process most by connecting to divine intelligence and universal will. When we don't know this or we ignore/forget it momentarily, we can tend to start projecting our will, consciously or not.

c) The Challenge is to Distinguish Between “Mine” and “Yours”

Now, a person who isn't energetically sensitive tends not to be affected by this type of activity much, not knowingly anyway. The person who is psychically sensitive however, can be highly affected by the improper use of will - noble intentions or not - to the point of acute physical and emotional pain. The minute something is felt or thought, it leaves the originator as an energetic form and starts to move out in to the wider world. If a thought or feeling involves other things/people or if it is contemplated heavily, it can become stronger in form. Any thought, once it has left the originator at least in part, can be picked up by or bumped in to by any other person on earth. The psychically sensitive will do this without even trying and can get to the end of a day to find that s/he is entangled with thoughts and feelings of all sorts.

From the energetically sensitive's perspective, the challenge with either type of energy is to minimise the external load. To what degree does one have to process the outside world as well as their own? Can the sentient actually learn to discriminate between their own thoughts and feelings, and those coming from the outside world? Is there any way of alleviating the load so as to get to some semblance of “normality” and control? The answer to all of these questions is “YES!” - we just have to know how to. There is no permanent state of helplessness in which one has no solution and none ever comes forth, yet it is at those times of helplessness that one is often most affected by outside energies, deliberately projected or not.

Guidelines for Dealing with the World of Energy

Contrary to popular belief, there are many guidelines that exist within the spiritual and energetic realm. They are reasonably straightforward, quite common sense and are really no different to the types of logic found in the physical world. These rules really do make a difference to how one experiences psychic and energetic phenomena and can be of enormous help to those who are highly sensitive to the invisible world. These guidelines act as rules of conduct and apply equally to all levels of energy once you learn them.

a) The World of the Invisible is Real

Not a recent discovery, one only has to enter an esoteric bookstore to find texts on this subject with references dating back to early times - Western, Eastern, across all religions. Jewish Kabbalah, for example, documents the structure and machinations in the world of energy very well. Within the invisible realms, there are beings and energies of all shapes, manner and background. The world is infinity and that applies in all levels of creation, including the energetic and psychic. For anybody who does not experience invisible phenomena to tell you that there is no such world or that what you experience is fantasy or imagination, is a reflection of how much s/he doesn't know rather than an accurate description of you at all.

b) There is a Higher Power that will Always Guide, Protect and Assist You - if You Know It Can

Irrespective of what you call this energy or what belief system you subscribe to, there IS an energy out there that is absolute goodness and sheer benevolence which will help and guide you as and whenever you need it. There is a catch to this - you have to know this to be a fact rather than just a hope. Whatever you experience of the world of energy, absolute goodness is always there to help you, IF you know it exists. Often taking the form of white light, the way that you understand this for yourself is to put it to the test for two or three weeks. Scientifically commit to actually allowing that which you believe in to be as real as you are, as solid and as capable. Allow it to be with you all day every day

and allow it to be absolute kindness, helping you with all things. The more you allow the Divine to be real in your world, the more help and guidance you will tend to receive and the more your energetic experience tends to quieten.

c) The Secret Lies in Your Connection

The secret to staying clear in energetic terms is to know the points above as facts and to allow Divine will and intelligence in to help you. To connect to Source, focus your awareness skywards and locate a source of white light, using your breath to allow it in. The more connected you are to divine or universal energies, and the more you remember to connect to those energies when you're feeling unstuck or unclear, the more you will become centred, guided and clear. To the degree that we keep ourselves busy in cement, electronic, logical and/or commercial worlds with little time given to nature, keeping healthy and breaking free, we can hardly expect to remain connected to universal energies. Sure, live in the world and enjoy it to the mostest, but whenever it starts to get too much for you, take time out, get back to balance, reconnect to white light and see how the energies can clear.

d) Source Is As Real As You Allow It To Be

A key spiritual learning is that the Divine can always become more present in our world, no matter how much we have already let it in. Connecting is a state that is infinity deep and all of us can always stretch our connection higher again. Many of us, when we start developing energetically, tend to view Source as something that is far away, up in the sky, rather than right here with you and I here on earth. Even worse, we often see it working with score cards and checklists, refusing to help us if we don't do things perfectly. Such notions are not necessary. If you allow it, Source will be as close to you as your skin. The closer you allow divine intelligence and the more helpful you define it to be, the more you will experience this in your daily reality. We really are the creators of each and every moment we experience. Allow Source to be as real as the physical so as to reap the benefits daily.

e) White Light to Connect, Centre and Clear

White light is known to be the energy that encompasses all other vibrations and it is often used for spiritual and energetic clearing. White light comes from above, is ever-present and can clear absolutely anything. Test this by envisaging yourself standing in a white light waterfall. Allow the waterfall to be of such a temperature and pressure that it can wash away absolutely everything that you don't need - all tensions, build-up and unwanted energies. Allow it to clear out every bit of blockage and energy that may be preventing you from being at peak fitness, health, balance and well-being. Just stand under the waterfall and allow it to keep cleaning you until such time as you feel totally clean and clear. You can use white light anywhere, any time, to clear absolutely any energetic experience you are having.

f) Breathe!

The use of one's breath is critical in psychic and energetic clearing. Breathing in through the nose and out through the mouth helps to get past the lock of the jaw, the place where astral rules and the mind and ego retain control. See yourself as a bellows, a lung; connect to white light above; and allow yourself to breathe fully, right down to your hips, so as to get energetically free and clear. Whilst the exercises above can be effective at any time, the proper use of one's breath can bring in incremental gains.

g) Life is a Sine Wave That's Always Moving Forwards

Many of us, in times of challenge, can conclude that nothing positive is ever going to transpire, that this is all life will ever be. It's this very thinking however that can keep us stuck in difficulty. If you perceive life to be known and predictable, a flat-line with no good news or sudden developments, then that is all it will ever be. In this way, we can keep our present reality with us and find it harder to break free. When we see life as a sine wave however, continually rolling up and down, bringing the next part of life to us in spite of ourselves, we can start seeing things manifest and improve in ways we couldn't foresee. Life is very much sine wave - clarity does come, good times too, but only if we remember this and allow them in!

h) Everybody Was Born With the Same Sized Playing Field

Another universal rule is that no one (i.e. no human, energy form or being) has the right to impinge upon or own your space in any manner - unless, of course, you think they do. This is a universal law: everything in creation has its own space and we are all born with the same-sized playing field. Sometimes however, we forget this and negative behaviour begins. Nobody actually needs the space, energy or mindset of another unless, of course, they think they do - and if they say they do, they're fibbing. Each and every one of us has the ability at any moment to recite this law of energy and, in our mind's eye, tell absolutely everybody and everything to get out of our space and leave us be. Everything in the world of energy actually knows this is the law, consciously or otherwise, which means that all you have to do is know it for yourself and hold to it until the offending parties listen. Some, of course, may not want to hear it so you may experience a battle of wills momentarily but it is a rule in the world of energy and it will be honoured if you hold to it.

What this also means is that there are karmic ramifications for anyone/anything that chooses to consciously ignore it. Every time they choose to breach it they are usurping divine integrity. By explaining this to them on the telepathic level, one often attains an immediate shift. After all, when pressed, very few souls really want bad karma or to be travelling with them! They may need reminding of the weight of what they're attempting at first but if you hold your ground, you will always obtain a positive shift.

i) You Are Never Powerless - Unless, Of Course, You Think You Are

Irrespective of which element of the outside world one is dealing with, it's not as if we are ever powerless unless, of course, we think we are. The world of energy is everything you believe it to be. How psychic and energetic phenomena operate around and for you is based almost completely on what you believe. If you think that you are powerless against outside energies then, so too, you will find yourself to be. Often, when we're developing, we assume that anything that's invisible is innately more powerful and knowing that we are. This is just not true - most energetic naughtiness stems from sheer bravado and bluff, and phases out as quickly. If you know that there are rules of conduct which act to protect and serve absolutely everyone then, so too, that will be. It's not as if anyone actually has to be powerless in the world of energy and it's only if we believe we are that the victim paradigm can actually begin. Without the support of our beliefs and perceptions, negative influence can not get in.

As such, even for the "uninitiated" or "undeveloped", life in the world of energy is not about being victim to "greater" or "more powerful" forces. There is no such thing as a more powerful force once you comprehend the law of personal space above and apply it. Others may be more confident and/or experienced as energy workers, but apply the law and you will level the playing field. Once you know the rules and uphold them, pretty well everything will operate within the confines of rightness and

integrity. As such, even for the highly psychic and/or sensitive, positive living is not about being victim but more about awareness, self discipline and holding to integrity. There is a “quick and easy” solution to a lot of negative energetic and/or psychic experiences. Know this law of personal space, hold your ground and just repeat it.

j) What You Experience is a Reflection of What You Yourself Put Out There

The other thing to note here is that the only way negative energies can pierce and enter your energy field is if you yourself have weakened it from within. As such, psychic clearing and/or defence often involves coming to a point where you can see the mirror or reflection in what you are experiencing. How are you attacking yourself right now - emotionally, mentally or physically? By doing this, we often start to understand the motivations of outside energies and their reason for being. Once understood, such negativity can no longer prevail around you unless, of course, you choose to hold it. All energetic experiences carry with them the opportunity to discover how we ourselves are contributing to and attracting our experience of stress, tension and negativity. In investigating energetic experiences like this, we can find ourselves surfing the ocean of energetic experience far more positively.

Exercises to Help You Clear

How exactly does one get clear of outside energies and back to themselves completely? There is no right way to cut this cake and it's up to you to find the right mix for you. There are many methods of energy work that enable you to reconnect to Source and universal integrity, and get you back to clarity and peace. It can be as easy as breath work; other times you may require more elaborate activities. It's often useful to have several methods of psychic/spiritual cleansing at your disposal for you to choose from as you need them. What is effective and fits with you really depends on you and your belief system. All roads lead to Rome - from walking along a beach or sitting under trees to more complex exercises, there are many ways to get clear. That being said, implicit in the world of energy is the possibility that you may never become permanently clear. Life is a sine wave not a flat-line construct: there will always be fluctuations in energy.

The following exercises are great ways to clean you off from outside/unnecessary energies and help keep you clear. At any stage, in any one of these exercises, one can also evoke the law of personal space above. As with all psychic and energy work, use the things which fit best with you and your belief system. If you're not sure about doing psychic and energy work on your own just yet, there are many books, teachers, cd's, etc that can also assist. Ask the universe to guide you to the right source of assistance and don't be afraid to ask questions so as to help you decide or screen.

1. Allow White Light Into, Over and Around Your Being

White light is the colour/vibration associated with the highest level of universal energy. Within it are all the colours of the universe (dark and light) and every aspect of being. As such, it is the colour of balance, understanding and harmony and is often used in energetic and spiritual clearing. White light is the energy of universal intelligence and divine integrity. Thoughts, energies and/or beings that are not acting in integrity don't endure white light energy too well, making it a great energy to use to energetically clear.

White light work is always handy when you're feeling out of sorts, physically or energetically. Breathe (in through your nose for the count of four or five and out through your mouth) and allow yourself to become aware of a source of white light above you. Allow the white light to come down and around

you, using your breath to help you receive it. Like standing in the best shower you've ever had, just breathe and allow yourself to be cleaned off from everything you no longer need.

Perhaps the only rule in using white light, especially for the psychically sensitive, is to call it in from above rather than horizontally from around or beneath your being. This helps you get free of astral energies more effectively. It also helps to know the healing outcome you are seeking, the level of energy you want to work with and to aim for the highest level of integrity (whatever you call it). There are many ways to work with white light. Just picture it, allow it to do the work and breathe.

2. Duck, Jump and Hop About!

Sometimes, no matter what we do to connect to white light, we can't seem to break free of the subliminal binds and energies holding us in. Sometimes getting connected to Source is hard, as if some invisible shield or bubble surrounds us, preventing our ability to break free. It's important to note that connections with an outside feeling, thought or energy can only last for as long as you choose to focus on them, consciously or subliminally. For as long as some part of your awareness is bound to that energy, a connection is guaranteed. To end the energetic experience, you must choose to end the dialogue completely. This is especially the case with really strong thought/feeling connections, be they consciously projected or not. The minute you realise you are having an exchange, you must do what you can to break the connection so as to return to your own guidance and sense of clarity. As soon as you break the connection, white light and guidance can start coming in.

One very effective method of breaking such connections is to simply duck and/or jump/hop about. Visualise yourself in a snowball fight, successfully ducking each projection that the other person/being is sending and, as you do so, observe how they missed you completely. Don't say it to bait them; just observe the miss and tell them accordingly. As you start feeling clearer, imagine your house, work - anything - joining in. Keep doing this until you start feeling clear. In this exercise, you are actually breaking free from the subliminal messages being sent your way and, for as long as you keep shifting, the sender is forced to focus on re-establishing his/her connection. If you continue, the sender will start to lose confidence and doubt their ability. Overtime, this becomes permanent to the point where it's no fun for them to continue playing.

3. Using Universal Understanding, Love and Compassion so as to Truly Break Free

One of the keys in psychic and energy work is the understanding that all is connected to everything. Like atoms attract like atoms, meaning that irrespective of how or why we attract certain people or events into our life, sooner or later it comes down to something we ourselves are projecting. There is a certain power in understanding that there are no real bullies in the world of energy. By remembering that all 'naughtiness' is the result of an underlying unmet need, one can begin to understand that negative energetic experiences are in fact the universe's way of helping us all to greater integrity and unity. For every bully there is a victim and the paradigm only ceases to exist once the victim decides to end it. As such, energetic healing is not about blaming or being judgmental/self-righteous. We're all in this together for very good reasons and the more we work with white light and divine will, the more we tend to understand why things are happening the way they are and become able to get clear.

Sometimes, too, we are actually led into situations so as to help others release and heal, to share what we have learned and to bring in divine understanding. Sometimes, the experience is not about you at all - it's there so that others can learn and benefit. As such, reminding yourself that we're all here to share can be really helpful here.

4. Pray for Assistance, Guidance and Freedom and then Allow it to Come in

Asking Source/the universe for help can be useful at any time, especially when things are tough. Allow the world of energy to be real, full of spiritual helpers who are just waiting for you to say you need something. Acknowledge they are there - in your mind's eye or out aloud - and talk about your situation fully. When you have finished, allow yourself to let go of the issue - give it to them to solve completely - relax, let go and breathe. You may receive immediate guidance or something may come through later (e.g. in your dreams). We always get guidance if we ask for it - from intuition to phone calls to strangers saying or doing something. Know that the world of energy is there to assist and guide you, then allow it in.

5. Mind Your Own Business: Pull Your Horns Back In!

See yourself standing in white light and allow yourself to sense whether there are any listening/sensing devices extending from your being. Don't worry about why they're there - you'll learn why as you release them. They can extend from any part of your physical or energetic body, often from around your face and head area (hence the term, forever listening). As you become aware of these cords, start to allow them to dissolve or fall away from you completely and/or pull them back in. Some of them may have hooks on their ends so make sure to fully disconnect them. You may some of the extensions are old or expired, and that you really just needed a spring cleaning.

6. Clean out Your Aura

At least part of being sensitive may be because your aura is too open and/or has been weakened. It can be very thin or not protected; it may be full of old and/or outside energies that invariably work their way through to our mental, emotional and physical being, making us over-sensitive.

We often perform energetic exercises that help clear our physical body/reality but we're not always mindful of our aura even though this is where outside energies get in. Cleaning and repairing the aura is quite important in cases of energetic sensitivity. We can do it with white light as described above or in other techniques such as:

- visualise your aura as a water-balloon-type structure. Allow white light to come through the top of the aura, filling it completely, dissolving and/or healing all the energies within it, including any holes or tears in the surface. Once the aura becomes full, allow the white light to be absorbed into your skin and body, then fill your aura again. Repeat this exercise until you begin to overflow with white light and peace.
- see yourself with a comb-like structure designed for getting the aura clean and begin combing your aura through, removing all traces of old and negativity from your energetic field. Comb all around your aura - front, back, left, right, top to bottom of your being (even under your feet). Keep combing for as long as you sense/feel your internal and external worlds relaxing and releasing.

Often, just cleaning the aura frees us of that which we are "over-reacting" to. Knowing these and other exercises can help the psychically sensitive in many ways to disengage from the busy-ness they are experiencing. Be aware that clearing the auric field can trigger a release at mental and emotional levels so do these exercises when you know you can take time out should you need it.

7. Clearing Persistent Energies

Sometimes, we're actually involved in situations so as to help others to heal. It's not as if every experience we have is designed only for our highest good. Sometimes, we are given a role of helper or facilitator so as to help others get to universal love and healing. There are times when being "too sensitive" is about the fact that we are detecting that others in the outside world - human, animals, plants or beings - need help. Sometimes our sensitivity is there to help us help others in need. As such, the exercise of clearing self sometimes results in the fact that someone else, on whatever level, needs to talk about their issues, if not have help with their healing. This applies to spirit and ghosts as well as those times when we may sense the pain of others, approaching deaths/tragedies and other things. One is never given such information for the sake of sheer voyeurism. There is always a greater reason for us being privy to the tragedies and healing processes of another person, usually one that requires us to support and be there as they need it.

Inherent in this are many exercises depending on the exact nature of what one is sensing. For example, you may need to allow spirit energies/ghosts to tell you what they want if they just won't leave you alone. There's always a reason for an energy hanging around and refusing to budge in white light energy, usually because they need help or are uncertain. In these cases, you can help them to their own guidance, just by letting them talk to you and telling you what they need. As they talk, you will feel the tensions release until they are ready to test the white light and connect to Source themselves. In doing this exercise, always and clear off with white light first and treat spirit as if they are on a video tape so as to keep you separate and energetically clear. Seek the help of an expert if you need it.

8. Clearing Past Life Energies

Sometimes, heavy energies pertain to a previous time and require us to go back to the lives/moments in question so as to truly clear them. If the energy isn't shifting in white light, focus on the issue at hand, allowing it to grow in size and feeling so as to understand what the energy/feeling really pertains to. Breathe and allow your guidance to show you what's creating the situation, be it past life or current. As this occurs, you may see 'a video' explaining why the issue/energy is around you. By allowing the full story to be shown, you will come to know the reasons for your current situation and how to resolve it.

There are many ways to work with past life issues: many books and practitioners. Explore the exercise above on your own or seek help. Sometimes, our sensitivity to an issue, person or thing most definitely stems from a past life issue. As such, this can be an essential part of any spiritual toolkit.

9. Establish Protective Mechanisms Around You

Sometimes it helps to visualise protective devices around the outside of your being as a means of deflecting outside energies. You can also do this for your home, car, belongings - anything. See yourself surrounded by protective devices - walls, mirrors, white light bubbles, even condoms (!) - whatever mechanism comes to mind as being an effective protective barrier. Also check your internal dialogues because, for as long as you're weakening your defences via self doubt, criticism, etc, protective mechanisms won't be too effective.

It's important to note however that the most effective form of psychic protection is the act of connecting to and living with divine will and energy. This author's experience is that protection techniques alone have reasonably short lives, need constant attention and can not be counted on alone for long-term peace. The key to psychic defence and protection is to ultimately focus within. By

establishing your connection to white light and Source as a regular discipline and filling your energetic being with the 'right' levels of energy, you will get to the point of white light overflow and be better able to avoid "things".

In Conclusion....

It goes without saying that there is no limit to the world of energy, no ending. For the psychically sensitive, life is not about shutting off or closing down any aspect of what they experience, see, hear or feel. Indeed, the more one travels, the greater the experience and potential for understanding. Life in the world of energy and psychic phenomena is not necessarily about getting to an end point in our learning. Rather, it is about coming to understand that what you are dealing with is, on some level, very real, forever evolving and absolutely endless. By allowing it to be real, understanding can start and we break free from negativity.

There is no end to psychic and energetic phenomena; life will never be a constant. Psychic sensitivity is about coming to the point where you see your sensitivity as a skillset, an asset, rather than a burden or penalty. There is no need for any person to be permanently experiencing a world that's out of control or overwhelming. Energetic sensitivity can be overcome but only in so far as it ceases to be an existence of victim, lack of awareness, poor focus or defeat. So, the next time you meet up with such a person and they're saying that they're powerless, tell them that what they are experiencing is real, that there are ways to get clear and that there are even practitioners out there who can help them with it.

For more information, contact Fran Davidson via <https://www.psychicandenergywork.com.au>

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