

# Energy Field Drain and Replenishment

**PURPOSE:** Clear energy that is stuck or needs to be replaced with healing light. This is especially good for systemic diseases, such as colds, flu, sinus trouble, cancer. It also can be used to clear anger, fear, disturbing thoughts or resentments held in the present or past.

**PROCEDURE:** Start by centering and grounding. Bring into consciousness the emotions and thoughts you want to release. Notice when the emotion or thought releases or becomes neutral. If you are not able to experience the change, hold for 3 to 7 minutes or for however long you sense is needed.

## ENERGY FIELD DRAIN

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**Step 1:** Open each foot by holding one hand on top of the foot and one hand below. Then let the energy drain out from the feet clearing all 7 layers of the field or energy body.



- 1st Layer of the Field  
Ethereic Body (Lower Physical)
- 2nd Layer of the Field  
Emotional Body (Lower Emotional)
- 3rd Layer of the Field  
Mental Body (Lower Mental)
- 4th Layer of the Field  
Astral Body (Connector Body)
- 5th Layer of the Field  
Ethereic Template (Higher Physical)
- 6th Layer of the Field  
Celestial Body (Higher Emotional)
- 7th Layer of the Field  
Ketheric Template (Higher Spiritual)

## ENERGY FIELD REPLENISHMENT

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**Step 2:** Fill yourself up with Divine light that is received into your raised hand and flows into your crown. This light will flow throughout your physical and energetic bodies giving you a renewed sense of wellbeing.



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