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*Bridging Shamanism & Psychology to Change Your Story*

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## Energy Cleansing, Grounding and Strengthening Your Energy Field

**This is based on two practices from the Andes in Peru called *Saminchakuy* and *Saywachakuy*.**

In the first, *Saminchakuy*, (this page), you draw in *Sami* [*sah-mee*,] the purest finest light energy (literally “nectar”) from the Universe, Spirit, Source, Cosmos, Higher Power. *This energy is always available to you – You Have to Ask!* Then, connect to Mother Earth, *Pachamama*, with grounding cords/roots, and release heavy energy or *Hucha* [*Hoo-cha*] to Mother Earth cleansing your energy field.

**Use as daily practice, and/or to release heavy energy as needed for 5-15 minutes.**

*Using Intention and Imagination/Visualization:*

1. Focus on your breath and heartbeat. Inhale through your nose, exhale through your mouth, with the exhalation twice as long as inhalation 3-7 times. Follow your breath, then return to normal breathing.
2. Center your intention on your belly. Send a cord or root down from your belly into Mother Earth and from the energy centers in the soles of feet creating a grounding tripod.
3. Open the energy center at crown of head.
4. Ask and Pull/Intend *Sami*, light refined energy, to enter your crown from Universe, Spirit, Source, Cosmos, Higher Power, or Nature, Sun, Moon, or Stars. You can Imagine/Visualize this energy as a gentle rainfall of sparkling golden light, or whatever color appears, entering the top of your head.
5. Intend/Allow light energy to sweep down through your brain, blood, bones, body and energy bubble filling you with beautiful energy. When you feel full, drink a little more.
6. Allow/Imagine the energy expanding, filling your body and extending outward to fill your energy body, an egg shaped field that extends into the Earth below your feet, outward from your outstretched arms, and above your head, in front and behind you by several feet. Remember to expand the energy into your back behind you. You can imagine this egg as golden, blue, or white light.
7. Now, allow the energy to sweep down through the cords/roots from your tailbone and soles of your feet into the Earth **sweeping away heavy incompatible energy that doesn't belong to you and any energy you are ready to release that no longer serves you**. Include any pain, difficult emotions, any energy that doesn't belong to you. You don't need to know the cause of the heavy energy – focus on your intention, perceptions, and sensations.
8. Do not track the downward movement with your eyes – this slows down the movement and releasing. Just intend/allow it to happen feeling it sweep down through your feet to Pachamama, Mother Earth as your Sacred Gift to her. This is food, a sacred gift for the Earth; it does not harm her.

**Notice how you feel.** As you fill up with light and your own divine energy and connect with the Cosmos and the Earth, your Energy Field becomes more grounded and stronger, filling in any thin spots or openings, displacing energy that is incompatible with your Highest Good and Highest Self.

Strengthening your Energy Field makes you less available to other energies to and creates positive protection from your Sovereignty and connection to your Highest Self, Cosmos and Earth, not from fear.

## Energy Cleansing, Grounding and Strengthening Your Energy Field (2)

The second practice, *Saiwachakuy*, (this page) consists of drawing in *Sami* [sah-mee] the purest most refined light energy (literally “nectar”) from Mother Earth, *Pachamama*, for grounding, empowerment, and strengthening.

*As with nectar from Spirit, the nectar from Mother Earth is always available to you – You Have to Ask!*

**Use this after the first practice.** You have given your heavy energy to Mother Earth, *Pachamama*, as a gift. Now you can Receive her energy as a sacred exchange of Reciprocity.. In this Sacred Exchange, the energy for Mother Earth continues to the Heart of the Cosmosy.

You can also use this alone; it is very useful when tired or sick to pull up energy and strength of the Earth.

**Use as daily practice, alone or combined with the first practice, and/or to receive strength and energy as needed, for 5-15 minutes.**

*Using Intention and Imagination/Visualization:*

1. Focus on your breath and heartbeat. Inhale through your nose, exhale through your mouth, with the exhalation twice as long as inhalation 3-7 times. Follow your breath, then return to normal breathing (*Step 1 above if combining the practices.*)
2. Send a cord or root you down from your belly down into Mother Earth and from the energy centers in the soles of feet to create a grounding tripod. (*Step 2 above if combining the practices*)
3. Ask/Intend for Mother Earth, *Pachamama*, to send her pure refined energy (literally “nectar”) up through the cords/roots into your energy field and surround you like a column of energy. You can visualize/imagine this as a green column of energy, or another color that comes to you.
4. Do not track the movement with your eyes. Just intend and allow it to happen without following with your eyes, breathing normally.
5. As this energy comes up to your Heart, add in your own love and finest energy. Because you have received from Father Cosmos, now, in reciprocity, you give back. Imagine/intend that this column of energy goes up into the Heart of the Cosmos, to Father Cosmos/Father Spirit. If you use this after the first practice, allowing the energy to continue deep into the Heart of the Cosmos completes a cycle of Sacred Exchange, joining Mother Earth and Father Cosmos, the divine Feminine and Masculine, who kiss within your Heart.
6. If you wish, as your Heart is filled with the combination of Nectar Energy from Father Cosmos, Mother Earth and your own finest energy, you can also imagine/experience the light entering a golden cup, ball, sun or star at your heart center in the middle of your chest. This light is your Divine Spark of Love, or Self Energy, that is your True Nature and already within you. You can choose to radiate this energy to others/the world for healing/transmutation of heavy energy.

***Notice how you feel.***

As with the first exercise, strengthening your Energy Field makes you less available for other energies to enter and creates positive from your Sovereignty and connection with Cosmos and Earth, not from fear.