

Medicine for Your Spirit

**TECHNIQUES
TO CULTIVATE
CLEAR SPACE
FOR
CONTENTMENT
TO ARISE**

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**SOME OF MY
FAVOURITE,
SIMPLE AND
EFFECTIVE
WAYS TO
SHIFT FROM**

*chaotic thinking,
stagnant/negative energy,
overthinking
worry
stress
diffusing fear
panic*

BREATHWORK

Clearing Negative or Stagnant Energy.

The key here is **emptying yourself and creating space**. This means that while you definitely want to take long, slow, deep inhales, **the focus is on your exhale, the release of energy**. When using breath for clearing, follow these steps:

- Inhale for a count of three.
- Exhale for a count of five.
- Hold your breath (or, more precisely, your lack of breath) for three to five counts.



This final hold creates the space necessary to give stagnant energy room to break apart and to create room for other energy to help move it along. Do these long, slow, deliberate breaths a few times, using your inhale to help break up stagnant energy. After your final round, hold your lack of breath for as long as you can—no longer than five counts. You do this to enhance the creation of space, to experience the emptiness. This space is now available for you to fill, so as you take in your next breath, consciously choose what you want to bring in (this, too, is cultivation, but it is hard to have an exhale without an inhale).

Slow **INHALES** FOR COUNT OF 4, **HOLD** FOR COUNT OF 2, **EXHALE** COUNT OF 4, **HOLD** COUNT OF 2

For 3 to 5 minutes



21 breath meditation

○ Pdf attached

MOVEMENT

Walking, Dancing, Swimming, Surfing

One quick one I use is

shake the whole body

- This is a fantastic fast way to shift energy and leave you feeling oxygenated, buzzing and fresh.
- Stand on ground, feet on earth, hands and arms by your side, eyes closed
- Be loose
- Bring awareness into your feet and start to gently shake from your feet up your body
- Ankles, legs, hips, torso, shoulders, arms, head
- Let everything shake gentle, through your whole body, for about 2 mins, you will know when you have had enough, then gently let everything settle
- Stay like that for a few breaths and feel the energy move through your body, sometimes a tingly sensation.
- When you see animals in the wild, especially after an attack, ie springbok being hunted by a lion, once the springbok escapes, it shakes itself, then casually carries on with grazing.

SMUDGE

My all-time fav and go to

However, some people may not like the smoky feel.

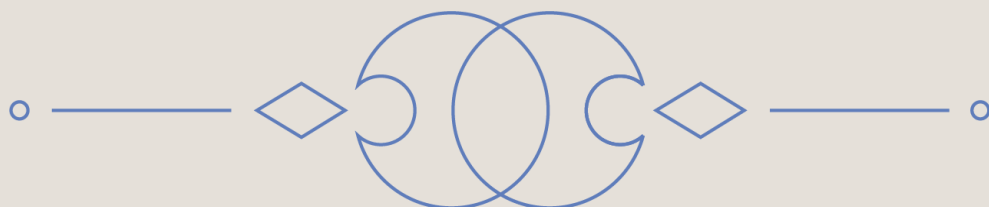
You can pick up a smudge stick or leaves in many places now

Light the smudge, once the flames are happening, blow them out and allow the smoke to flow. You can wave it around your body, around a room, any space to clear up stale, negative, energy

Really great if you have had a heavy meeting, a big day in conference, a disagreement, are feeling flat

If you love it, you make it a ritual, a daily clearing practise. Ie, I smudge my office before I start work and at end of day.

Keeps the energy clear and high. You can get smudge room sprays, Judy Glover has them



SALT

Salt is a purifying substance

Bowls of salt under desks, in corners hidden behind things can clear up energy.

Salt is a purifying substance

Salt baths (Himalayan, Epsom, celtic, and many others) clear our energy field

Where water use is an issue, create a salt scrub with finely ground salt, coconut oil, and essential oils.

Rub over yourself then jump into the shower

Ocean swims, saltwater rivers, body of water that has naturally occurring salt is a treat to bathe in.

Salt lamps are purifying as well and increase the positive energy of a space



FIRE

Always great of purifying, clearing and cleaning.

Fires are wonderful to sit around, do rituals with

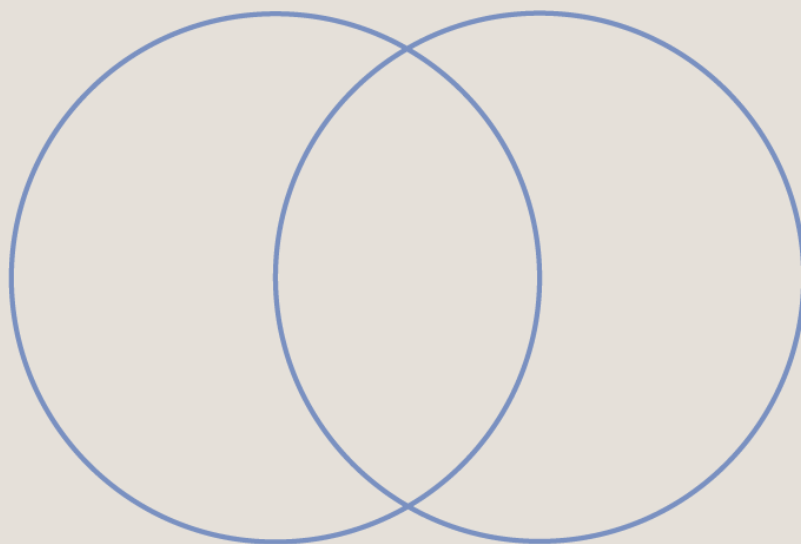
Fire is the element of transformation, destruction, renewal.

Fire also represent passion, energy, movement, regrowth, change, renewal.

le, write out the things you want to release, are not serving you, and throw into a fire with gratitude. You do feel lighter after doing that

If you can have a fire, then use a candle flame.

Make sure you scatter the ashes in a safe place... burying them in the garden or a pot plant is a great things to do.



CANDLES

Candles burn up negative energy

Lighting candles with an intention is a powerful way to amplify energy towards what you want

You can carve a word into the candle, write on a piece of paper and pop under the candle, hold candle between your hands and offer your intention



(remember, everything is energy) every time you light a candle, do it with awareness, a blessing, a prayer, an intention, a gratitude, an offering.

Candles burn up negative energy, create a beautiful ambience that promotes peace and contentment

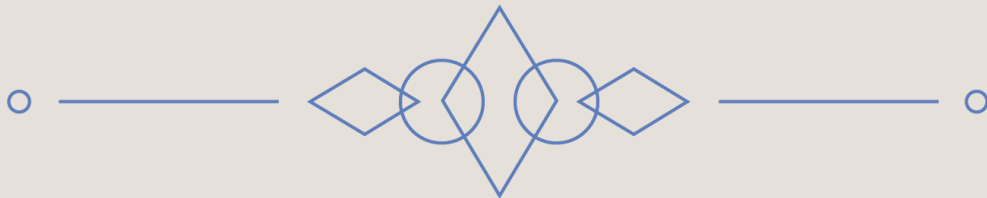
ORACLE CARDS

These are so much fun!!!

Creating a small space to shuffle up a deck of oracle cards, pull out 1 or 2 cards to help you with information around what is happening for you , helps clear energy as you are giving yourself a new focus.

Perhaps an answer, maybe a new action to engage in.

Which is the right deck of cards, or best deck of cards....whatever one you are attracted to!!!, there are gazillions of these card decks all over the internet and book sellers.



Getting a new perspective on an issue, is like a shot of happy vibes which will override the not so happy ones. You have a new awareness, perhaps a new action to take.

Often Oracle cards come with booklets that have layouts in them...play with them

These are a fun tool to help you shift perspective and give you a new viewpoint.

SIMPLE ORACLE LAYOUT

Shuffle your cards with your question in mind

**THE
ISSUE**

**THE
ACTION
TO TAKE**

**THE
OUTCOME**

When in anxiety, crisis, confusion... pull 1 card with the intention of what is my best step/action right now to keep me moving forward?

ESSENTIAL OILS

Diffusing certain oils into your environment can assist in energy lifting, mood altering and clearing

ENERGY HEALING

Energy healing can be extremely useful and beneficial

When we are able to have awareness, surrender, let it go, we begin to rewrite something within ourselves towards a better potential

Energy healing comes in many forms...

Vibrational, crystals, reiki, pranic, quantum, and many others forms

WHAT IS IMPORTANT TO KNOW is this

Nobody can put anything into you, nobody can take anything out of you

Everything you need you already have, a healer, helps you remember your potential

You are placed in a state of awareness, where a person working with you can highlight the issue, and your highest healing self resonates with awareness, then the healing begins!!, you do it for yourself.

GRATITUDE PRACTISE

Counting our blessings, being appreciative

Counting our blessings, being appreciative, not sweating the small stuff and being still can all be done in a regular 10 second practise as many times a day that you feel. 5 times, 20 times, 50 times, it is up to you

This becomes a living breathing in the moment practise, NOT a thing you add to your to do list at days end.

As we know gratitude is the frequency that attracts abundance on all levels. It is a high energy and brings GREAT CONTENTMENT, DEEP PEACE and a sense of being within you for connecting to a place of great wholeness somewhere within.

SIMPLE

Do this as many times a day that you want as this continual practise, builds a huge frequency of gratitude in your own energy field, so it isn't something you have to do, it becomes a state of BEING

Anytime, randomly throughout your day

Stop

Place your hand on your heart

Close your eyes

Inhale ... then as you exhale say to yourself

What am I grateful for right now?

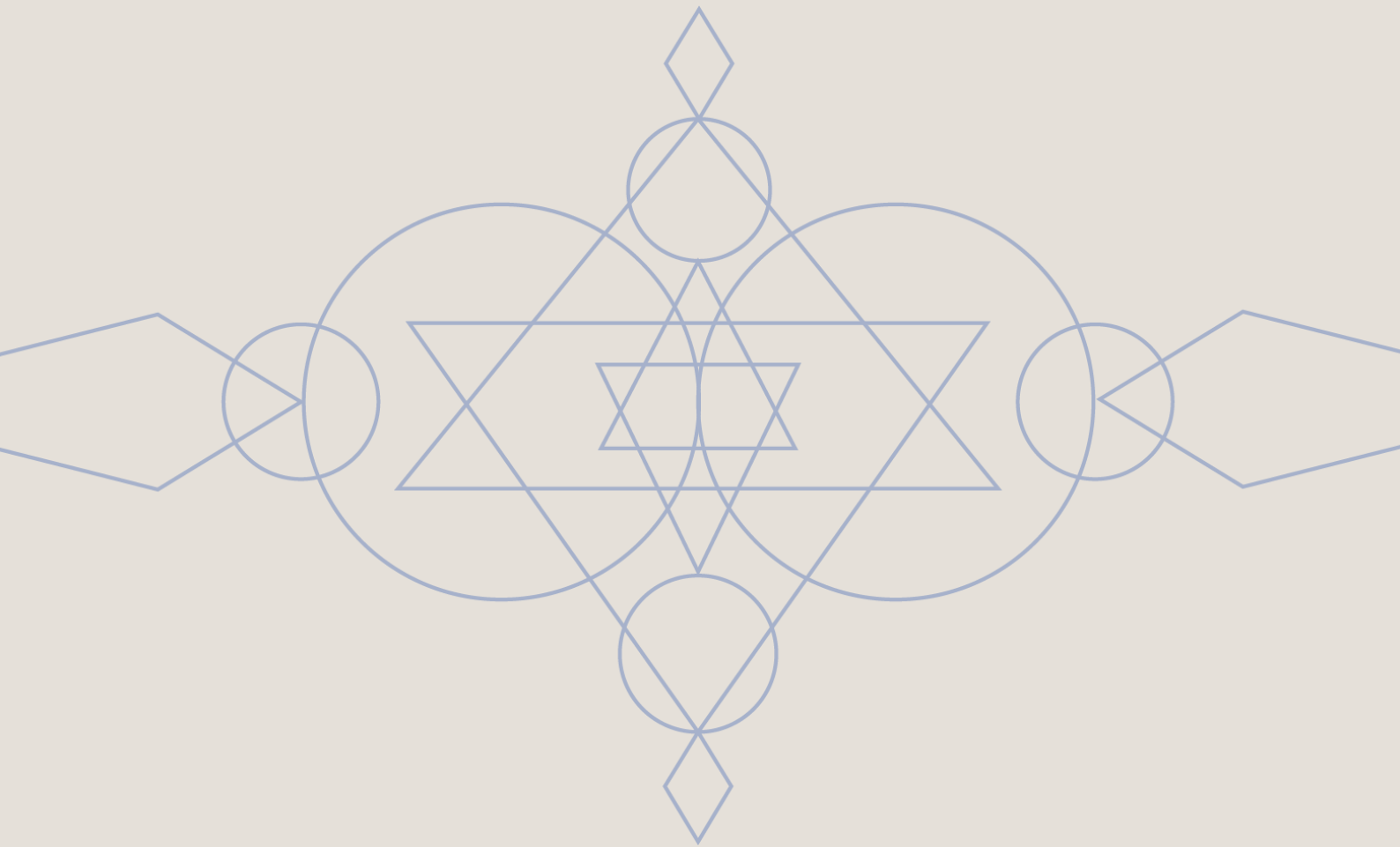
Then open your eyes

Whatever is in front of you, state your gratitude for it

In times of crisis or chaos, this practise is a powerful up leveller, really helps you stay open for solutions.

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