



ENERGY HEALING

for

EVERYONE

***Grounding
Cleansing
Shielding***

A Survival Guide

HOVEY WILLIAMS

“...instantly accessible...powerful...life-changing...”

— GLENN LIPTAK, PROFESSIONAL ENERGY HEALER

Energy Healing for Everyone

Grounding,
Cleansing,
and Shielding:

A Survival Guide

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Hovey Williams

Dear Friend,

Thank you for making the decision to improve your health! I hope this quick guide will help you in avoiding, reducing, and eliminating some of the negative influences that we run across in our daily lives.

About The Problem

For you see, energy, in all its myriad forms, is everywhere. Every molecule, every atom, every subatomic particle in the universe relies on energy for its binding force. And science tells us that matter is simply energy in another form. Indeed, under the right conditions, energy can transform into matter, and vice versa.

And with the discovery of quantum physics, we now know that these states of matter and energy are not as constant as they would seem at first glance. Instead, they are fluid, and their nature can change in an instant. We have found that even the simple act of observing these miniscule particles can change their very nature!

In short, everything in the universe is composed of energy, and likewise has an influence on everything else around it.

Human beings are a unique and awe-inspiring interweave - a subtle dance, if you will - between matter and energy. And as we go through our daily

routines, everything we encounter – which also is made of energy – interacts with our own bio-field, changing it. Some of these changes are positive, and others are not so good for us.

You can think of the human mind as a director of your body's energy – at both the conscious and unconscious levels. And your thoughts have energy, too. Every thought you have – from the most fleeting daydreams to peak-focus moments that occur while problem solving at work or in sporting activities – create what is known as a Thought Form. And these Thought Forms are made up of – you guessed it – energy!

Your very thoughts, and intentions, once created, can (and do) leave your body and travel around, affecting other objects and people. In effect, we are walking around in the thoughts, fears, emotions, hopes, and dreams of all those around us every day, without most of us even knowing it!

Needless to say, not all of this stuff is good for us. In fact, most of it isn't. And it interacts with your energy body. While we shrug off a lot of what we run across, keeping it from taking hold, enough of it collects on or inside us, and can build up over time. Eventually, this can affect our physical health, too – in addition to us taking on whatever thoughts, fears, and emotions we collected without our knowledge through this process of transfer.

And unless you live on a remote mountain top somewhere, you will probably run across a lot of it every day, creating additional stress and tension in your life. Honestly, do we need any more of that?!?

You may be familiar with a book that came out a few years ago called *The Celestine Prophecy* by James Redfield. In it, the author used a process of storytelling and allegory to describe certain effects that occur in our environment and between individuals. One of these is the struggle for power that occurs between individuals – such as during an argument, for instance.

Generally, one person comes out of an argument feeling drained. This is a process of energy transfer between individuals, such as that described above - and it is very real!

Finding A Solution

The process by which you can minimize these effects is called Grounding, Cleansing, and Shielding. Finally, a process of Integrating is used to allow the changes you just made to take effect within your system.

Some of the following pages you will read are excerpted from my e-Course, [*Energy Healing for Everyone*](#). While most of this is self-contained, and can be applied by you to great effect today, it does contain some references to calling on angelic assistance when needed. This process is explained

in much greater detail within the full course. Just know for now that by following these practices exactly, you will still receive significant benefits; once you receive the actual course, it will improve your understanding of these practices and their benefits on your health will only increase.

Continue reading to discover how to put these methods to work for you today. And once you do – *take action!* These methods are only as effective as the people who decide whether or not to use them. If you do, you will see positive changes occur. It's that simple.

And - I've put a lot of time and energy into making these practices that simple, and easy to understand as well. And once you start doing them regularly, they will become effortless and second-nature for you. But don't think that just because they are simple, they aren't powerful. These practices are *extremely powerful and effective* when done regularly (and correctly). That's the point!

So all I ask is that you learn, use, enjoy – and be well. And when you're ready to take the next step, [*Energy Healing for Everyone*](#) is here to help.

To Your Health,

Hovey Williams

Prevention

An Ounce of Prevention is Worth a *Ton* of Cure

Now you have learned some of the basic skills of energy healing. It is wonderful and valuable to be able to heal yourself and your loved ones when the need arises. Wouldn't it be great if you could also prevent yourself from getting sick or taking on unhealthy energy in the first place? That is the subject of this chapter.

Friends

It is important to choose your friends wisely. This is because over time you become like your friends. Why is this? It is because you absorb their energy patterns. If your friends are always thinking

and talking negatively, you will become negative in your thinking and behavior if you spend a lot of time around them. If your friends think and talk positively, they will have a positive influence on you. Whether you agree with their ideas or feel the same way they do is irrelevant. Simply by being around them you will absorb their energy vibrations and begin to become like them without realizing it. For this reason it is important that you choose to be around people who possess the qualities you desire to have in yourself. This can work whether you already possess the desired qualities yourself or not. If you already possess the qualities, you will be in harmony with your friends. If you do not already possess the qualities, being around friends who do possess these qualities can help you to progress forward on your quest to become the person you want to be.

Family

Family is a little bit trickier to navigate because you can't choose your family. You are born into your family and are forced to be around them in many situations. In childhood you are stuck with your parents, siblings, and in some cases extended family. Like it or not, you will probably end up spending an enormous amount of time with

them. This means you will be influenced by their energy fields. If some aspects of their energy fields are negative or unhealthy, you will absorb this energy and have a tendency to become like them. As an adult you may be able to limit the amount of time you spend around family. Although you can still pick up negative energies at a distance, the degree to which you absorb the unhealthy energies is minimized. For example, talking on the phone to your mom does not expose you to her negative energy quite as much as being around her in person.

Work

The work climate can be similar in nature to the family environment. During economic times where there are fewer choices we may find ourselves stuck in jobs that don't provide the healthiest energy environment. We may not have much latitude regarding our ability to choose our work setting. The principle of keeping your distance from negative people applies in the work setting as well.

It may be possible to work from home, utilizing the internet and phone. If your boss or client has negativity, you will absorb less of it by communicating with them via email than you would by talking with them in person. This approach does

provide some protection, although it cannot provide total protection. This is because energy can affect you even at a distance. No amount of distance is a true barrier to energy absorption.

In situations where you can't avoid being around people with unhealthy energy, there is a way to defend yourself from their negativity. The way to do this requires building an energy shield around you. This process will be discussed shortly.

Environment

The average person absorbs energy all day long from her environment. We are like giant sponges, soaking up whatever is around us. You absorb energy from the people you eat breakfast with in your household. You absorb energy from your neighbors when you see them as you leave the house for the day. You absorb energy driving through your neighborhood. You absorb energy when you walk underneath heavy power lines. You absorb energy from the other drivers at stoplights. You absorb energy at work. You absorb energy at the grocery store, the bank, the doctor's office, the movie theater, school, concert halls, and parks. You are constantly absorbing. The only way to keep from absorbing unhealthy environmental energies from family, work, school, and elsewhere is to

shield yourself against these energies. Shielding is one part of a several step process that involves Grounding, 'Cleansing, Shielding, and Integrating.

Grounding

The first step in maintaining wellness, preventing illness, and avoiding absorption of unhealthy energies is to engage in the process known as grounding. We interact with the earth's electromagnetic energy field. Electromagnetic fields are measured in gauss. The earth's field has historically been measured as one gauss. It is important that our energy field remains in harmony with the earth's electromagnetic field. When we are in harmony with it, we tend to experience wellness. When our energy gets out of sync with that of the earth, we tend to move away from wellness. This is because the earth is our home. Its energy sustains us. When we step out of alignment with it, it is like we are experiencing discord in our own home.

The challenge with remaining in harmony with the earth's energy is that the electromagnetic field of the earth changes over time. Therefore it is ideal to re-establish harmony with the earth's energy each day.

The way to achieve resonance with earth's energy is to engage in a grounding meditation. Find a comfortable place to sit where you won't be disturbed for about fifteen minutes. Sitting on a chair with your feet flat on the floor will allow you to connect to the earth energy very nicely. It is best not to wear shoes while you do this meditation. Avoid having your arms or legs crossed, as this impedes the energy flow in your body.

Close your eyes and breathe deeply. Feel any tension in your body fall away into the earth. Breathe again, drawing the breath down deeply into your body. Draw your breath deep enough that your whole belly expands with the breath. As you slowly exhale, feel your mind clear and become centered for meditation. Breathe in again, feeling yourself sink deeply into your body.

Now in your mind's eye picture the divine Source above in the form of white light. Imagine drawing down through your body a column of divine white energy about three inches in diameter (three inches around). Bring it down through the top of your head (the crown energy center), and continue drawing it all the way down to the base energy center (at the base of your spine). Send the white light all the way to the center of the earth and bind it there. Some people picture a giant crystal in the center of the earth and wrap the energy around

the crystal. Others picture binding the energy to a huge metal ring in the center of the earth. Whatever way works for you is fine. You can also ask angels to assist you in binding the energy if that feels appropriate for you. Always thank the angels when they assist you.

Once you have bound this sky energy to the center of the earth, you will imagine a column of Creator's energy coming up from the center of the earth towards the sky. This second column will also be three inches around. Bring this column up through your base energy center (at the bottom of the spine) and on up through your body to the top of your head. Send it to the Creator above and bind it there. You can also ask angels to bind it there for you.

You are now centered between the Creator's energy from above and below. Your body is grounded and will naturally establish a resonance that is in harmony with the earth. Spend a moment enjoying your grounded body.

Cleansing

Now that you are grounded, the next step is to use the divine energy to cleanse your body of any energies that do not serve your highest good. Some authors encourage people to get rid of any “negative” energy. This is ill-advised because what the ego self decides is negative may serve the highest good of the individual by teaching him lessons. Instead, you will only get rid of energies that do not serve your highest good, regardless of whether they are positive or negative.

Draw divine energy from above and below into your body through the columns that you set up previously in the grounding meditation. You will draw divine white light down through your crown energy center, and collect it behind your navel. Also draw the energy from the center of the earth up through the column to your navel. Collect this energy behind the navel as well. Continue drawing the energy into your navel area from above and below, feeling it expand behind your navel, until it forms a ball of light twelve inches in diameter (twelve inches around). You will use this ball of divine energy to cleanse your body of any energies that do not serve your highest good.

You will use the following intention:

"This ball of energy expands to a size large enough to encompass my body, pushing out of me anything my Higher Self gives me permission to release at this time. I release anything my Higher Self gives me permission to release. I call on Archangel Raphael to remove from me all energies and energy beams that I am releasing, and dispose of them in a way that serves the highest good. All voided places in me are filled in with healing energy from my divine Higher Self. This occurs now or as soon as possible, in the gentlest way possible, if it serves the highest good, thank you, in full faith, so be it."

Any unhealthy energy that is released by this process is not unhealthy for all aspects of the universe. Just like plants need the carbon dioxide waste that we breathe out, and we require the oxygen waste that plants breathe out, other aspects of the universe require our waste energy for their functioning.

Now you are grounded, your energy field is cleansed, and you are filled with divine energy. Spend a moment enjoying this clean experience. Once you have a grounded and cleansed energy field, wouldn't it be nice to keep it that way?

Shielding

Now visualize the ball of light you expanded all around yourself becoming a shield. You will program it as if it were a semi-permeable membrane. This means you will program the shield to allow some things to pass through, and not others. Some authors recommend you program the shield to let in good energy, and keep out negative energy. This approach is not preferred here because what the ego self considers to be “negative” may serve the highest good by being allowed to pass through the shield. Also what the ego considers to be desirable or positive may in fact not serve the highest good. It is better to create a shield that lets in whatever serves the highest good, and keeps out whatever does not serve the highest good. The shield you will create will be internally permeable, which means unfavorable energies in you can exit through the shield. The shield will also be externally *impermeable* to that which does not serve your highest good, which means those energies will be forbidden to enter. Finally, you will create the intention that the shield is externally permeable to that which does serve your highest good, so that favorable energies can enter.

Here is the intention that you will use to program your shield (you may say this out loud or silently in your own head):

"This shield is internally permeable, and externally impermeable to anything that does not serve my highest good. It is externally permeable to the Creator's love and light, and to anything that serves my highest good. If it serves the highest good, so be it."

Now you are grounded, cleansed and shielded. The shield that you have created keeps you from absorbing unfavorable energies from your environment and the people in it. Once you have created the shield, it is important for you to integrate.

Integrating

As mentioned earlier in the book, integrating a person's energy is similar to defragmenting a computer hard drive. In the same way such a process makes a computer more efficient, the person's energy field is made more efficient. The process of integrating gives you an opportunity to consolidate your energy. The important thing is to return to your field only the energy that serves your highest good. Some aspects of your energy are no longer useful to you. You will want to let go of these aspects. The useful aspects you will ask to have returned to you.

Here is the intention you will use to integrate:

"I am integrated in all times, in all ways, for the highest good, bringing forward only the highest good of the learning, and that which is healthy and evolves me, in the gentlest way possible, now or as soon as possible, if that serves the highest good, so be it."

Summary

This process of ground, cleanse, shield, and integrate is best done daily. Twice a day is even more advantageous. Ideal times to do it include first thing in the morning and last thing before bed. Anytime is better than not doing it at all. The first time you engage this process, it may require between 15 and 30 minutes to complete. This is because you are in the process of learning how to do it. As you continue to practice, you can reduce the time needed for the entire process to less than a minute! At that point the process is not so time-consuming. The benefits you will receive are quite amazing for such a short investment of time. If you forget to do it one day, it's not the end of the world. Just do it again the next day. Of course, if you

don't perform this process regularly, it is likely that unfavorable energies will have easy access to you.

Here is the simple version of ground / cleanse / shield / integrate:

- draw divine energy down through you and bind it to the center of the earth
- draw divine energy up through you and bind it to the Creator above
- fill the area behind your navel with divine energy from above and below; expand it to encompass your body, pushing unfavorable energy out; use the intention to dispose of it appropriately
- envision the ball of energy becoming a shield of energy all around you
- use the intention to program the shield
- use the intention to properly integrate.

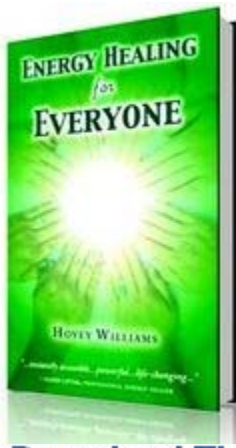
Now that you have some ways to prevent illness and to heal it when it occurs, you can be healthier and also be very helpful to those you care about. Despite all that you now know, what would happen if your client simply didn't want to get well? Could that happen? Keep reading to find out who would want to be sick and what you can do to help them!

We hope you enjoyed reading this Survival Guide on Grounding, Cleansing, and Shielding, and start by putting it to work for you immediately.

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