



Basic Psychic Hygiene

How to keep the energy of your home and energy field clean to support physical, emotional and spiritual health

While we all have more time to dedicate to ourselves, particularly our health, it is a good time to start to learn how to take care of your energy field. The mind, body and energy field (aura) are all one, they are not separate. What happens in your mind is reflected in your body and auric field and what happens in your body is registered on the unseen planes of your existence. There is an increased amount of energetic toxicity being released through the internet and into society at the moment, knowing how to look after ourselves holistically is incredibly important during times of crisis. We are so blessed to have many wonderful herbalists and naturopaths in this country offering great advice about how to stay healthy during these challenging times. Complimentary to that is the hygiene of your energy field. Toxic energies in the energy field create toxic thoughts and eventually can crystallise into disease and illness in the body. Here are some basic psychic hygiene suggestions to keep your mind, body and spirit centred and in alignment with health and vitality.



Cleansing = Healing

Detoxing the body supports the immune system and spring is the perfect time to clean out the heavier energies of winter and invite the purifying, energy enhancing plants in.

1. Different types of detox - Juice fast / Parasite Cleanse (we recommend Dr Hulda Clarke) / Heavy Metals Cleanse / Digital detox etc
2. Cleanse and boost your immune system with teas and decoctions of spring plants such as nettle, dandelion and cleavers.
3. Add an adaptogen or two to your daily diet: Sacred Basil, Nettle, Hawthorn and Ashwagandha are just a few suggestions, there are many.



Cleansing the energy field and keeping your surroundings clear of toxic psychic energies is important for both physical and mental health:

4. Epsom or sea salt baths - use at least half a pack of salt in the bath and you can add plants and essential oils also to increase the cleansing capacity of the bath. If you live by the coast - swim in the sea!
5. Plant limpia - (*best done outside*) collect a bunch of plants from your garden or surrounding area, dip them into clean spring water and sweep the bunch through your energy field, asking the plants to remove any unhelpful energies and to purify your field. Once finished bury the bunch of plants in the garden. (*Do not use the same bunch for more than 1 person and if you cleanse someone else give the bunch of plants to them once finished and do not watch them bury it.*)
6. If you are feeling ungrounded, anxious or uneasy go and sit under a tree for 30-40 minutes. Ideally take your shoes off and have your bare feet on the ground.
7. Wear your plant allies - if you work with plants keep a small bag of your protective and cleansing plants around your neck.
8. Practice daily traditional energy exercises such as Tai Chi, ChiGong, Pranayama or Kundalini Yoga.



9. If you need to go into town shopping, to a hospital or use public transport make sure you have activated protection in your energy field before you leave the house, such as a clean bubble of light and stay completely centred and in your heart while you are out and about.
10. Cleanse your home - Burn purifying plants on hot charcoals and smudge into corners, use your drum to draw out heavier and more embedded energies, imagine violet light filling each room of your house, use chimes, bells or singing bowl at the end to raise the vibration of the home.
11. Add a handful of salt into your washer to energetically cleanse your clothes that can also pick up toxic energies.
12. Turn your wifi off at night and if possible reduce the amount it is turned on in the house during the day. Use ethernet cables rather than wifi if possible. Do not sleep with wifi on! Do not sleep with your phone on or in your bedroom, even airplane mode does not turn off all functions of the phone.
13. Work with crystals and stones such as Shungite for modulating harmful EMFs, Tourmaline and Labradorite for grounding and protection.
14. Place an Artemisia plant by your front door with specific instructions to prevent anything toxic entering your home.



The Power of Meditation & Prayer

Our spirit allies that exist on the higher planes require invitation to assist us and the power of prayer is well documented.

- Make offerings to your ancestors who love, honour and respect you, asking for their support and guidance for yourselves, loved ones and mother nature right now.
- Ask your own spirit team (we all have one) to ensure you are supported, protected and guided right now.
- Align your mind with your higher self and the divine for guidance, protection and support.

- **Meditate, meditate, meditate!** Implement a meditation practice every day. Not only does this strengthen our chakra system and therefore our energy field but it can help keep us emotionally balanced and in contact with what is happening on our inner landscape.
- **Meta-meditation** - if you believe that this is a time of potential for great change meditate on love, compassion, reciprocity, community and how you would like to see a new way of living in co-creation with Mother Earth.

- Do your own research, there is plenty of info on the internet about the above, please do not email us with questions about info contained in this PDF, we are extremely busy at this time.
- If you are feeling disturbed by something in your energy field or irrationally anxious for no reason (and you have meditated on the origin of any fears) and are in need of a full clearing there is a 4-6 week waiting list for our remote clearings, however, do get in touch and we can either recommend someone to help you or schedule you for one as soon as possible. www.plantconsciousness.com/healings or contact davyd@plantconsciousness.com
- This list is not exhaustive, include your own techniques that work for you.
- Be sensible, this list is not a replacement for healthcare, it is complimentary, if you have any symptoms of illness contact your preferred healthcare practitioner.

