



7 Self-Care Techniques to Resist & Clear Negative Energy from Those Around You

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We have all experienced an occasion where we spent some time with someone we felt to be “draining”. Perhaps it was a teacher or a family member that tended to go on and on about something we couldn’t get interested in. Perhaps we left work feeling exhausted overall, or like we took on the headache, arm pain, or grumpy nature of a customer or coworker there. The chances for feeling sapped or “zapped” by someone else are endless, as there are many unexpected circumstances when you deal closely with people. But with a little knowledge and a few practical techniques, you can help clear away those behaviors or discomforts you seem to pick up from others and don’t want.

First, think about how often you seem to get overly tired, irritated, or have discomfort when spending time with others who have these qualities. Some people are more sensitive to another person’s moods, pain, or discomforts. People usually enjoy picking up on someone else’s infectious happiness, so we will agree that picking up happiness is a-ok and even downright enjoyable. But you may even recognize that certain people that you see regularly really tend to “zap” your energies. It’s great to try these methods with people or situations you know affect you negatively. Here’s what to do about it.

1. **Keep a cactus around.** Cactus is long-reputed for clearing away negative energies. A potted cactus is harder to kill than most houseplants, so it’s useful for even a forgetful housekeeper. You do need to water it from time to time. But, it will also be easy to move from room to room as needed, and can help clear away negative energies in a conference room, office, home – just about anywhere.
2. **Use a Witch Hazel or Lavender solution spray, or cold water.** If you keep a solution of 50% water and 50% witch hazel (stronger) or lavender (smells nicer, but is not quite as strong) in a spray bottle, you can use this to clear energies. Many energy workers use a spray like this while in sessions with clients, and use it to clear arms by spraying their arms. The intent is to spray off the energies, not to spray the solution on the arms. It helps if you keep this intention in mind. I often think how helpful this method would be for all health care workers, who are regularly putting their arms into the energy fields of sick people and get really heavy, tired arms. I also think about this when the shampoo-person at the hair salon is cleaning my hair and rubbing my head. It’s a useful tool. If I need to, I will spray first and then wipe down my arms with a small towel, so that I can immediately begin work again. I just refer to this as “cleaning my arms” if anyone asks. This is a true answer to any question someone might have about it.

If you are one of those people that gets headaches or a stiff neck at work, you might try spraying 3 times into the air and walking under it. It helps to clear the head, but the witch hazel can be a little drying to the hair.

Alternatively, some people find that using cold water from a tap, and putting hands or arms underneath it helps clear that thickness or tightness. A cold shower may also do the same for your whole body or head.

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3. **Do a Hook-Up.** Following the tenets of Traditional Chinese Medicine, you can use meridians to help you stay grounded and keep other's negative energies at bay. Meridians are the basis of acupuncture and acupressure, so many know of them that way. The two we are concerned with now are central and governing meridians.

Central meridian runs along the body from the front of the pelvis up, through the navel, chest and neck to the lower lip. Governing meridian runs from the base of the spine along the spine, up over the head, and down the top of the face to the upper lip. Technically these meridians hook up at the back of the throat, but we will work with them along the outside of the body.

You can trace each one with your hands as described above, and that will help get the energy running in them. Or, you can use a hook-up technique where you take the middle finger of one hand and put it between the eyebrows, and the middle finger of the other hand and put it in the belly button. Then use a little force and pull both up toward the ceiling. This is called a hook up. This grounds your energy systems, allowing you to be around others and to interact with them, but keep them from overwhelming you and your energies.

Another helpful method is to cover your mouth with your finger while you're talking to someone you find to be especially toxic to you. You look thoughtful, but really you're also preventing their energies from entering into the hook up spot between your central and governing meridians.

4. **Use visualization.** A friend once suggested to me that before I provide therapy sessions, I visualize a white light around me for clarity, and around that a rose light for heart. Around that I was to visualize a purple light for spiritual strength and a connection to God, or doing what was right, and around that a layer of mirror facing out. The mirror is to reflect back out things I don't want to take on. Some also find it useful to just stay aware of when you're taking on other's negative energies and work at keeping a buffer between you and them. There are other good visualizations out there as well, but this is one to get you started.
5. **Use crystals and stones.** Crystals have clarifying properties. Clear and purple amethyst stones are the most popular for clearing energies. As a stone that is softer than a diamond, crystals are reputed to absorb energies, and can be used as tools to help clear energies. Many use them for chakra work, when helping to clear and regulate this energy system. But, a large clear crystal in a stressful room can help keep the energies clearer in that room.

Be sure to clean the crystal of energies at least weekly, by placing it in sunlight, soaking it for a few hours in saltwater, or burying it in the ground. The third option is best if the intensity of stress was especially high, but can be the least practical. I also spray off my crystals with the witch hazel spray.

You may have some success with wearing crystals, including Austrian crystal earrings, any crystal necklaces, pins, bracelets, or other jewelry. These can be found in many settings. Also, you can carry a crystal, amethyst, or other stones in a pocket or in a pouch in a bag you keep with you, and pull it out or hold it in a not-so-prominent place while you're interacting with others, or just after you've finished this interaction.

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6. **Smudge with Sage.** This is a more intensive energy cleaning and clearing method. Even having a sage plant or dried sage in a yard or house is useful. A good "clinical" application of sage is to light a bundle of sage (sometimes combined with cedar or other grasses). Carefully light it with a match, lighter or candle so that it is smoking and has a few orange embers, but isn't burning outright like a torch. Carry it around a room that you work or live in a lot, and wave smoke into the corners and edges, and then to the center of the room. Sage is a purifier, and this technique is called smudging. Be careful around computers and electronics. While these items are electromagnetic and can affect our own energy systems, the circuit boards are sensitive to smoke as a particle that clogs fans and small circuitry, so be careful! Put out the embers of your sage bundle on porcelain or metal, either a dish or sink, and make sure the smudge stick is completely out so it won't ignite anything else.

7. **Stay aware of when you are affected by others.** Sometimes it is the same person or people that make you feel tired, zapped, revved up, etc. Other times it can happen unexpectedly. Long-term, the best method of keeping yourself balanced and not getting negatively affected by the attitudes and energies of others is to stay aware of it. Mentally, you can use the above techniques as tools, and get acclimated to the idea of not taking on other people's energies all the time. This is a skill, and you will get better at it over time. Have some patience, use the first 6 methods, and practice, practice, practice.

An energy worker can also help clear you of other's energies, so keep in mind that you can seek one out if you feel like you want help focusing, staying healthy, releasing tension and stress, and even relieving aches and pains. Getting stuck in your energy systems can really lead to discomforts, and experts in energy systems can help you to understand your energy patterns and how to keep them humming.

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