

5 Minute Energetic Hygiene Practice

TRANSCRIPT

Take a moment.

Not just to pause — but to return.

You've just witnessed someone's inner world.

Held their pain, their longing, their complexity.

This is noble work. Sacred work.

But holding doesn't mean *carrying*.

And witnessing doesn't mean *absorbing*.

Right now, this moment is for *you*.

Not to disconnect — but to come home.

To find the boundary between what is *yours* and what was *never meant to be*.

Let your breath rise and fall without changing it.

Just noticing.

Let your body speak first.

You don't need to make sense of it — Just listen and let your body lead.

Bring your awareness inward.

Not to analyse — just to *listen*.

Where in your body do you feel a trace... a weight... a residue?

Don't judge it. Don't try to name whose it is.

Just meet it.

Is it in the heart? The throat?

The back of the neck?

A fog behind the eyes?

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Now — gently place your hand where you feel it most.
With your next breath, imagine gathering what is not yours — softly, kindly.
Intentionally...

On the exhale, let it release.
As mist. As light. As wind.
Whichever way your imagination sees it
Let it leave the way it came

You might visualize the energy unhooking from your chest,
your back, your solar plexus.
Like threads gently loosening.

And as they release — say, silently or aloud:
“What is not mine, I return with respect.
What I’ve carried out of compassion, I now release with love

I trust what is theirs will return to them,
and what is mine will come home to me.”

Now, place both hands on your body — wherever you feel most alive.
And imagine a soft golden field — around you, but not apart from you.
Filling your body. Sealing your field. Not as a wall,
but as a soft boundary of belonging.

Let it hum with a simple intention:
*“I remain open — but I am no longer entangled.
I remain compassionate — but I am no longer responsible for what is not mine.
I remain present — as myself, not as a mirror.”*

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Let your breath deepen.
Let your body feel the difference.

Feel your feet.
Feel the floor.
Feel your spine.

This is you — returned, intact, unchanged *at your core*.
You do not need to carry what you've witnessed to honour it.
You do not need to empty yourself to be effective.
You are now held — just as you hold others.
The space is closed.
The thread is sealed.
And you are home again.

After Note:

You can return to this practice at any time — between sessions, after a challenging client, or whenever you feel the signal that something not yours is living in your field.

*Over time, this won't just clear you — it will train you.
To notice earlier.
To carry less.
To trust your body as a site of knowing and release.*