

## **RECOGNIZING & RELEASING NEGATIVE ENERGIES**

### **How negative energies are created**

#### ***INTERNALLY***

- Self-generated
  - Thoughts
  - Words
  - Deeds / behaviors
- Expanding unreleased energies absorbed from others

#### ***EXTERNALLY***

- Energy vampires
  - selfish, mean, vindictive, vengeful personalities
  - angered, hurt, lonely personalities
- Energy drainers
  - the woe-is-me personalities
  - selfish, ill, depressed and distressed folks
- Unintended transmitters
  - ricocheted negative energies we’ve sent out
  - transient – cartoon character Pigpen-style billowing dust clouds
  - vagrant energies left behind
    - ghosts, spirits
    - decay, destruction, confrontation, hostilities, war
    - clutter, confusion, disorganization

### **How to recognize negative energies are present**

***INTERNALLY*** – We feel or are sick, depressed, stressed, tense, nervous, panicky, worried, weary, fatigued, heavy

***EXTERNALLY*** – We feel or are defensive, suspicious, cynical, distrustful, on-edge, apprehensive, hesitant, burdened

### **Steps to release negative energies**

1. Acknowledge that negative energies exist within and around you.
2. Make this a guilt-free, non-judgmental acceptance – blame and cause are irrelevant.
3. If possible, adjust your environment (places, things, people, emotions, behaviors) to decrease and eliminate exposure to negative energies
4. Do a meditation exercise\*\* to release negative energies and restore balance
5. Manifest a protective shield of white golden light surrounding you –
  - Be aware that it is not solid and energies can, and will, still seep out, under and in over time

### **How to minimize creating and absorbing in future**

1. Examine the intentions of your thoughts/words/deeds.
2. Choose to make changes to focus on positive desires and outcomes.
3. Adjust your internal & external environment as possible.
  - a. Focus your intentions and desires on positives; seek guidance & support from Higher Self.
  - b. Gain aid by using crystals, massage, essential oils, & other metaphysical tools.
  - c. Use Feng Shui to bring order and balance to your surroundings.

## **\*\* Simple Exercise**

### **5 Minutes or Less - 10 Step Meditation to Release Negative Energies**

1. Find an “alone” place - physically if possible; within yourself if not. Close eyes. Relax.
2. Take 3 to 6 deep calming breaths. On inhale imagine breathing in positive signs + + +, then exhale minus signs - - -.
3. Open eyes. Activate energy in hands by briskly rubbing palms together.
4. Starting near top of head, place open palms toward body and scan body imagining negative energies attaching to your palms.
5. Pause when you feel a change in your palms. (Example: prickly, heated, heavy)
6. Visualize shaking negative energies away by reaching out as far as possible and shaking hands.  
- Also helpful to rinse hands under water if available. Or do exercise while showering.
7. Re-activate energy in palms and continue scanning.
8. When finished, again breathe in deeply 3 to 6 times imagining only positive energy + + + + + flowing in and + + + + + flowing out.
9. For internal protection: Recite aloud or to yourself a positive affirmation.  
(Ex: I attract & release only positive energies.)
10. For external protection:  
Manifest a protective shield of white golden light to help guard and protect you.

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## HOW TO CONTACT KAT

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*that's near the top of the “thumb” in Michigan*