



3 SECRET WAYS TO TRAIN YOURSELF TO SENSE ENERGY

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I invite you to begin to sense the energy, the spirit, in everything around you. There is a beautiful energy flow found in everything in the world around you from fresh flowers, food and water, the trees in nature and even birds. In the early spring when the robins begin to share their beautiful song, you can feel and sense their spirit, the energy, this is their true essence. As you become more aware of energy, spirit frequencies, you also create beautiful energy and frequencies, allowing you to sense that much more through your subtle senses.

Here are 3 secret ways that you can train yourself to sense energy...

1. Expand Your Energy Out

When you expand your energy out, it creates a sense of peace and space. It can be used any time you are feeling contracted, confused, frustrated, stressed or anxious in order to gain a sense of freedom.

Start by expanding out energetically as big as the room you're in (just know that as you read this, your energy is already doing it for you). Expand to fill the house or space you're in from the ceilings to the floor, from wall to wall, in every direction including down into the earth. Next, expand out as big as the city you're in, the state or province, your country, the oceans, the rivers and streams, as big as the earth, the universe and beyond.

By expanding out to the universe and beyond you will more easily be able to sense energy from this space.

2. Ask Your Angels and Guides to Clear Any Interference

This works wonders when you feel like the energy isn't flowing or you can't get a read on something. You can use this just before a reading, for you or for someone else, or even before a meditation.

Repeat silently or out loud...

I ask that everything that is not 100 percent of the Light be removed from my energy in all ways, spaces, times, dimensions and realities. Please clear any psychic debris, non-divine objects and materials, cords, attachments and connections that are not for my highest and best good. Any and all interference is now cleared with ease and grace. Please, repair, heal and seal any weaknesses, leaks or tears in in my energy field and fill my aura with divine love and light. I ask that all aspects of my energy field be balanced and harmonized as required. Thank you, it is done, amen.

You may or may not notice any shifts. Some people feel a little dizzy or lightheaded after a clearing while others feel happy, light and more like themselves. I recommend that you clear your energy daily while you are becoming more comfortable working with your Guides and gaining more clarity with the energies around you. I clear my energies once daily and more when I am guided, or I have been around heavier energies.

3. Move and Rearrange the Energy Around You

When you set your intention to sense the energy around you, it also helps to visualize the energies moving and rearranging around you. This is a simple, yet effective, technique to move the energies that are not a contribution to you so that you can move through your day beautifully.

Stand with your feet shoulder's width apart and take 3 deep breaths in. Breathe in for the count of 3, hold for the count of 3, and release for the count of 3.

Next, imagine pushing all the non-contributing energy above your shoulders and up away from your head. Imagine pushing all the non-contributing energies away from you in the front of you, in the back of you and the sides of you. Finally, imagine pushing all the non-contributing energies below you, away from the bottoms of your feet and down into the earth. Just know that as you read these words, the energies are shifting and moving away from you.

You have just created a cube of energetic space, clearing all the non-contributing energies in all 6 directions, creating an energetic sphere of light that will support you as you sense more of the energy around you.

From my heart to yours – endless love and joy.

Shauna

Shauna Marie Domalain offers a variety of products and services to support you and your life. To learn more visit: www.livealifyoulove.org