



Instant Energy Shift Field Clearing

Before you begin the actual clearing of your energetic field, put out the intention that you are only allowing in beings of 100% pure love and light. You may do this by simply thinking it or saying it.

Say Out Loud

- I am calling on Archangel Michael right now.
- Archangel Michael, please assist me in clearing out my energetic field right now.
- Please remove any and all energies that do not belong to me, **NOW**.
- Please remove any and all energies that are interfering with my highest and best, **NOW**.
- Please transmute these energies to their pure original state and assist them in returning to their home.
- Thank you! Thank You! Thank You!

You may use this field clearing as often as you like. Use it after you have been exposed to stressful or negative people. Use it after listening or watching the news or a violent television show or movie. Use it after being around groups of people. Use it after shopping at store or going through an airport. Use it after stressful telephone conversations. Use after annoying emails or text messages. Use after any negative interaction or situation.