

# How to Stop Absorbing Other People's Energy:

## An Energy Hygiene Checklist

By Sharmila Mali, copyright 2022, All Rights Reserved.

For everyone, especially healers of all types

Congratulations on taking a step for your own self-care and self-love. I can't tell you how often my clients and students ask me this question, "how do I stop absorbing other people's energy" or "how can I protect myself from other people's energy."

As you go through this checklist, remember, if you find yourself unable to do something, then ask yourself, "is there a way to clear my energy that is right for me?" See what your higher self says. Always listen to your intuition/higher self. These are techniques that I found online many years ago, or were taught to me by colleagues and friends, or were divinely guided.

You see, no one every taught me how to clear my energy and protect it especially when working with clients. I learned through many trials and many errors.

I hope this check lists helps you figure out a strategy to keep yourself healthy, happy and safe. Try do one of these techniques and see what you can implement. Do what feels best and what works for you. These techniques are NOT the only way, they have helped me over the years, and when one doesn't work, somehow, I figure out another way to shield myself, because we are human BE-ings, we change, we are not stagnant. Think about it, your cells continue to multiply and build new organs, skin, hair, nails, etc. Even though you may feel stagnant, you are in a constant state of some kind of change.

Remember to breathe as you perform these items on this checklist. Breath moved energy, as well as providing a life-affirming function for you to alive.

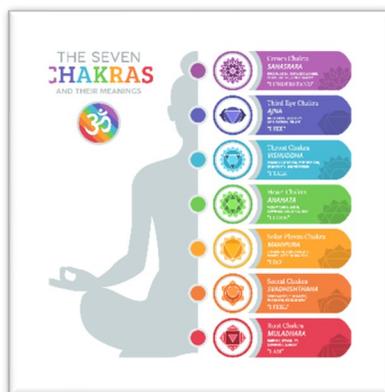
Most of all, have fun with it and use your imagination!

## ☑ Getting Grounded in Your Body

Ground each chakra to the root chakra. You can visualize roots, a beautiful thick silken rope, whatever works for you! Then ground each chakra to the core of the earth, again, have fun with your creativity, or you can visualize the good-ole root! This can be added to your meditation or become a meditation.

Doing this as often as you can, especially as you start your day, is a great way to balance your chakras and to check-in with your energy body. If you aren't in-tune to yourself, this is a great start.

Extra credit: Just for fun, when you have a few minutes (set a reminder on your phone) do it one more time during your workday. Play and see how many times you need to do this to keep yourself balanced.



1

Can you get outside into some earth during at work? If you can slip off your shoes, or sit on the earth, asking the earth to remove all the excess energy that has accumulated. And thank the earth for all that she does.

---

<sup>1</sup> <https://www.color-meanings.com/wp-content/uploads/chakra-color-meanings.png>

☑ **3 Layers of Protection: Do this each time you have a client or meeting with a person that has drained you before in the past.<sup>2</sup>**

*\* Remember, this applies to every body, whether you work in the healing arts or not, this is great if you know you are sensitive in large crowds of people.\**

A. 1<sup>st</sup> layer—your personal space, picture a tube (front, side, back, above and below your body) of something impenetrable i.e. Teflon, diamond, titanium, etc. You can have this layer as close to your body, i.e. one-inch away, or three feet, or more away from your body. Whatever feels good to you. Feel free to add colors or texture to this layer. Bedazzle it!

B. 2<sup>nd</sup> layer—space between you and client/public. Again, picture a tube surrounding you and the first layer. Picture this layer as a material that is impenetrable. Have this layer go out 5-20 feet thick from the first layer. Again, whatever feels right to you. Feel free to add colors or texture to this layer. Bedazzle it!

C. 3<sup>rd</sup> layer—Pink cloud/bubble/cotton candy etc. of unconditional love. Again, picture a tube surrounding you, your first and second layer. Picture this layer as a pink, fluffy cloud (or a color/shape you resonate with) and picture this layer extending 30 feet in front of you, or more, so that anything that comes at you, is absorbed by this 3<sup>rd</sup> layer and is absorbed and turns whatever is coming at you into unconditional love.

The more you do the 3-Layers of Protection, you will see the benefit of it. In time, you will get so good at this, it may take you a few seconds to do this visualization

☑ **Raking Your Aura: Intention is key here!**

Rake your aura before and after each session/meeting and if you talk to someone on the phone, rake yourself after.

A. Spread your fingers apart, and see it as a rake, extend your arms above your head, and start to "rake" from top to bottom on the sides of your body, in the front and the back, head to toe. As you rake toward you feet, you don't need to bend over or squat, just set the intention that the energy from your fingers are raking to your feet.

B. Do the same as above, but rake closer to your body, pointing your hands and finger toward your body, and motioning your hands toward the ground.

Rake once to three times. You can do A first, or B first. You can do B 3x and A 1x. I like to connect my breath and breath out as I rake each side of my body (front, sides, back).

---

<sup>2</sup> 3 layers of protection from Fairy God Mother Georgie Weston, DM on her insta, @fairygodmothergeorgie

C. After you rake, shake your hands off to the earth. You have collected energy that is now stuck to the aura surrounding your hands, shake the energy you collected there, and with intention, send it down two manholes (for both hands) that go straight into the earth. If you are on the 2<sup>nd</sup> floor or a higher, make sure you see that manhole going through the floors below you and into the earth. Just like you would rake your yard, you don't leave the debris there in a pile, you get rid of it. It's the same thing with energy, gotta take the excess energy and send it to the earth, like you would take the debris in the yard and put it in a bag and take it to the curb.

If you are more visual, visualize the rake. Don't like the rake? Visualize a power washer. The point is to use a tool that will clear your auric field. Find what works best for you.

## Setting up your office

Get 2 selenite lamps to put in your office.

**Divine Spirit Guides to Hold Space**

Before your clients/meeting, do a brief meditation, and call in your Divine Spirit Guides, Archangels, Quan Yin, any deity that you resonate with --call in the "divine calvary"! Thank them for being with you and ask them to fill the room with their presence to hold space for you and your clients. Then, at the end of the day, thank them for holding space and ask them to step away from the office and you will see them tomorrow, same time, same place.

---Experiment to see how often you need to do it. Try calling in the Divine "Calvary" once a day. Then, another day try it when you come back from lunch. Or try it before each client.

\*\*\*Ask your client's Divine Spirit Guides to hold space for you both, and to guide you with the best way to help them today. After session, ask their Divine Guides to step away from the session, and thank them for their help. \*\*\*

Remember: You do not need to "match" their energy. You keep your energy high, and filled with beauty so that your client can match yours. You are modeling energetically, despite the shit going on, the resilient energy that is available. Do not make yourself small for them.

Yes, you will be holding space a little, that's what you do as an empath, especially if you work with the public. But when you call in the Divine "Calvary" it will be so much easier, and you will find the amount of space you hold personally will decrease. Then you will notice that you feel much lighter, like a weight being lifted, your mood is uplifted, and

your outlook on life is brighter, less challenging because you aren't weighted down by all the energy you were holding on to.

You must remember, you do not need to take their pain and put in your pocket or backpack. You do not need to keep it. Which brings me to another technique.

☑ See yourself divert that energy to an imaginary golden basket beside you. Then dump the basket with gratitude to the earth. Or you can use an actual basket, and bring it to work, and tell your clients that is where they will leave the pain. It might be a fun exercise for them.

☑ **Smudging**  
Burning a sacred plant like sage, palo santo or using incense is an effective way to cleanse your aura. Be mindful if you share a space with other people, some people don't like the scents, so this may not always be an option, especially in a workplace.

Alternatively, you can find an aromatic spray that has sage essential oil in it, or a blend that is for cleansing the aura. Again, you may not be able to spray where you work or live.

☑ **Use Sound To Disperse And Clean The Stagnant Energy In Your Home and Office**

You can use a singing bowl, tingsha bells, tuning forks, rain sticks, etc., and gracefully play these instruments in the corners, under desks, and beds. These are where energy tends to accumulate and stick (just like dust and spider webs!). As you walk around playing the instrument, send the energy to an imaginary drain that flows into the earth. Or you can imagine the stagnant energy evaporating into unconditional love.

You can also use clap to disperse energy, or snap. You can also use your voice, or "toning" to clear energy is also equally and highly cost effective. Your body is the best instrument! What do I mean by toning? Toning is just making any kind of sound, you can just hum, and with your intention, tone to cleanse your home, and/or office.

☑ After work, get on the earth, sit, lie down, take off your shoes, and commune with the earth, thanking her for supporting you and everyone on the planet. Ask her to cleanse your body, mind and spirit. You can do this at the beach, and take off your shoes, roll-up your pants and get your feet in the water, salt is a great aura cleanser!

You don't need to go hiking, all though that is a wonderful way to cleanse your aura, uplift your mood and clear your head. Be sure at some point to sit on the earth as well.

☑ At the end of your day, do a salt scrub or salt bath. If you have sensitive skin, maybe use a salt scrub once a week. Salt is a great aura cleanser, plus, some types of salt are

great muscle relaxers when you bathe in it. Try it once a week, and see how many days in a week you can do a salt soak. If you don't have a tub, try using a salt scrub once a week or just use the scrub on your feet.

- Practice raking your aura before going into a crowded place and after you leave. Try it in the privacy of your own car.

Please let me know if you found this helpful.

If you would like extra help, and want an energy and chakra balancing, or need help figuring out your boundaries, feel free to contact me and set-up a free chat to see how I can be of help to you, [info@ojaireiki.com](mailto:info@ojaireiki.com)

I also have an episode about energetic hygiene and boundaries on my podcast, The Confident Healer podcast, you can listen to it here, it's Season 2, Episode 16, How to Stop Absorbing Other People's Energy.



[www.ojaireiki.com](http://www.ojaireiki.com)

[info@ojaireiki.com](mailto:info@ojaireiki.com)