

Supportive Healing Practices

Compiled by Emily Violet Elizabeth Ball of The Golden Thread

With reverence to my teachers and guides along the path

Hello all! For awhile now, I have been compiling resources for supporting our healing processes and overall human experience—everything from somatic practices for the nervous system, to psychic + energetic hygiene, emotional care techniques, prayer, ritual and creativity for healing. I continually add to this as it comes to me (so check back every now and then for updates!) If you have had a session with me, you have probably received a version of this document.

This is by no means a complete list of every practice, however it contains some foundational information that has been deeply supportive to me in my healing and growth, and for the people I have worked with in my 20 years as a practitioner of the healing arts. While these practices are anecdotally powerful, and have been used and cultivated across time, space, and culture—many of these practices are now being backed by research and proven to have a tangible effect on the well being of the nervous system (and thus the whole body.) This is exciting! And, we don't need proof that energetic practices work—we just need to experience them for ourselves.

My perspective is: you are already whole + divine—healing is just the layered experience of remembering and embodying this. We live inside systems that range from unsupportive to full

on destabilizing; while we face circumstances that are out of our control all the time, I think of our practices as essential ways of navigating through the world in a way where we can move beyond survival, and into expressions that are innate to our divine being-ness— creativity, connection, joy, beauty and magic.

Take what resonates with you, and leave the rest—not everything will be relevant or resonant in every moment for every person. Trust yourself. A session can be a deeply supportive and powerful way to receive more personalized information, connection and space holding. For more writings, insights, and to connect with me for a healing session visit my site:

<https://thegoldenthread.live/>

Introduction

In my understanding and experience, all healing work is about remembering the truth of who we are. We must first begin with creating a felt sense of safety within the body, before diving into the deeper layers of our experience. This is where we begin what I call soul work. In soul work, we are engaged in meeting and being with aspects of the self that carry rich information. To retrieve the gold, we are tasked with unraveling old patterns through the body and energy field, being with wounded aspects of self who have gone into various expressions of protection, and releasing identification with illusions. This alchemical work is physical, emotional, energetic, spiritual, spanning space and

time—which is why I refer to it as multidimensional. Much of healing work is grief work; because grief is deep, complex, and spans generations, it is a potent reminder that nothing can be rushed through, and it is vital to slow down our processes so we can honor what is present at a pace that we can manage.

Healing work is a devotional practice that we participate in throughout our lives. While energy can shift quickly, the physical body still has to catch up. Healing requires practice and dedication to continually showing up for ourselves (and each other.) Staying with ourselves, and loving ourselves through whatever we are facing—this is what helps us build our capacity to hold what we cannot change, and transmute what we can.

Sometimes when we are deep in a growth period, it can feel like we are going backwards—it does take skill and patience to stay with our own process, and it helps to have an understanding of our own reactions to change and growth. This way, we get a sense over time if we are hitting resistance in our healing that is self-sabotage (self-protection, caught in distortion,) energetic interference, or resistance that is telling us it is time to take a break, and maybe find another way in.

The truth is—it is ALL deep work, even the seemingly mundane grounding work can be deeply profound, especially if “safety” in our own space is not something we have experienced much or at all. Never underestimate the power of simple practices making profound shifts.

Another one of the most prominent areas of focus in healing is boundary work. When we embark on the journey of boundary work, the body is where we begin. Boundary work comes up

when we are triggered in relationships (this could be ANY relationship— parent/child, spouse, or homeowner living in a haunted house where a spirit is bothering them!) Being grounded is the best boundary creator and highest form of protection from energies that may be erratic, disruptive, or existing in more of the shadow realm. When I say shadow realm, I mean energies that hold a resonance with, or create, pain, fear, confusion, turmoil etc. These energetic distortions will “light up” existing energy we may be holding in our bodies and energy fields— whether from experiences in this lifetime, or ancestral or past life experiences, that we are still working to clear and heal through our bodies. It can be helpful to remember that much of our healing work becomes less personal when we realize our interconnectedness with all the stories of the collective that we are carrying and working through. We can think of our inner work as in service to the collective.

Boundary work is the first step in creating safety in the body and field after traumatic experiences. Trauma is anything that occurred “too much” and “too fast” for your body to process, evoking a protective response—whether that is fighting, fleeing, fawning, or freezing. The unprocessed energy of the thwarted instinct to get to safety remains in the energy field and tissues until the body is ready to release it, thus completing the initial instinct. When we are unable to find resolution in the body after a traumatic experience, we will repeat the patterns of trauma over and over again in an attempt to heal that rupture.

We begin healing from traumatic experiences by repairing rupture that happened to our boundary system—physically, emotionally, and spiritually. This occurs by creating one tiny

wave of regulation in the body, in a safe container and in safe relationship. I understand this word “safe” can be very subjective, as each person has distinct triggers, capacity, and thresholds. What I mean by safe is: a relationship where there is mutual respect, where boundaries can be addressed calmly, with understanding of each person’s agency, and responsibility for each individual’s processes. One wave of regulation within a safe/grounded container and in safe/grounded relationship creates the conditions for coherence and communication between cells, organ systems, body and mind, body and energy field, etc. You are essentially, through healing practices, creating the conditions for healing to occur in the body and field naturally and organically. Bringing coherence in the body systems helps the process of healing fragmentation in the mind and spirit.

When we are relating from a regulated place, we are less likely to feel we have to “fight against” energies that are unsettling to us, or “fight against” what is. Of course there are circumstances in which we must activate and mobilize a response, where our fight/flight/freeze/fawn, or nervous system’s protective response is giving us vital information. But part of building capacity and attuning to the body’s senses is recognizing when a threat is real, and when it is perceived or activating a past experience that was unsafe. This goes for human relationships as much as the relationships we have with the spirit realm, or dense/distorted energies. Our practices are meant to create the conditions for healing to occur naturally—where we feel grounded, connected, and able to be with ourselves and operate from our wholeness. Our ability to stay with ourselves through the waves, and know that we will not abandon ourselves, is the healing.

The beings we encounter, whether a spirit or a person, can tell us a lot about ourselves— perhaps we are afraid in their presence because they are afraid, or perhaps we are afraid in their presence because we are getting a clear message to get our space and not interact (ie, “this is not a safe relationship for me right now.”) With grounding and boundary work, we gain spaciousness in our systems, and are less likely to make someone or something a villain. We are building greater capacity to hold nuance.

Sometimes we are drawn toward a being because we have an inner resolution to experience, or a healing of an abandoned part of ourselves needs to occur. There are some beings we can really grow with even if they challenge or trigger us, and there are some that have no interest in growing, changing, or healing, and those are the relationships we must give ourselves permission to stop trying to change, fix or heal—and move on from. Spirits are the same. Some do not want to evolve, some do feed off of emotional turmoil, and some are just not capable of growing or healing with us. If there is Divinity, then yes, there is vile energy (what I refer to as distortion.) Remember that distortions are not who we are—they are the insidious expressions of the illusion that we are separate from the divine. We dissipate them by remembering our own light, so Spirit can fill the space and clear the density. When we are embodied, we are in charge— reclaim your space.

I believe it is important to be intentional, empowered and grounded when it comes to our response to any challenge. Focus on what you CAN do to create an environment where you feel safe, regulated— attuned to threat yet empowered to make

moves— and have plenty of space and agency to CHOOSE where and how and with whom we are giving our time and energy. When we feel regulated in our bodies, we are empowered to flow more gracefully and make more choices from a space of clarity and neutrality.

Our work does become a lot about discerning where we can be of service to something greater than ourselves, but that has to start with how well we are taking care of ourselves. It all starts with noticing. If we are activated, our job isn't necessarily to confront or engage with the challenging people or energies that have "lit us up" in an uncomfortable way, it is primarily to re-ground, self-soothe, and find coherence in our systems. Then we can come back with more information about how to proceed.

How can we acknowledge this being (spirit or person) that has activated us in a way that is also respectful of our current capacity to relate? When we are triggered, our capacity to relate becomes diminished and it is more likely we default to black & white, non-nuanced thinking as we go into survival mode. This means we may not be seeing things perfectly clearly until we get space and get regulated again. Can we acknowledge our interconnectedness, and also individuate and be aware of our separate needs, longings, and necessary pathways? These things become more clear when we are grounded and thus have access to more clarity.

I want to stress that if something feels unsafe, get your space. You don't have to parse out the nuance of anything in the moment. Get your space, and tend to your well being. Come back to the situation via journaling, meditation, inquiry, etc. when you feel resourced enough to do so.

As far as relating to the spirit realm, I also feel it's important to note that because you are embodied, you have a potent say in the physical realm. Claim your space. I think it's a vital step in not going down the fear spiral where your power is given away. Assert your boundaries as far as how and when you want to engage. Boundaries help us out-create the old patterns of disempowerment, especially if we feel threatened in some way (real or perceived.)

Remember your power is in your ability to bring yourself back into that place of rootedness and regulation, where you can gain clarity around how it is you are in relationship, and how it is you want to be in relationship. This will change upon each relationship with each being.

You can call upon your Spirit helpers, benevolent ancestors, and benevolent guardians of the land—just be specific that you are calling in benevolent beings through the Unified Field/Source energy. This protects you and opens your channel very specifically to beings in the spirit realm who are specifically there for guidance and protection.

The most potent prayer/spell/affirmation and a good foundation to always start with is: "I call all of me back to me now." When all of our energy is with us, we are more resourced to be in healthy relationship, with ourselves and everyone around us.

All energy work to me is truly a practice of parenting ourselves. I do think it's important to also feel something greater than us holding us at the same time we are holding ourselves—whether that's the energy of Love, the Divine, the Earth, whatever it is.

I also like to think of all energy work practices as a realization that YOU are the spirit guide to your own body! Your body always is encountering and processing a lot of stimuli. Even when the information comes through energetically (through the aura, the chakras,) it's all landing to be processed and understood through the body. The most important thing is honing your ability to listen to your body and give yourself what you need in any given moment. This is trust practice in action—and the basis of repairing any rupture (even if the rupture happened with another person—when we are healing we are essentially rebuilding trust from the inside out.)

It is the continual practice of letting yourself know that “you’ve got you,” no matter what, and being the sanctuary and safe place to come home to again and again. Reaching out for co-regulation and support is also essential, as a huge part of the healing process is healing in safe relationship. When we are in a dysregulated state, and it is difficult to find any wave of regulation (or a sense of goodness or neutrality in the body) we need an anchor of another nervous system and loving heart to be a safe place while we come into balance.

Working your emotional regulation tools is also a vital energy work practice. Our energy can leak and become entangled when we are not working through our emotions and experiences mindfully, when we abandon ourselves, or are not able to accept, love, and stay with ourselves through our experiences and emotions. Self love, acceptance, and integration of all aspects of ourselves is essential for calling all of our power back to us, and for being able to get grounded and live from the heart. Living

from this embodied sense of wholeness is the highest form of energetic protection.

We will come into contact with beings or energies that we either have energetic matches to because we are holding the same energy somewhere in our field, or because we are here to help clear that particular energetic signature that being is carrying.

Knowing this helps me move into action, or into stillness (whatever the body wisdom of the moment calls for) from a place of awareness. If I am aware that my nervous system is having a protective response, but I want to stay in consciousness, I can more easily stay with myself and be present with what is occurring, by pausing to make space—maybe I need to discharge excess energy in my system through grounding and presence, maybe I need to run, maybe I need to scream into a pillow, maybe I need to splash my face with cold water! The point is, staying with ourselves through it, with love, skills, techniques and awareness. This is how we come to deeper awareness and clarity on what our role is in the situation/relationship, and have a better ground to move forward from, acting as best as we can from a place of wholeness rather than unconsciousness or fragmentation.

When in doubt of what to do next as far as a practice, a good place to start is tending to the physical self. Starting with body care is a fortification both physically and spiritually. Our energetics affect our physical, and our physical affects our energetics. Explore below for a variety of techniques and practices that may be of assistance in your healing process.

Body Care & Grounding Techniques

-*Being in or near water* via baths, showers, swimming, soaking, etc. Using this as a purification ritual time. A place for prayers, a place to clear energy and take care of your body. Simple water rituals like washing hands or doing dishes can also be surprisingly grounding. Create sprays with essential oils in water to adorn your body and clear your space. Tune into what it feels like to be held, cleansed and purified by the water.

-*Salt scrubs* clear energy both energetically and physically. I use fine ground Celtic sea salt or pink Himalayan salt, I add in my favorite base oil like coconut, jojoba, or olive oil plus any essential oils that call to me. I love frankincense, spikenard, sandalwood, cedar, lavender, rose geranium, bergamot, ylang ylang, and rose for healing work, but anything that you feel called towards will be beneficial as you are called to it (always dilute essential oils and do your own research as far as contraindications for you personally.)

-*Being in nature*. Recognizing yourself as nature—not separate from the earth. Earth as body, body as earth. Feeling yourself as held by the elements and the benevolent guardians of the land. Become a tree, a rock, a river, etc. Tune into feeling yourself as an integral part of the natural cycles; feel the innate support in this.

-*Eating nourishing food*. Get in plenty of colorful and whole foods. Root veggies, plenty of minerals (magnesium!) broths, fiber, protein, and the process of cooking are helpful for getting

grounded. Listen to your body! Savor each bite slowly and with intention. Adding in flower essences and herbal tinctures to your daily routine can be very supportive—I love making lemon balm tincture and take it daily for nervous system calming.

-Cleaning your space. De-clutter, wash the floors, open the doors and windows, clean the mirrors, keep the energy clear!

<https://thegoldenthread.live/2016/02/17/every-space-an-altar/>

-Drinking plenty of water to stay hydrated as your body is processing a lot of information and energy through your cells and tissues.

-Rest. Rest is what the body needs for integration. It is not uncommon to need extra rest when a lot of energy has been released and your body is in healing mode.

-Creating routine. Small actions you can follow that create structure and sense of accomplishment. No action too small. It is about creating repetition and sense of a container which builds self trust and sense of safety over time.

-Movement. Dancing, or slow, fluid movements to some music that's really calling you, letting your body unwind, unfurl and move as it wants to move. Slowness helps regulate when the system is activated (like when you're anxious); If you feel like you need to move some energies first because slowness or stillness feels too tough, you can do faster movements, or whole body shaking for a minute, followed by grounding and slowing everything down. We often have to discharge excess energy before we can really enter into relaxation and regulation.

-Progressive muscle relaxation. Here's a guided Progressive Muscle Relaxation session (20 minutes.)



You can also alternate between tensing up & releasing energy from the body (stomping feet, clenching and unclenching fists, opening jaw and enacting a yell even if you don't make a loud sound, tensing up and then relaxing by shaking out the limbs.) Couple this with self soothing activities (embracing yourself, anointing yourself with oils, gentle self-talk or humming, gentle stretching, breathing, grounding meditation, walks, etc.) This will be helpful to release pent up energy as you “thaw” and open up through any places in the body and energy field that have been shut down, without it becoming overwhelming to the system as your own energy returns to you (or as you meet external energy that is activating.)

-Shaking technique for regulation especially when emotional energy that needs to be discharged from the body:

<https://www.healthline.com/health/mental-health/can-shaking-your-body-heal-stress-and-trauma>

-Receiving loving or therapeutic touch: Bodywork such as massage, energy work, Craniosacral therapy, acupuncture or chiropractic care; hugs, being held, hand holding, etc. with a trusted person you are attuned to.

-Emotional regulation techniques: I use the acronym FOAL (feel, observe, accept, love) that I got from Nora Herold, to help transmute any intense emotions that rise up. Unprocessed energies/emotions are much easier to activate and thus can lead to more disruption in the body and field. RAIN from Tara Brach is another one— Recognize, Accept, Investigate, Natural Awareness (*Recognize what is going on, Allow the experience to be there, just as it is, Investigate with kindness, Natural awareness, which comes from not identifying with the experience.*) Validating our emotions is a very important step in alchemizing them through our bodies and fields, and coming into greater clarity—letting our emotional states move through so that we can become beacons that show us what we value, what matters to us, what we need to release, what we need to resolve, and what actions we can take to move forward.

-Breathwork

A calming breath exercise:

Breathing in 4 seconds, holding for 6 seconds and exhaling for 8 seconds is also helpful for discharging energy and nervous

system regulation. Or just making your exhale longer than your inhale to bring your parasympathetic online. If anything feels too activating, just slowing down or stopping what you're doing is a part of the trust practice—letting your body know you're listening and taking care.

There are more activating breaths for releasing energy, but they can be overstimulating if your body is dysregulated (link below, at the end of this document, to a variety of David Elliot's free breathwork practices, to be done when you're feeling in a grounded space and want to have a deeper release.) But I find this specific breathwork practice (in 4 seconds-hold 6 seconds-exhale 8 seconds) releases energy, brings your energy back to you, and regulates the system all at once, and its a good starting point before you get into the deeper and more intense releases.

Here's some more information that gives more information on how diaphragmatic breathing is helpful, specifically for the Vagus nerve, which is essential for nervous system regulation and healing:

<https://www.medicalnewstoday.com/articles/324417#how-to-do-it>

<https://www.psychologytoday.com/us/blog/the-athletes-way/201705/diaphragmatic-breathing-exercises-and-your-vagus-nerve>

-Laying on the ground or in nature. You can lay flat on the ground, or modify— be slightly elevated on a gentle slope with

a yoga block under the pelvis, put your legs up the wall, or put your legs up and drape them over an elevated surface such as the couch or the bed. Feel your hands, feet, and the edges of your skin. Really feeling the inextricable connection between the body and the earth. Noticing the edges of your skin creates awareness of a natural boundary— & the skin is the first layer of your aura. Feeling all the points of contact where your body is being held and supported (especially while laying in bed.) Feel into all sensations that are “good” or “neutral.” If there is discomfort, lean into it as much as is manageable; Then go back to the places in the body that feel good or neutral (even if it’s just your little toe!)

-Cold Therapy Add in ice packs on the back of neck or chest to help stimulate the Vagus nerve. You can also ice your feet for full body effects. More info and research below:

<https://healthnews.com/mental-health/self-care-and-therapy/icing-your-vagus-nerve-does-it-really-work/>

If ice or cold feels too stimulating or overwhelming, or if you’re more in need of comfort, a weighted heat pack on your feet, back or belly can be very helpful.

-Practice pendulation once you are in a grounded, comfortable space. A simple yet profound practice of attuning to sensation in the body. Begin by feeling into a place of stillness, “goodness” or neutrality in the body. Could be a small spot or a broader

swath of sensation. Feel into it, breathe into it, let yourself experience it and notice what happens as you go into that sensation. Then move into a place in the body that feels uncomfortable. Stay there with your breath for as long as feels manageable. Practice titration—go to your edges but not beyond them until you are ready, this takes time and practice.

Then move back into the space that held the sensation of “goodness” or neutrality (warmth, stillness openness, softness, are all sensation adjectives that help me identify spaces in the body that feel “good” or neutral. Go back and forth from comfort to discomfort for a few rounds of breath and stay out of stories about what you are feeling and just tune into the sensations. It can be helpful to notice qualities like: temperature, color, texture, etc when describing to yourself what the sensation is. This process helps shift physiologically as well as energetically—expanding that tiny wave of “goodness” into more of the body and field. Notice the sensations in your body without judgement while adding in loving self touch—give yourself a warm embrace, or hold a soft pillow to your chest and belly for comfort.

-Orientation to the present moment with external things if the body feels too activated (naming 4 things you can see, smell, touch, hear. Adding in the calming breath above can help bring regulation and coherence to the system.)

-Titration and awareness of your capacity is essential. Here are helpful visuals of the Window of Tolerance. Remember to

practice titration (a little bit of activation at a time, always coming back to neutral before venturing back into activating territory.) Go up to your edges and explore them, but don't force or push beyond them until you are ready. Notice how your capacity to face challenges or feel into more difficult emotions and sensations changes over time. Take breaks, do grounding exercises in between, alternate into soothing activities after stimulating ones. See energy dial technique below in the Energy Care section. By titrating you you are holding good boundaries and a strong container for yourself—this builds trust!

WINDOW OF TOLERANCE
The window of tolerance and different states that affect you

HYPERAROUSAL

- Abnormal state of increased responsiveness
- Feeling anxious, angry and out of control
- You may experience wanting to fight or run away

DYSREGULATION

- When you start to deviate outside your window of tolerance you start to feel agitated, anxious, or angry
- You do not feel comfortable but you are not out of control yet

SHRINK your Window of Tolerance

Stress and trauma can cause your window of tolerance to shrink

Think of the window of tolerance as a river and you're floating down it. When the river narrows, it's fast and unsafe. When it widens, it slows down and you:

- are at a balanced and calm state of mind
- feel relaxed and in control
- are able to function most effectively
- are able to take on any challenge life throws at you

Meditation, listening to music, or engaging in hobbies can expand your window of tolerance

EXPAND your Window of Tolerance

WINDOW OF TOLERANCE

DYSREGULATION

- You start to feel overwhelmed, your body might start shutting down and you could lose track of time
- You don't feel comfortable but you are not out of control yet

HYPOAROUSAL

- Abnormal state of decreased responsiveness
- Feeling emotional numbness, exhaustion, and depression
- You may experience your body shutting down or freeze

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The Window of Tolerance

Our window of tolerance is a way of conceptualizing our bandwidth or capacity to tolerate intense emotions.

Hyperarousal

Fight-Flight Response, emotional reactive, panic, rage, hyper-vigilance, stress

Zone of Tolerance

Window of Tolerance

Optimal zone. Able to deal with stress effectively

Hypoarousal

Freeze response, Numb, Detached, Slow, Fatigued, Shut-down, Dissociated

Neurodivergent insights

-*Craniosacral* techniques for nervous system regulation you can do on yourself:

Craniosacral uses specific holds for nervous system regulation and healing— such as one hand on the occipital ridge at the base



of the skull, and one hand on the forehead. Imagine you're cradling the frontal lobe and brainstem and all structures in between. Add in a visualization of healing color frequencies through intention, like gold, to enhance the energy work occurring.

Another good hold is a hand on the heart and a hand on the belly (near diaphragm/solar plexus.)

It may be helpful to receive a session with a trained practitioner to get a feel for the work before working on yourself.

Depending on how you're breathing, it can either be stimulating or calming. I love breathing specifically for the Vagus nerve and engaging the parasympathetic nervous system (see above link under Breathwork for more information.) This is another way to strengthen and fortify from the inside out.

-Vagus Nerve Self Massage Techniques



-Qi Gong is a great body and energy practice. Lee Holden is who my acupuncturist recommended and I am enjoying his free videos, this is my favorite one at the moment, but he has a bunch of others. This one is for the heart:

<https://www.youtube.com/watch?v=Re2fVjXI8MM>

-The Basic Exercise (Eye Movement for Vagus Nerve Healing)

I first learned of this simple eye exercise from my Tao of Trauma teacher Alaine Duncan. This eye exercise helps



discharge energy that was activated but got stuck in the body (for example, in an instance where you needed to “get out or get away,” but were not able to.) This exercise is gentle yet powerful for creating greater spaciousness and peace in the body and energy field by resetting Vagus nerve and stimulating the parasympathetic nervous system (helping your autonomic nervous system to down-regulate, and you to find more peace and less anxiety!)

The exercise uses the eyes to stretch the sub-occipital muscles at the back of the neck. It supports flexibility and spaciousness in the tissues surrounding the Vagus nerve as it emerges from the brain stem.

It will also support flexibility and capacity in the Gall Bladder meridian, flowing through this area. Our Gall Bladder helps us to flexibly orient to our surroundings – and strategize a

successful mobilization response. This exercise may expand the range of movement in your neck – and your ability to use your neck to support peripheral vision.

-For more information on the Vagus Nerve and how eye movement exercises can be beneficial in healing the nervous system, along with another video with an exercise you can do at home:

<https://drarielleschwartz.com/the-vagus-nerve-and-eye-movements-tools-for-trauma-recovery-dr-arielle-schwartz/>

—*Tapping or EFT (Emotional Freedom Technique)* is a powerful, simple and effective way to move emotional energy stuck in the body, reduce stress, and make space for new patterns. The points we tap are acupressure points connected to the meridian system from TCM (Traditional Chinese Medicine,) and tapping blends this with positive affirmations. Bypassing “thinking” which can get us stuck in looping thoughts, and getting right into the somatics and energetics of any stuckness. Here’s a great video below that you can follow along with and practice tapping to release stuck energy so that limiting beliefs



can release and greater space can be made for what else is possible.

Energy Care Practices & Techniques

-Say an invocation or prayer of protection. I definitely recommend making it your own and changing it based on your needs. Remember the basis of all work here is a recognition of the truth of who we are. If it is all you ever say, say this, “I am a being of Divine Light.” In this truth is the recognition of the truth of who we are and what is possible. This truth helps us recognize ego traps as illusions and pain points, that while part of the human experience, are not who we are, and can be shifted and dissolved so that self-realization can occur.

This is what I say: “I call upon my Spirit, Guides, Teachers, Sacred Guardians & Holy Protectors, Benevolent ancestors, benevolent elementals and guardians of the land— through the Unified Field through which all is made whole—I thank you and ask for your presence, assistance, and protection now.

That any and all energies not of love return to the Source of All that is, now. That any distortions, extractive and exploitive energies, known or unknown, across time and space, return to Source now.

That any and all contracts or agreements no longer relevant or resonant for my individual or our collective wellbeing dissolve here now. I call all of me back to me now. Anything I am holding in my body or my field that is not mine to carry, I release and return to Source now.

May any and all energies that do not emerge from love dissolve here now, fully and completely, easily and without effort. May all parts of me, and all beings and their parts who I am in relationship with, be filled with the healing power of Divine light so they may find their own pathway home. May any aspects unwilling to emerge from hiding be protected against any actions or intentions of harm inward or outward. May all energies and patterning that perpetuate harm find a path of return—to the earth, to Source, to be transmuted for the highest good of all.

May joy, love, truth and beauty expand through every cell and may my presence be a healing to all I am in relationship with.”

-Call in your higher self and Divine helper beings through the Unified Field, to help you clear and to take some of the weight off of you. Call in Miracle Energy, Source, Love (whatever works for you.) This will help you feel like you’re not doing it alone. It is so deeply important to feel held by loving energy larger than us.

-Do a grounding exercise (or any of the above body care practices) and then put yourself in your own golden bubble/sphere. Put any other being in your space in another bubble/

sphere. See these golden spheres of Divine light grounded to the center of the Earth and to the heart of the Cosmos. Imagining a column of golden light (you can use gold, or another color/frequency but just ask your higher self what would serve you in this moment the best) connecting you from the Cosmos through your body to the center of the earth. This keeps the channels of release open and keeps you receiving the replenishing healing light of your own spirit. This golden light is unconditionally loving Divine energy, and it is also YOU! Bringing it through the aura and all energy centers helps clear any heaviness or energetic sludge, imprints etc. as it fills you back up with vital Source energy.

-Visualizations for grounding: Imagining your feet and the base of your spine rooting into the center of the earth and releasing/discharging any activation or excess energy in the system is a good foundational practice. And pulling in earth energy/ your own energy for restoring and integration. Imagine earth energy filling up every cell. Clearing any energy that isn't yours and bringing your own energy back to you. Especially helpful when our environment (immediate or in the world) is hectic & we feel pulled in a million directions.

-Visualizations for relational healing: imagine the cord, thread or point of connection between you and any being you're in relationship with. You can say another prayer here, but the goal is to send all dense energies not of love back to Source. It can be as simple as "Return to Source now." or "I call all of my power back to me now. All that is not me or mine to carry returns to Source now. May all beings involved be free and healed in all

ways possible.” Keep doing that until the cord between you feels or looks clear, light, and free of debris and any density or darkness (when I say darkness here I mean darkness as in color, which indicates stuck-ness, unresolved energies, and stagnation, which can lead to disharmony in relationship.) After or during the grounding visualization (add breath and movement to it also if you wish,) you can say something like “I am now choosing to cleanse myself and release any and all energies, thought forms, beings and patterns no longer in resonance with the highest and greatest good of all. Across all timelines, may anything less than the Divine light of Love and Truth dissolves here now.”

Another one I use that was shown to me by friend and colleague Irma Kaye Sawyer, “I am the light. I am encircled by and in this truth. I claim full dominion of my self and personal space—physically, emotionally, and spiritually. Only that which carries the vibration of love may enter here. Let all that does not, awaken and heal spontaneously by intention alone and without my involvement. You may go in peace. May Source/Creator bless you and fill all your needs, whatever they may be. As all timelines exist now, I call my power back to me now. And so it is.”

-As your aura is your energetic boundary, it is also your safe space, sanctuary, and home. It also carries a lot of information about your experience. Chakras help generate the energy in the aura, so all the body care practices are helpful for clearing the aura of anyone else’s energy, density from painful experiences, stagnant energy etc. You can fill your energetic field and energy

centers/chakras with intentional words, sounds, or color frequencies that you wish to embody, & radiate out into the world.

-I use my energetic ally—golden roses—to help clear energy.

One of my teachers (& friend, colleague!) Erin Schroeder taught me this technique, and it is truly so helpful and powerful. I place them all around me to help buffer excess stimuli and energy.

Sometimes I am surrounded by thousands of golden roses, sometimes I just place a huge one around me. They absorb energy and help transmute dense energies back to Source, so I don't have to physically hold so much and become exhausted. I will also place giant golden roses in my house all over (wherever I feel they're needed.) They help close portals, clear energy, buffer energetic stimuli, and bring through Source energy. I also fill them up with excess emotional energy, or any stressful situations or relationships, and send the golden roses once they are full of gunk off into the outer reaches of the universe, or to the bottom of the ocean, where I imagine them blowing up and returning all energy back to Source. This is about making space—Not banishing necessarily, as we use the roses with neutral intention. But as we make space, we gain clarity on what else is possible to experience instead of replaying the same old patterns.

-You can go through each energy center and visualize a dial.

The dial may have a number on it that will denote how open or closed that energy center is; or maybe you just see it like an aperture that opens and closes. We do not have to be all the way open or all the way closed all the time; each energy center will

have its own needs any given moment. For example: when processing grief and big emotions, the sacral and heart chakra may want to “dial down” so it doesn’t feel overwhelming. When having anxiety or intrusive thoughts, dial down the crown and dial up the root. When you need more physical energy, dial up the solar plexus. When you need to come into deeper self trust, and clear other people’s opinions, adjust the throat chakra. As you practice this, it will become clear what an energy center needs; after the visualization, ground out the practice by doing something that is supportive of your intentions (creative expression, body care, communication, etc.)

-Ritual. Below I shared a ritual of surrender; use your intuition and make it your own! For more on this you can visit my site:

<https://thegoldenthread.live/2019/08/08/major-arcana-viii-strength-part-two/>

<https://thegoldenthread.live/2022/02/20/space-making-energy-hygiene-and-ritual/>

-Working with your hands in a creative way where you can “get into the zone.” Making art, making music, journaling, writing poetry, cleaning, cooking, gardening, making altars, herbal medicine or body care products, etc—truly no limit to our creative expression!

For more on using tarot or oracle cards for creative inspiration:

<https://thegoldenthread.live/2016/04/20/nurture-the-spark-tarot-writing/>

For more on active imagination practice:

<https://thegoldenthread.live/2016/02/25/nurture-the-spark-unleash-emotion-with-active-imagination/>

-*Creating an altar*. Making an altar can also be a great creative practice—to yourself, a guide or ancestor, the world. Imagining the altar is holding all your prayers and intentions. More perspective on my site:

<https://thegoldenthread.live/2016/02/17/every-space-an-altar/>

Sample Prayer Practice & Ritual of Surrender

Put on some healing frequencies or music that feels soothing or uplifting. Light some incense or a candle.

Let this practice be both a visualization and a physical act of surrendering and letting go, so there can be space for this new iteration of YOU that you are wanting to bring in. All change begins energetically. This helps you step out of your own way, releasing attachment to specific outcomes that may be too small

or rigid, and processing emotions that need to be felt and shifted. It's about making space outside of the tight grip of control, and moving into trust and co-creation.

Imagine or write down everything you want to leave behind you. It could be patterns of behavior, it could be emotions, memories, anything that has happened that you not want to repeat, any patterns you want to break. Imagine what you want to let go of as a grey fog/smoke—see it leaving your body and field (and the body and field of any person or being you're in relationship with.) See this grey/dark energy moving into a sacred violet flame or violet colored rose out in front of you. Let the violet fire absorb this energy completely. Trust that you no longer have to carry the heaviness of this energy. Notice the sensations in your body. Notice what images come up. Notice if any emotions come up, ask what parts of you are feeling these emotions and tend to them—make yourself a safe and sacred guardian to any parts of you that are clinging to modes of protection. Ask what these parts of you need. Take it slow and give it time.

See this old energy leaving not just from your own space, but from the space of everyone you love and care about, anyone in your life who stresses you out, or any being embodied or not, who is in your space. See those energies moving out into the violet fire, or into the rose. Trust that this energy is fully and completely transmuted through your intention.

This is a process you can do many times; as mentioned before, energy can move quickly but it takes time for the mind and body to catch up to the new state of being.

Once you feel “emptied” or that a release has occurred, it’s time to fill up with fresh energy again.

Close your eyes & place your hands in prayer position at your heart, or just place your hands on your heart. If you have a prayer that you would like to say, speak aloud or internally, from the heart, as if you were speaking to a trusted friend. This can be a prayer for you or anyone. Let this be a prayer about what you are calling in, how you are desiring to feel, your intentions of healing for you or a loved one, etc. Let your body FEEL the sensations of this new energy. Let it come alive in your body, more than just a vague thought or empty words. If nothing else, imagine your heart filling up with loving energy and beaming through your body and out into the space around you, creating a ripple effect in all your relations.

Imagine the words that you have spoken, or the intentions you have made, transforming into soft golden light in the air in front of you. The soft golden light of your prayers rises up towards an even brighter golden light, burning like the sun, above you. As the light of your prayer enters into that golden light, it bursts into flames of golden fire. Feel the nourishing warmth of the golden flames, gently warming the crown of your head, all the way down into your heart and hands, into your legs and feet, with a soft feeling of goodness. Know that your prayer is answered, beyond your expectations or control.

“Benevolent Guardians of the Unified Field, full of Grace, help me find the courage within to accept the answers to all my prayers. Help me surrender my thoughts of how this should be, and to lovingly embrace what is. I trust you completely. I thank you for your divine intervention and protection. May I feel that

you are with me always. Through your miraculous grace, my heart opens and receives your love through me. I accept your intervention, protection and guidance.”

You can also literally burn a list of everything you want to let go of. Or put your intentions into the candle and let it burn out through the physical flame. You can also use a bowl of saltwater if you don't have a fire safe space. Return all energy back to Source that you are ready to release. Let this bring relief to the body and mind. If you want, move your body freely to the healing frequencies or any other music you're in the mood for. Let each movement be an unwinding of old patterns. Let your body show you how it wants to move. When you're ready, re-ground yourself. Feel your feet rooted. Connect to the heart. Re-enter the day with a new perspective on what is possible going forward. Let it be a feeling practice rather than a thinking practice. If the mind wanders, re-connect to heart and feet, in this moment. Your power is in the present!

Recordings for Energy Release and Healing

-Energy Healing Meditations I recorded:

(I hope to make more soon!)

<https://thegoldenthread.live/2020/08/20/return-to-wholeness-energy-healing-meditation/>

<https://thegoldenthread.live/2020/08/11/energy-healing-meditation/>

-Compilation of meditations on Spotify that I have added in one place (below are some of the people whose meditations I have put into the compilation, if you want a more complete list of their individual meditations.)

<https://open.spotify.com/playlist/3qw4rXfddQdmx0f0oCcqxz?si=5e11e062edf14215>

-Anna Thompson Self Hypnosis on Spotify:

<https://open.spotify.com/artist/5JoRvqviRCB3B6i4b1vBCI/discography/album>

These are longer—an hour or so. I prefer them to fall asleep to for this reason!

-David Elliot Breathwork on Spotify:

**[https://open.spotify.com/artist/
7lnGKrOWAuKvNoxEleY8Vm?
si=GGE3xRWuONKL8fvdENdShO](https://open.spotify.com/artist/7lnGKrOWAuKvNoxEleY8Vm?si=GGE3xRWuONKL8fvdENdShO)**

If you are in any state of activation or overwhelm, or if overwhelm has turned into numbness, dissociation, or “shut down,” this type of breathwork is not indicated until you are feeling more grounded/regulated. In this case see the breathwork practice above (4 second inhale, hold 6 seconds, exhale 8 seconds, which is indicated to bring the parasympathetic nervous system online.) David Elliot’s breathwork is amazing for releasing energy and emotions from the body and field; I definitely recommend titration with this practice—if anything feels like too much, take a break, move your body and/or re-ground.

-Tara Brach on Spotify:

<https://open.spotify.com/show/37McjD0j2cdu4GExcFQgm0>

Buddhist perspective, loving kindness and mindfulness. Not explicitly energy work, but in essence this is the basis of energy work and will definitely shift the energy. Short meditations, which is nice for those moments when you just need a reset.

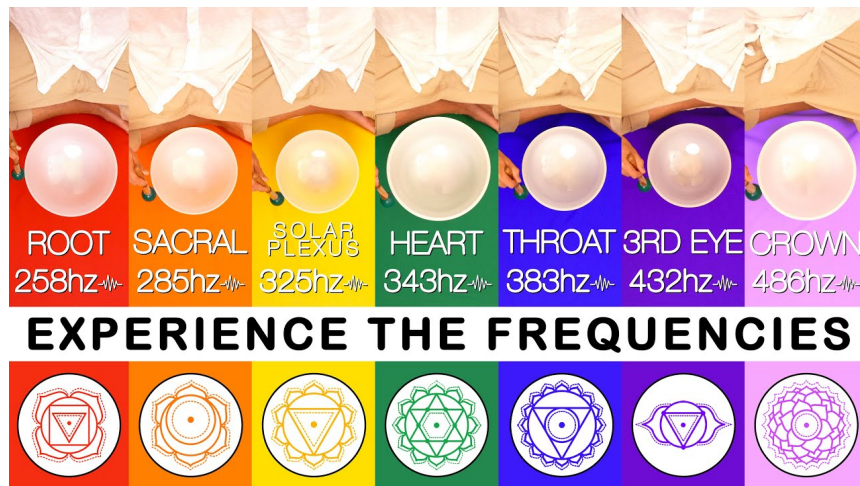
-Healing Music:

In addition to listening to music, and adding in movement as your body desires, a millenia of spiritual practice and now current research suggests that chanting, humming and singing can stimulate the Vagus Nerve and bring about the relaxation response throughout the body.

—Listening to Solfeggio frequencies, binaural beats, and ambient music in general is a wonderful way to enhance meditation, to focus, ground, and clear energy. Youtube and Spotify have tons of great binaural beats, like this one below:



—If you get the chance to experience a sound bath, I highly recommend it! If you aren't able to attend one in person, here is a crystal bowl sound healing sequence for the chakra system:



Here are some of my favorite playlists:

-Massage & Energy Healing I continually curate this so it changes, but I listen to parts of this playlist daily:

<https://open.spotify.com/playlist/744GBbFTb2sgT5bBNBoaKV?si=0ec2d98ca3654802>

-DanceTherapy Always working on curating a flow, but I start off slow and move into more dance tunes, then get slow again. Some of my favorite tunes to stretch, move and groove to from around the world and across the decades. Skip around as you wish, there's a lot of faves, and a huge variety! **<https://open.spotify.com/playlist/6ZLvpsN37ZpVryO4BifUZT?si=5bb4ce9ec5c645e8>**

-Some lovely chill playlists my partner made I also listen often, great for movement:

-Between the Rain and Stars <https://open.spotify.com/playlist/2wYakBscpsDnfntcYZr7lb?si=f437eb6bede04781>

-Alternative Yoga Flows <https://open.spotify.com/playlist/2gM97fLcZEZCiYoUZkxyFs?si=38e4828d586949db>

-Night Trippin <https://open.spotify.com/playlist/3DHMrDPlZq14cIVmVrK8Ae?si=bbd1f22354734294>