

Dara.Energy

## Support for Clearing and Grounding

Hello, I'm Darananda, and this is a Healing for Support with Clearing and Grounding. I sense that it's becoming ever more crucial that we take care of our energetic bodies and our energy fields. And more and more people are sensing and experiencing at this level, because of this major shift in consciousness that we're experiencing on the planet, as the planet herself evolves and matures. So it is a time of increasing importance to clear our energy. To make sure that we're not getting hooked into anyone else's field. Or allowing anyone to enter into our energetic field, into our awareness field, and our subtle body really without our consent. And because we live in a culture where relational codependence is, basically, the air that we breathe. And we're so accustomed to playing out psychological constructs with people that we really need help to get back into our sovereignty and to our kind of natural state. So for example, if someone's trying to enter into your energy field or your awareness field, you might notice that they're showing up in your thoughts all of a sudden, and you can't seem to get them out of your head. And in a way, it's like you're not exactly thinking those thoughts. It's like, it's a little bit like psychic penetration, like someone's trying to get at you. But it might be hard to identify because we tend to be so identified with our thoughts.

And the other thing I want to mention is just being around other people who don't take very good care of their energy, they don't take very good care of themselves. Whether that be family members, or at work or even just encounters on the street, or in your daily life. There's a real heightened sense of stress, of anxiety, of fear. And it's very easy for these energies to impact us if we're not careful.

And the last thing I'll say, especially for people who are working in any kind of expanded state, whether that be with plant medicine, or energy work, or even meditation— when you're working with others, and maybe they're actually not so capable of holding a very clear, clean, and tight container... my seeing is such that there are a lot of shadowy, dark, separate energies that are entering into people in these, in these expanded state experiences. Really without them, without being aware of what's happening. And the people who are holding that space are not as skilled as they need to be to protect the container energetically and basically, these, these darker energies, they're a vibration of separation. So they've lost their capacity to connect with Wholeness and they just feed on fear, and anxiety, and shame, and any unresolved shadow, or trauma in the system. So there's a lot of that happening.

And always, if we can work with our energetic bodies, with our awareness field, and clear and heal at the energetic level, it is better, faster, and cleaner than it having to come up to the physical level to get dealt with. Once it's at the physical level, it's much denser and it's much more difficult. So if we can just continuously care for experience at the subtle level, this is going to be so beneficial for your health and your well being. So I'm offering this session to that end. And if you'd like to learn more personally how to do this, you're welcome to reach out to me and I can teach you everything that I know and that I've learned in this regard. But for now, let's just start with this healing.

So getting comfortable, and remaining alert. And just beginning by dropping into the body. And just inviting all of your attention to come into the present moment.

And just working here with unhooking our attention in the forward dimension in front of us. Unhooking the attentional field and clearing the field in the forward dimension.

And as that happens, the awareness field begins to expand from a more narrow experience. And we begin to sense into also at the periphery. So the whole forward dimension is clearing and opening. And you may find it's just natural also in your system to do some deep breathing, that's what's flowing through my system.

Clearing down into the belly. Coming into the body. Clearing the whole front line of the body. Clearing both at the etheric level of the body– that is the dense energetic layer– and clearing the dense physical body. Clearing into the cells. Clearing into the cells.

Just allowing a greater expanse to integrate into the system. Allowing whatever is to come up, allow that to come up and clear through you: whether that's physical, or emotional, verbal, or vocal. And this clearing is now moving into the midline of the body and also out the sides. So, we began with the four dimension and now it's just making its way back through the midline, out the sides, the whole energetic and awareness fields outside of the body. And here we're going to invite all energies, all energies that are in the field to move out of the field. So just getting a sense of that, and you may affirm along with me, if this feels right:

*“I give permission to any energies that are in my field to use my field to move up, down, or out now.”*

So just clearing any energies that are in the field that are not you, are not yours. And if you'd like to do this a second time you may affirm:

*“I give permission to any energies in my field to use my field to move up, down, or out now.”*

Taking a deep breath if you haven't already, just allowing that clearing to happen. I can feel this impacting the heart center. The heart is able to become more tender, more aware, and receptive, and more expanded when the field is clear.

Good. And I can feel that the clearing is now moving to the back line. And there's already a very profound silence here. There's silence, or stillness, it's very powerful, very healing. And it's a place of being where a lot can happen with little effort. So if you're efforting at all just allow that to drop away, and just receive this quality of silence.

So the back body is where a lot of unprocessed emotion, and trauma, and shadow gets stored. Whatever we're not ready to look at yet tends to go back there. And here we just welcome the support of the well and bright ancestors who are here to resource us. They are here to help us offload this burden that we carry: the unprocessed intergenerational traumas, the collective traumas, these karmas that have not yet been dealt with. And I just feel the ancestors holding space for us.

So, just inviting your attention and your awareness to hang out in the back line of the body. However that shows up for you, just investigate how it is to bring your attention to the back line. And here, too we can just affirm:

*“I am ready to release, or see, whatever is stored here, and ready to be processed.”*

Just allowing that to open into whatever the response is. I just feel a clearing moving through the brain as well. The traumatic patterning. Good. Allowing the back to clear. Allowing the support in of the ancestors. And this just is enabling the expansion of the energy field into the back dimension. Clearing the back.

And just sensing into the whole field that extends out beyond the body. Coming into the pelvis and the root. Making space to ground, and to be connected with Earth, with our greater embodiment. And just sensing into a dialogue between the nervous system, and the subtle bodies, and the Earth frequency.

Just allowing any energies that want to clear down through the body, through the field, down into the Earth. Allowing in the support of the Earth. It's also clearing the brain, particularly I feel it on the right side. Also moving through the masculine channels, the yang channels, in the right side of the body. Which when cleared and open are open to the Earth.

Good. And just feeling a balancing here, with that grounding, is coming a balancing of the the yin and the yang: the left and the right sides of the body. Feeling a clearing and balancing in the sacrum, the sacral center, the second chakra. Good.

And I'm just going to offer some affirmations here that are coming through. So you may work with any that feel appropriate for you:

*"My energy body is mine and no one else's."*

*"My energy body is mine and no one else's."*

*"I am clear, grounded, and sovereign."*

*"I am clear, grounded, and sovereign."*

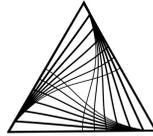
*"My awareness field is my domain."*

*"My awareness field is my domain."*

Good.

So may this be supportive to you whenever you need support in clearing, and grounding, coming back to your personal field, and protecting your field from those who are trying to gain access.

And thank you for receiving this transmission.



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