

# The Complete Guide to Tips and Tricks to Clear Negative Energy



## Spell Jars for Beginners: The Complete Guide to Learn about Tips and Tricks to Clear Negative Energy

by Rachel Williams

★★★★★ 5 out of 5

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Do you ever feel like there's a heavy energy hanging around you, weighing you down and making it hard to move forward? If so, you're not alone. Negative energy can come from a variety of sources, including people, places, and things. It can be caused by stress, anxiety, trauma, or even just being in the wrong place at the wrong time.

While negative energy can be harmful to our physical, mental, and emotional health, there are a number of things we can do to clear it from our lives. Here are a few tips and tricks to get you started:

### 1. Identify the source of the negative energy

The first step to clearing negative energy is to identify its source. This can be difficult, but it's important to be honest with yourself about what's causing you to feel down. Once you know what's causing the problem, you can start to take steps to address it.

## **2. Set boundaries**

One of the best ways to protect yourself from negative energy is to set boundaries. This means learning to say no to things that you don't want to do, and to people who drain your energy. It also means being assertive when necessary, and standing up for yourself.

## **3. Cleanse your space**

Your home is a reflection of you, so it's important to keep it clean and clear of negative energy. There are a number of ways to do this, including smudging, burning incense, or simply opening the windows and letting in some fresh air.

## **4. Use crystals**

Crystals are a powerful way to clear negative energy. They can be placed around your home or office, or carried with you in your pocket or purse. Some of the best crystals for clearing negative energy include amethyst, black tourmaline, and selenite.

## **5. Meditate**

Meditation is a great way to center yourself and clear your mind of negative thoughts. When you meditate, you focus on your breath and let go of all the things that are weighing you down. This can help to clear negative energy from your body and mind.

## 6. Affirmations

Affirmations are positive statements that you can repeat to yourself to help change your mindset. When you repeat affirmations, you're programming your subconscious mind to believe them. This can help to clear negative energy from your life and replace it with positive energy.

## 7. Visualizations

Visualizations are a powerful way to create a positive and harmonious environment for yourself. When you visualize, you're creating a mental image of what you want to happen. This can help to clear negative energy from your life and attract positive energy.

Clearing negative energy from your life can be a challenge, but it's definitely worth it. When you clear negative energy, you'll feel lighter, happier, and more positive. You'll also be more productive, creative, and successful. So what are you waiting for? Start clearing negative energy from your life today!



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