Staley Health

WAYS OF CLEARING NEGATIVE ENERGY

A Guide to Clearing Negative Energy from your Mind, Body, Aura, Home & Work space.

By Nikki Staley Ph.D.

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ABOUT

Nikki has her Doctorate Degree in Philosophy, specialising in Metaphysical Science, is an accredited Holistic Counsellor and Reiki Master who was born in Melbourne, Australia. She is a member of the International Institute for Complementary Therapists (IICT) and the Australian Holistic Healers & Counsellors Association (AHHCA). She also has completed her Nationally Accredited Certificate II - First Aid Training and has a Working with Children card. She loves sharing her knowledge through her classes and speaking appearances on holistic health and wellbeing.

Nikki's first experience with meditation was at the age of 15 when her parents started practising Transcendental Meditation. She then forgot about her meditation experiences until a life changing moment urged her to revisit meditation which resulted in her father introducing her to the cultivation of Tao. Nikki studied with a Tao Master and other Tao cultivators for a number of years learning metaphysical and spiritual techniques for enlightenment. She also has an interest in Buddhism and has studied at the Tara Institute in Melbourne. This had a profound effect on her and created an inner transformation which inspired her to study holistic counselling and Reiki (energy medicine). She has been working with individuals and small groups as a counsellor and energy healer ever since.

Nikki has deep insights into the human psyche and her altruistic nature and healing gifts have already helped countless people. Nikki's focus, mission and life purpose is to bring peace and happiness to all beings.

Nikki is married with two children and now resides in Torquay, Australia. She enjoys meditating, yoga, writing and spending time with her family and pets.

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INTRODUCTION

Hi, my name is Nikki Staley and I have been a professional energy healer for the past 16 years and involved in the field of the metaphysics for over 44 years. When I was 15 years of age, I was introduced to transcendental meditation which changed the course of my family's life. When I learned meditation, I didn't immediately embrace it as I was still coming to terms with my intuitive abilities. It was a very difficult time for me as I tried to ignore the messages I was receiving, but to no avail. You see, I always had the ability to sense what people were thinking and feeling (an intuitive empath) and would have premonitions about events before they happened, but never shared this with anyway for fear of being ridiculed, so I kept it to myself.

During my teenage years I went through a period of not talking much as I didn't see the point. As I knew what people were thinking and feeling and would get intuitive information about other people; I preferred to stay silent as I somehow understood, on a deeper level, that this would help others. At that time, I saw talking as a negative way of communicating and most of the time I felt people talked too much about negative things.

As I grew, I continued schooling and work and often I would have visions or premonitions about events before they would happen but continued to keep things to myself.

Then a life changing moment happened when I discovered I was pregnant at 19 and decided to have the child. I knew I wasn't going to stay with the father as I had already decided what sort of life I wanted and at the time couldn't see how this would work if I stayed with him. This pregnancy was the best thing that ever happened to me as it helped me grow up and taught me how to take care of myself. My son was a great teacher and enabled me to evolve into who I am today.

During my twenties I then became interested in meditation again, remembering how relaxed and calm it made me feel when I first learnt when I was 15. In my late twenties my father introduced me to Taoism and the cultivation of Tao with a Tao Master and other cultivators, learning ritual meditations and enlightened ways of being. At this time, I also became interested in Buddhism and starting learning with Geshe Doga, a Buddhist monk teaching Buddhism at the Tara Institute in East Brighton, not far from my family home. After realising how powerful meditation was, I decided I wanted to share this with others. During my thirties I took up studies in holistic counselling and reiki and after the birth of my second child, I decided I wanted to start up my own meditation and energy healing business. Which brings me to where I am today realising this is what I came to earth to do.

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ENERGY

"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics". **- Albert Einstein**

I have so many clients coming to me asking the same questions about clearing negative energy from themselves and their environment and scientists have now discovered that underneath all matter in the physical realm, there is actually nothing there. We are basically a figment of our imagination and co-creating reality with other beings on earth. Basically, we are all one and each individual being is creating a reality which is negative or positive in nature. Einstein called this the relative realm. What we create in the physical realm is simply a reflection of imagination and condition thoughts. All the pain and suffering in the world is simply negative thoughts that are conditioned in nature. We have all come to earth to learn how to love ourselves and others unconditionally and evolve to the enlightened state.

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REIKI

Reiki is a Japanese spiritual practice that promotes health and supports wellbeing. It enables the mind and body to rebalance, activating the body's own innate ability to heal itself. Reiki restores and rebalances our energy; allowing the body to do what it was naturally designed to do, and that is, heal itself.

The word Reiki is Japanese in origin and it refers to the universal energy. (Rei) means something mysterious, miraculous and sacred and (Ki) means the atmosphere, the unseen, or the energy of the universe. Reiki can be defined as a miraculous and sacred energy of the universe that sustains all life. During a Reiki treatment the practitioner channels the life force energy allowing the client to rebalance and release all negative energy. Often clients feel happier and peaceful as a result.

The Benefits of Reiki

Reiki has some amazing benefits such as promoting health and wellbeing. It also helps with pain management, encourages mental clarity, releases stress and tension in the physical body, relieves depression, reduces anxiety, aids relaxation, improves sleep, smooths digestion, strengthens self-esteem, heightens self-awareness and intuition and offers support for substance abuse recovery. Treatments are for 1 hour in a warm and nurturing environment - either sitting or lying down fully clothed.

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MIRROR JEWELLERY

Mirror Jewellery is another way you can protect yourself or deflect negative energy from yourself. You can use a necklace or simply put a makeup mirror in your pocket.

The mirror must be exposed to deflect the negative energy. Holistic Arts have a great range of mirror jewellery which you can purchase online. https://holisticarts.net/

SMUDGING

Smudging has been used by many cultures across the world to clear away negative energies. It involves the burning of sacred herbs to produce smoke. This smoke is used to cleanse the energy of your home, workplace or even your body.

There are different types of sage that you can buy but it is recommended to buy White Sage or a White Sage smudge stick. Do not use the regular old sage in your kitchen. You can buy high-quality, ethically cultivated organic sage from Earth Aromas at www.eartharomas.com.au.

Science shows that sage clears bacteria in the air and offers rapid delivery to the brain and absorption to the body. Scientists have observed that sage can clear up to 94 percent of airborne bacteria in a space and disinfect the air. When sage is burned, it releases negative ions, which is linked to putting people into a positive mood. When you burn sage, don't forgot to open a window or door for the negative energy to get out.

Another alternative to burning sage is sage spray if you don't want a smoky environment inside.

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CRYSTALS

There are many crystals that can cleanse and protect you from negative energies. Here are some:

• **Clear Quartz** – is great at deflecting negativity and attracting positive energy. You can either wear it as a necklace or ring, or place a piece in your pocket. Set a clear and positive intent to shield yourself from negativity throughout the day. You can place it in your hand and use the reiki symbols or say please keep my mind, body, soul and aura clear all day deflecting any negative energy. So be it! Don't forget to cleanse the crystals after each use or everyday in a glass of water with unprocessed rock or Himalayan salt and leave all night to cleanse.

• **Black Tourmaline** – is a grounding crystal. It creates a more positive living and work space. A powerful protector with the ability to ground a space and clear it of negativity. You can place it by the front door or each corner of your home or place on your desk for a nice layer of energy protection.

• **Black Obsidian** – is a calming crystal and attracts positive energy which can help you see the bright side of life. For challenging days, place in a special spot where its easy to access or take with you. If you are in the car a lot and challenged by traffic, keep in your car but don't forget to clean it every day after use.

• **Black Jade** – is for avoiding negative people and can assist in connecting you to your intuition which prevents you from running into negative people and situations. Black Jade is excellent to tune you into the source of negativity. Black Jade can be your personal energy guardian so take it with you when travelling or starting a new venture.

• **Pyrite** – is perfect for electronic and device detoxing. A gorgeous stone with a gold hue that helps shield you from the harmful effects that technology can have on the mind and body. Place a small piece between yourself and your computer as you work and great to have on your desk when you're starting a new project.

• **Smithsonite** – is soothing and helps calm the emotions, connecting you with your heart chakra. It's relaxing, beautiful and calming to look at. Place the Smithsonite in a special place in your home for connectivity and unconditional love.

Staley Health also sell crystals to clear your chakras. Purchase online at www.staleyhealth.com.

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MEDITATION

Meditation is probably the most effective way of clearing negative energy as anyone can do it. You don't have to have any experience and you can meditate anywhere, any time.

Meditation has now become a mainstream practise for therapists, schools, corporations and the general public, that enables a deep connection within yourself and life. It helps reduce anxiety, stress and any physical illness. It also gives you the ability to deal with day to day living in a much more joyful and powerful way. The conditioned mind dictates our behaviour which is formed during childhood. This conditioning makes us creatures of habit which contribute to the behavioural patterns that are positive and negative in nature.

Meditation and quiet time enable a greater ability to be calm and happy, reprograming and changing the negative conditioned thoughts and behavioural patterns that can impede learning, self-development and concentration. Meditation is great for corporate working environments to increase productivity, school learning environments for staff and students and individuals that want better mental health and wellbeing.

It is recommended to meditate every morning and evening to clear negative energy from your being. I have created a morning and evening chakra meditation and a short breath meditation which you can do anywhere, anytime.

For more information go to my website at www.staleyhealth.com/meditations

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