



Sacred Sexual Energy Clearing Companion Guide

Gentle Tools for Reclaiming Your Sovereignty

Quick Start: What You Need Right Now

First Step: Heart-Sacral Discernment

Place one hand on your heart center and one hand on your sacral chakra (lower abdomen). First ask your heart: "What do you know about this energy?" Notice any expansion, contraction, or clarity that arises. Then ask your sacral: "How does this energy feel in my sexuality and life force?" Finally, ask both centers together: "What portion of this energy is authentically mine, connected between my heart and my sacral?"

Daily Protection Practice

Each morning, visualize yourself surrounded by a bubble of golden light. See this light as a shield that allows your energy to flow outward while keeping others' energy from penetrating. This takes 30 seconds but protects you all day.

Attention Redirection

When sexual thoughts of the narcissist arise, notice without judgment, name it "hook activating," then immediately touch your thumb to your pointer finger and redirect your focus to something in your immediate environment.



Elemental Clearing Explained Simply

Elemental clearing uses nature's energies to dissolve imprinted sexual energy. These practices work with what you already have access to—no special tools required.

Earth: Grounding & Releasing

- What it does: Pulls energy down and away from you
- How to use: Lie on the ground (grass, dirt, sand best) for 5 minutes. Place hands on heart and sacral as you visualize roots growing from both centers deep into the earth. See the imprinted energy flowing down these roots into the earth to be neutralized.
- Best for: When you feel heavy, stuck, or overwhelmed

Water: Washing Away

- What it does: Cleanses and purifies energy
- How to use: Take a salt bath (2 cups sea salt or epsom salts) and submerge your lower body. As you soak, place one hand on heart, one on sacral, and see the water washing away any energetic attachments between these centers.
- Best for: When you feel energetically "dirty" or contaminated

Fire: Transforming

- What it does: Burns away energy imprints
- How to use: Light a candle and sit 2 feet away. Close your eyes and feel the warmth on your face. Imagine this warmth creating a bridge of light between your heart and sacral, transforming any imprinted energy into authentic connection.
- Best for: When energy feels persistent or invasive

Air: Releasing

- What it does: Carries energy away on the breeze
- How to use: Stand outside or near an open window. Take deep breaths and on each exhale, imagine blowing the imprinted energy out of both your heart and sacral centers. See it being carried away and dispersed.
- Best for: When thoughts or fantasies keep recycling



Optional Enhancements

These are completely optional tools you might choose to work with if they resonate with you. They are not required for effective clearing.

Optional Crystal Support:

- **Rose quartz:** Heart-sacral alignment (place between heart and sacral)
- **Black tourmaline:** Protection (place at root chakra)
- **Carnelian:** Creative energy (place at sacral chakra)

Optional Essential Oils:

- **Rose:** Heart-sacral alignment (apply between heart and sacral)
- **Frankincense:** Spiritual connection (diffuse during meditation)
- **Ylang ylang:** Sexual healing (add to bath or diffuser)

Optional Healing Frequencies:

- **528Hz:** Transformation and DNA repair
- **639Hz:** Rebuilding healthy connection to self
- **741Hz:** Clearing toxins and enhancing intuition

Journal Prompts for Reflection

- "If my heart and sacral were in perfect alignment, what would my sexual energy feel like?"
- "What does my authentic heart-sacral connection feel like in my body?"
- "Where do I feel most sovereign in my body? Where do I feel least?"
- "How did the narcissistic relationship disconnect my heart from my sacral wisdom?"
- "What would my sexuality look like with my heart and sacral fully aligned?"



Daily Practices

Morning Practice (5 minutes):

1. Upon waking, place one hand on heart, one on sacral
2. Ask: "What energy is mine today?" Notice response in both centers
3. Visualize golden protective bubble
4. Set intention: "Today I reclaim the sacred connection between my heart and sacral"

Midday Check-in (2 minutes):

1. Notice any sexual energy present
2. Place hands on heart and sacral
3. Ask: "Is this expanding or contracting in both centers?"
4. If contracting, visualize roots releasing to earth from both centers
5. Take 3 conscious breaths
6. Touch thumb to pointer finger as anchor

Evening Practice (10 minutes):

1. Choose elemental practice based on day:
 - Monday: Earth clearing
 - Tuesday: Water clearing
 - Wednesday: Fire clearing
 - Thursday: Air clearing
 - Friday: Intuitive choice
 - Saturday: Combined practice
 - Sunday: Rest and integration
2. Journal for 5 minutes using prompt of the day
3. Listen to healing frequency before sleep (optional)



Weekly Rituals

Weekly Clearing Ritual (30 minutes):

1. Prepare sacred space with whatever feels meaningful to you
2. Begin with 5 minutes of heart-sacral discernment practice
3. Choose elemental approach based on most pressing symptoms
4. Journal about insights and shifts
5. Close with gratitude statement: "I honor the sacred reunion of my heart and sacral wisdom"

Moon Cycle Ritual (Optional):

1. **New Moon:** Set intentions for heart-sacral healing
2. **Full Moon:** Major clearing work
3. **Waning Moon:** Release and integration

Troubleshooting Guide

When Energy Work Intensifies Symptoms:

1. Return to basic protection practice only
2. Listen to calming music or nature sounds
3. Take epsom salt bath
4. Resume slowly with shorter practices

When You Feel Stuck:

1. Change elements or practices
2. Try journaling with hands on heart and sacral
3. Seek support from a trusted friend or practitioner if needed

When You Feel Overwhelmed:

1. Simplify to just protection practice
2. Reduce session duration
3. Focus on just one approach at a time
4. Remember healing happens in cycles



Tracking Your Progress

Weekly Check-in:

- Most significant shift this week: _____
- Biggest challenge this week: _____
- What feels most aligned for next week? _____
- What am I celebrating about my journey? _____

Monthly Review:

- What patterns have you noticed in your heart-sacral connection? _____
- Which practices feel most supportive? _____
- What needs more attention? _____
- How has your relationship with your sexual energy changed? _____

Remember: This is your journey and your timeline. These practices are tools to support your return to wholeness, not requirements to follow perfectly. Trust your inner wisdom above all else. You are worthy of complete sovereignty over your life force, exactly as you are.