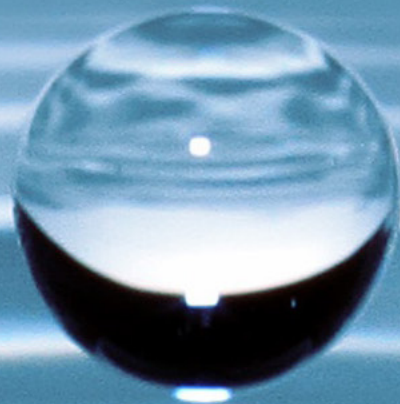


The Basic 3 Energy Tools

...feel more grounded, clear,
centered, & connected!



Ellen Farrell, MA, NCC, LPC, EEM-AP

Intro – who is Ellen?



As a Psychological Intuitive/Empath, I've been aware of my Spirit-sight since childhood. Being extremely sensitive to subtle energies is not always easy. The overwhelming amount of incoming information & inner experience of sensations could be overwhelming. I had to learn how to stay grounded, clear, and connected to hear Spirit. Eventually, I became able to protect myself from accumulating other people's negative energies, such as from fear or judgment.

I was Reiki certified in 1987, completed an MA in psychology in 2001, and have completed training in EMDR, Equine Therapy, Creativity Coaching, and Yoga. I channel Spirit in all my work, including my poetry and new book on The Core Star Matrix.

As I cultivated my inner sight this also led me to seeing how all the energy systems of the East; Traditional Chinese Medicine (TCM) and Ayurveda, connect. From 2007-11, I began incorporating TCM concepts of Meridians (as are accessed in Acupuncture), into what I'd been seeing in the Chakra system, which is from Ayurvedic Medicine. I saw that these systems fit together and relate with each other via the "Core Star".

Through my work, I've developed 3 key exercises that serve to ground, clear and connect/align your personal energy with source Spirit energy. I am thrilled to be able to share these powerful exercises with you today as a free gift and introduction to my work. These simple energy exercises will assist you in taking a quantum leap in your own soul journey, and in living a more intuitive, centered, clear, calm, connected, and authentic life. I encourage you to experiment and practice integrating these exercises daily for a month, and then share your experiences in our online community so that others may be inspired. It is my hope that these simple, effective exercises will become healthy habits and tools that will serve you for the rest of your life.

In gratitude,

Ellen Farrell  2018

Greetings!

Everyone on planet Earth has more than likely experienced trauma. However, you can learn to become more mindful & resilient; to stay conscious & CALM. Read on if you're interested in integrative approaches to healing & wellness – & get ready to bloom into action!

“...people who are spiritually minded tend to suffer from anxiety & depression more... this is because their eyes are open to a world that is in need of repair ...the same people ...having social anxiety & other disorders test higher on certain... IQ tests, & have an evolutionary advantage in being able to detect threats.”

From: [Studies Link Social Anxiety To Empathetic Ability, High IQs, & Sentinel Intelligence](#), [spiritscienceandmetaphysics.com](#)



IMAGE BY ELLEN FARRELL, 2008 OMEGA INSTITUTE

What stresses you out... & what are your habits?

The primary cause of energy imbalance: TRAUMA = SHOCK!

Who has had NO TRAUMA? **Nobody.** Not feeling peaceful or safe in the extreme, causes a SHOCK in the **Chakras!** We must notice the distress, & yet, not GET distressed.

Learn how to stay clear, & resolve past accumulated trauma.

Here are some common causes of energy imbalance – review the below to help you identify personal areas of disconnect...

Common Causes of Energy imbalances, Leaks or Blocks:

1. Nature deficit
2. Fun deficit
3. Sleep deficit
4. Too much technology – cell phone, computer, etc.
5. Lack of movement/exercise = poor: oxygenation, flexibility, range of motion, detox-elimination/Colon-Liver-Kidney issues
6. Shallow/chest breathing triggers stress hormones, not enough activation of the Core
7. ‘Chaos monsters’ – friend/family situations; bad relationship patterns
8. Poor Diet, toxic air – processed sugars/foods, GMOs, pesticides, herbicides/ glyphosated grains, pollution, molds exposure to toxins...
9. Hormone/immune system imbalance – cortisol dysregulation, gut, etc. dysfunctions; potential cumulative causes: mold; emotional &/or physical trauma including ancestral unresolved pain/car accidents, etc.; heavy metals poisoning, herbicide/pesticide, fluoride/bromide, chemical poisoning/these can cause low, erratic or volatile energy, mood/sleep imbalances
10. Addictions – smoking, alcohol, sex, gambling; not taking responsibility, etc.
11. Getting ‘triggered’ – maladaptive responses; Trauma/fearful thinking, over-activation of ‘fight, flight, FREEZE’ response; repetition-compulsion patterning
12. Lack of focus/overwhelm – giving what others need before your own needs... “nice-itis”! Not having enough support/trying to do too much.



IMAGES BY ELLEN FARRELL, OMEGA INSTITUTE, 2008; VAN CORTLANDT PARK, RIVERDALE, NYC, 2017

Supportive measures

1. Take time in Nature, &/or meditate on being in Nature!
2. Take time for stress-reducing activities you enjoy! Find fun activities! Do them! Brain-dump a list of ideas that inspire you & make your heart sing, such as: Singing! Sky or bird watching? Ballroom dancing? Gardening? Hiking? Movies? Theater? ...you get the idea!
3. Do you wake feeling rested? Check mineral levels... RBC magnesium test, zinc/ copper, etc.; get enough B vitamins in the A.M.! D3/K2, get relaxed in the evening & get enough L-Tryptophan. Try no eating 2 hours before sleep. Read Chris Shade, Myers detox, Dr. Mercola on detox, thyroid, etc. tests.
4. Stay away from blue screens/ use amber lighting after sunset; keep a fully darkened room/ use a sleep mask.
5. Practice Yoga, Qi Gong, T'ai Chi, or other exercise such as mindful walking, playing games, sports, singing, dancing, etc. Move Your BODY... do not sit for extended time!
6. Deep abdominal (Core Star) breathing with proper alignment: lift the crown, keep the chin down – keep sternum lifted & shoulders relaxed.
7. Set a goal to be healthy* ...heal trauma, end toxic relationships if they will not agree to change, & spend time with those who are supportive & loving. Notice reactivity – notice how you CHOOSE to respond to life events – use active breathing to help you stay present!
8. *Eat Organic/sustainably farmed foods; develop /choose healthy eating habits; explore local farmer's markets! Use air filters / notice pollutants/chemicals in your environment/ avoid toxins! Only use natural: cleansers, aromatherapy or air fresheners. Consider electrical, cell tower, industrial impacts.
9. *Do a past/current health inventory. What's emotionally resolved, what still brings up unhappy emotions? These are targets for healing. Consider Energy Tapping such as EMDR, EFT with an experienced practitioner. For physiological/ poor diet causes consider seeing a functional medicine doctor, naturopath, or similar holistic practitioner for RBC bloodwork & other tests.
10. Do an inventory of goals if substances, habits, or simply limiting beliefs about who you are keep you from achieving personal/ professional potential, &/or you notice patterns of ineffective behaviors/outcomes in life, relationships, work, etc. List healthy coping skills. See #'s 1-8 to develop more options.
11. Learn to stay grounded, clear, connected, & aligned with inner peace, love, wisdom & joy using Ellen's 3 Basic Energy Exercises. Also see #9 & #10. Learn to understand the body-mind-spirit connection, how past trauma & poor habits can limit your functioning, & change your life to be in balance from the Core out.
12. Practice Meditation, Yoga, Qi Gong, T'ai Chi, mindful walking – develop focus & observation; notice & measure what feels meaningful & enhances your life experience! Do charitable works that feed your soul. Listen to your guidance, heart & CORE wisdom.

The Exercises

Learn to stay centered, calm, clear, & connected to peace, love, wisdom & joy. Stay in the flow...

1. **Get Grounded** – The 'Anchor & Ground' Exercise. Things that UN-ground or destabilize you stop the energy flow & may result in blocks. Feel more stable & increase your ability to stay centered, calm – & recover when others are in chaos, or the rug's been pulled out from under you.
2. **Get Clear** – The 'Snap & Sweep' Exercise. The Auric Field can get clouded, crowded, erratic, torn, blocked from taking on other people's pain &/or fear/worry energies. This helps clear, heal & maintain the Aura.
3. **Get Centered** – The 'Heart Zip' Exercise. This practice will help you feel your Heart & Core connection with Spirit, peace, love, wisdom, & joy. It can be sent to others as a love offering. It's also protective... use it for maintenance, to keep your cage from getting rattled, or to recover.

With these 3 powerful exercises you will:

- feel grounded & connected, anchoring in Spirit wisdom...
- come to know the pure light of your Core of truth,
- learn how to stay calm in the chaos, &
- awaken your heart & soul; feel more connected to hear Spirit better

HINT:

Have you given yourself 100% permission to be happy/healthy?

Check in – how do you access your happiness practice?



1. GET GROUNDED

Anchor & Ground Exercise Parts 1 & 2

Do you ever feel disconnected from your intuition, or feel the rug pulled out from under you?

Identify what UN-grounds you, or stops the in/out flow from above your head, & at your feet! Symptoms: mental fog, tension, feeling chaotic, electrical imbalances... Notice how you respond to others & to LIFE...

Part 1 - Energy moves from Spirit, thru the upper portal above the Crown, down to Core, to Heels. Goal: connect Spirit with the Earth, feel the flow. **Portal ~ Core ~ Heels**

- Visualize a portal, 1-2' above head, where Heavenly healing energy enters. Notice sensations: light/color(s), sound(s)... follow the energy as it flows thru the Chakras (Crown/7th, Forehead/6th, Throat/5th, Heart/4th, Diaphragm/3rd), & into the CORE, your Divine Spark. This is the primary Spirit portal at the naval.
- See it continue to flow through the lower 2 Chakras... Sacral/2nd (*below the navel when standing*) & Root/1st @ base of spine, down back of the legs, & out the back of the heels like a shaft of white light into the Earth. Imagine toxins/blocks leaving K1. See healing energies enter from the Earth. (*see image below*)



Part 2 - Energy moves from the Earth, thru K1 on the sole of the feet, up to Core, to Crown, & to the edge of the upper portal then it flows down like a fountain. Goal: get rejuvenated; clear & open the K1 portal, feel Earth energy flow in; & stop/relax/release.

K1 ~ Core ~ Out Crown, Circle down

- Imagine shimmering love drops flow up @ K1 – up front/center. See this Earth energy flow up into Chakras (Root, Sacral), & Core, & to the upper 5 Chakras (Diaphragm, Heart, Throat, 3rd EYE, out Crown);
- Follow the upward flow, out to 1-2' above head up to the portal, then down – like a fountain flowing out into the Aura, in all directions!



2. GET CLEAR

Snap & Sweep Exercise

Do you ever feel disconnected... invaded, or overwhelmed by others' energies?

Identify how your energy & Aura got blocked, crowded, or clouded, & learn how to stop holding on to other people's energies, pain, & worry.

- Start in Mountain/Prayer pose, palms together.
- Enter your awareness into the Core Star (the Spirit spark at the navel). An infinite, inky velvety void, this orb is pure peace, love, wisdom, & joy. At its outer edge, it is pure light.
- Sweep palms up to above your head, & open to sides.
- Imagine the Core connecting like a magnet or fitted sheet, at these 6 points at the edge of the Auric Field: 1) top of head; 2, 3) front/back @ navel, 4/5) sides @ navel; 6) below feet. These points are typically 1-3' from your body. (see image to right)
- As you expand the Core awareness, release any icky, heavy, negative emotions, which may look like black/grey-type goo/smoke, etc. Repeat, & visualize throughout the day. Let it dissipate from cracks & crevices – wash the windshield of your Auric Field!
- **Visualize your healthy, glowing Aura!!!** Notice/experiment with colors to feel what healthy is for you in each NOW i.e., try sliver or gold! Check out my Chakra chart, to use the ROYGBIV colors as healing tools.



This is especially useful after encounters that are not in harmony with your Core of pure peace, love, wisdom, & joy! It is a great complement to hand washing after clients, etc. Notice how your Field is being affected throughout the day! Re-snap/sweep! Consider how old patterns of ancestral emotional pain, fear, & worry may need to be addressed. Snap Core Star light & truths to the edge of your Auric Field. Sweep it clear!

3. Get Centered

Heart Zip Exercise

Do you ever feel you've lost your Divine connection with Source Spirit energy? Do you feel overwhelmed from others' needs, expectations, or judgments?

The Heart Meridian flows down inner arm, & ends @ inner tip pinky finger.

- Start by facing palms up, interlink fingers. (see image to right)
- Place pinky fingertips into the *Well of Infinite Love*, just above the bottom of the sternum in the valley between the nipples – & below the Heart Chakra. It's a portal to infinite, universal, unconditional LOVE.
- The middle 3 Fingertips criss-cross & press firmly into the outer sides of the sternum. FEEL the LOVE.
- Firmly connect Thumbs at the top of the Pectoralis Major, to under & @ the outer edge of collarbones. Slow exhale(s).
- On next Inhale, starting from the “Well” position: pull fingers out, across sternum/ up around breasts/ to sides of chest. Exhale, as you slide knuckles of pinky fingers down & trace the lower ♥ shape ... this part may also be visualized as needed all day!
- Thumbs land into the Core/navel, & fingertips roll down till they're touching & point ↓ toward pubic bone.
- On the next Inhale, bring pinky up to thumb fingertips ...trace straight up the Central (Meridian) channel. Repeat tracing the Heart shape on the torso 2x for a total of 3 hearts (or visualize doing this part).
- On the last trace go straight up the Central Meridian channel to the chin, with pinky fingers/thumbs.
- Trace the Governing Meridian, which circles from the tailbone, up the spine, & over the head to stop @ upper lip (it meets the Central Meridian in the back of the mouth). Central & Governing Meridians may be traced on the body, & they also radiate out like the electron pathway around the nucleus of your Core.



Know you're an eternal, infinite being of light. *Doing this exercise acknowledges the Core, & helps you maintain consciousness of being a Spirit with a body! Imbue this connection with loving awareness. Central & Governing must be activated for you to stay healthy! Tracing this Heart shape reinforces this connection... & it is RADIANT energy that supports you in hearing your CORE to heart's needs & messages.*

Recap

Breathe into your CORE as a meditation – use the exercises as visualizations to check in with & adjust your energies throughout your day. Notice your body sensations, thoughts, & your environment... including other beings in it. Emotions are information!

What do you notice when you are around different people/places?

Notice how you **FEEL!**

Then decide... how do you **choose to FEEL?**

Cultivate listening to the still small voice, & asking Spirit for guidance. Be aware of each NOW moment. Only then we can access Peace – & connect with that calm, grounded connection, or know Love at the highest Spiritual level to experience the JOY of being.

Rate 0-10 levels of emotion/sensations to gauge a true measure of feelings. Gain a baseline throughout your day, & check in with/get to know the clarity at your center Core truth, & your Heart's **Well of Infinite Love.**

Notice... is your flow healthy?

Slow down. Take a breath. Feel this moment, NOW...

Meditate on feeling gratitude for any LOVE or kindness ever received.



Namaste & Love, Ellen

☺ Please attribute the author if you share any part of this handout.

Thank you.

DIGITAL ART, AND ELLEN'S PHOTOS BY DOUG FARRELL, 2006-2018