



SELF-CARE

› Reminders

› Practices

› Tools

JACQUELYNE ELLIS

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Thank you,

Jacquelyne Ellis

PROFESSIONAL INTUITIVE . TEACHER/GUIDE . ANIMAL COMMUNICATOR . SPIRITUAL COACH

You can find me online: [SACREDDIALOGUES.COM](https://sacreddialogues.com) is the site I use for my general practice, including Intuitive Readings and online classes, including a year-long course for women. Note: should you ever need it, there's a [LOVING + LOSING](#) page focused on loving and losing an animal companion (it's under the More tab). You'll also find me in my Facebook Groups... [PET LOSS HEARTACHE](#) is for those who've lost a beloved animal companion. [INTUITIVE AND ENERGETICALLY SENSITIVE WOMEN](#) is a private group dedicated to educating and supporting women. It's a great way to connect with Jacque and other like-minded spiritual women, all in a safe and supportive space.



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*Those of us who are highly sensitive
are wired a bit differently.*

We often feel challenged just moving through daily life.

*We carry all our own stuff, plus
(and this is important...)*

We are seriously impacted by energetic debris.

Energetic debris is all the psychic clutter we carry around in our energy field that comes from other people. We pick it up by simply interacting with others. We all radiate our energy out all the time, and we all pick up others energies, all the time. There's no way not to. The debris we pick up includes all the thoughts and feelings, habits and stories, and whatever else that we take on, usually with zero awareness that it's happening. We carry our accumulated debris around, all the time. It matters not if those energies are "good" or "bad." The point is, it's not ours to carry. It clutters up our space, our energy field. It gets in the way of our clarity and vitality.

Devoid of regular cleaning and clearing, the load can become too much to carry. When this happens, highly sensitive people tend to move in one of two directions.

- Most of us isolate and insulate. Especially if we're not yet trained in how to manage and make optimal use of our sensitivity. It's a way of coping with the world. Distance and buffer zones can really help, at least for a while.

- Others move into theatrics, without necessarily meaning to. We can express as Drama Kings and Drama Queens. If we are not cleaning and clearing our energy fields regularly, we become highly reactive. It's a pretty uncomfortable way to be—and often uncomfortable for others to be around.

I'm mentioning these common patterns because I have seen them consistently, for years. It may feel like it's just you, or one you are dealing with, but not so. You have peers. LOTS of folks struggle with their sensitivities. If you're a highly sensitive person and find yourself challenged more often than you'd prefer,, consider the role energetic debris might be playing. I've seen plenty of cases where maybe one-quarter of what a person is carrying around in their energy field is theirs. The rest is energetic debris. That's like carrying around a big sack full of stinky garbage all the time... and it's not even yours. How horrible is that! And oh so common. Ugh.

Here's the bottom line: We sensitive folks can be uncomfortably and unnecessarily compromised by energetic debris.

*Get in the habit of daily energetic cleaning.
And a deep clearing out, too – as needed.*

For sure you'll want to get rid of anything that isn't serving you. Which brings us to this... The actual nuts and bolts of cleaning and clearing.

Enjoy!

J.

Please note:

Tools work best when you use them.

When usage becomes habit

and eventually practice,

their true potency and value

will unfold.

Breathe...

Breathing is a readily available and immediately effective tool for clearing your energetic bodies. It can be a very simple cycle...

- › *Just take slow, deep breaths and connect one to the next in a continuous, slow, circular rhythm.*
- › *Begin down in your belly, fill it with your breath... Fresh, clean air.*
- › *Then draw that breath upward into your diaphragm, then upward into your chest. Slowly and deliberately.*
- › *Exhale completely and do it again.*
- › *Continue gently and slowly at least 10 times.*

I know some folks roll their eyes when they see a reminder to breathe. But it's amazing how often and unconsciously we hold our breath—to our detriment.

So take some moments in your day to breathe, consciously. I think you'll notice the shift.

If you would like to take it a bit further, there are quite a lot of wonderful resources about transformational breathing available. *The Breathing Box* by Gay Hendricks is good. So is *Breathing: The Master Key to Self-Healing* by Dr. Andrew Weil. And I've heard good reviews about Judith Kravitz and the *Transformational Breath Foundation*.

Prayer

Another time-honored tradition for cleaning, clearing and centering is prayer. Here are three of my favorites...

- › **Serenity Prayer** – It's an easy go-to in so many situations...

*God grant me the serenity to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.*

- › **Daskalos' Prayer** – This is from Dr. Stylianos Atteshlis (also known as Daskalos), and it is about the inner worlds and energetic sensitivity.

Divine Father, Blessed Mother...

Make my footsteps upon life's path as light as may be.

*Let me not raise dust to blind my brothers and sisters,
nor become angry.*

Make my steps light upon life's path.

*Make my heart a crystal clear mirror to reflect Your love,
my love, and so that my fellow humans rejoice.*

- › **The Lord's Prayer** – This is a potent invocation, and we are now blessed with multiple translations courtesy of the internet.

Here's a version that I really like.

O cosmic Birther of all radiance and vibration! Soften the ground of our being and carve out a space within us where your Presence can abide. Fill us with your creativity so that we may be empowered to bear the fruit of your mission. Let each of our actions bear fruit in accordance with our desire. Endow us with the wisdom to produce and share what each being needs to grow and flourish. Untie the tangled threads of destiny that bind us, as we release others from the entanglement of past mistakes. Do not let us be seduced by that which would divert us from our true purpose, but illuminate the opportunities of the present moment. For you are the ground and the fruitful vision, the birth-power and fulfillment, as all is gathered and made whole once again.

*Translated directly from the Aramaic into English,
rather than from Aramaic to Greek to Latin to English.*

It is especially beautiful to hear The Lord's Prayer in Aramaic, its original language. Even if you cannot understand the words, the sounds alone are healing.

Neil Douglas-Klotz has a beautiful and powerful teaching on the translation from Aramaic to English called Original Prayer. It is Syrian Aramaic rather than the original Palestinian Aramaic, but for me it doesn't matter. [CLICK HERE TO LISTEN TO THE SINGING VERSION BY INDIAJIVA.](#)

Which one to use?

- If you are struggling to free yourself of worry about or for others, do The Serenity Prayer.
- If you feel a desire to renew your connection or commitment to your spiritual walk and alignment, The Lord's Prayer is a good choice.
- If you are feeling frustrated and impatient or notice you have a tendency to judge or feel resentful (even when it is "justified"), Daskalos' Prayer is a good cleaner-upper.

Also, if you feel so drawn...

There is much to be gained by studying the lives of people who lived in continuous communion, in a state of constant prayer.

Two examples are St. Teresa of Avila, and Edith D'Evelyn - also known as Sri Gyanamata (Mother Wisdom).

Ho'oponopono

This is a healing technique originating from Hawaii. Very simply translated, it means *to make right, to correct or mend things, especially with one's ancestors*.

It is a simple yet potent practice. All you do is say these four lines with feeling - and keep repeating it till you are done.

I love you.

I'm sorry.

Please forgive me.

Thank you.

You can go online to read more about Ho'oponopono. There's a lot of beautiful material out there.

I am suggesting that you use this practice toward yourself... for own self-healing. I usually get the effect I am looking for with 50 to 100 repetitions. It may be more or less for you.

You'll know when you're done.

Affirmations

These are great if you are continuously looping on an idea - particularly one that is not serving you. Or perhaps you have a song or a catchy jingle from the TV or radio stuck in your head. These are examples of mental clutter.

Remember that affirmations require regular repetition, they must be infused with feeling (that's the fuel), and they must be stated in the positive in order to have the desired result.

(You wouldn't go into a restaurant and tell the waiter everything you *don't* want. It's much the same when you are ordering from the Universe. Order what you *do* want.)

Here are a few affirmations for clearing and quieting your mind. You can use these or make up some of your own. Say them to yourself, say them out loud, or write and post them where you will see them.

I am here in this now. I have everything I need in this moment.

I choose peace. I am peace.

My mind can rest now. All is well.

Completely emptying the mind is a bit of a tall order for many of us. Try setting the bar at slowing and quieting, rather than complete emptiness. And then just be mindful of the tone of what you bring in. In general, it's best when we try to fill our minds with full-hearted energy, and our hearts with positive and uplifting thoughts.

Mantras

Like medicine given to the soul, mantras return from the soul to our energetic bodies. They are soul affirmations... a prayer and a song.

Again, the options are numerous. I particularly like some of the CDs by Deva Primal and also those by Krishna Das.

Sacred Texts

Reading sacred texts is an approach that works for many people. Often it is done first thing in the morning, last thing at night, or both.

You may have some favorites you go to. Or perhaps you are exploring new pathways. Whatever the case, a regular practice—even just 10 or 20 minutes a day—can be a way to merge with enlightened others.

It's a chance to blend energetically with the minds and hearts of spiritual teachers, saints and prophets. I highly recommend it.

Music

Music is huge. Try Hildegard von Bingen, she's transcendent. Or explore sacred music from around the world... especially music that has no words.

Find music you can really feel... in your body, your heart and your soul. Play it, listen to it, lose yourself in it. Music can be transformational.

Drumming

You can clear your energy bodies by beating on a drum – of any sort. You can also try ringing a gong or striking a bell.

Sound vibrations are very effective at sweeping out energetic debris. Just make sure it's a sound you like, something you're resonant with.

Movement

The options for healing movement are numerous, including (but in no way limited to) yoga, tai chi, chi gung, dancing, running, swimming, and sex. Or you may want to find a local place that offers sacred movement gatherings such as a zahir (a Sufi sacred dance) or Dances of Universal Peace.

I also like Gabriel Roth's trance-dance material. *The Wave* is a wonderful DVD, and she also has some great CDs.

Voice Toning

The human voice is **primal**. And **authentic**. **Voice** toning is using our voice to make change. Sacred music, sacred chants and sacred prayers all use the voice to make change for the better. The purpose of voice toning is to take us from where we are to a higher place.

A bit of online scouting will yield many wonderful finds. One place to start is with the work of **TOM KENYON**.

Work with the Elements

Let the wind blow.

Let the water flow.

Let the fire release.

Let the earth receive.

You are part of nature. Work with it. (And if you want to add in Metal or Ether or any other elements, have at it. Make it work for you.)

Light

What better way to bring *in* the light than to meditate *with* the light? You can work with a simple candle flame or build a roaring fire. Meditate with light as your focus.

If it's an option for you, sweat lodges in the native tradition are also very effective.

Smoke

Try smudging with sage and sweet grass. It brings together the earth, air and fire elements.

Sacred Ceremony

There are many variations of sacred ceremony. If it interests you, do some exploring online and in your local community. You may enjoy discovering both ancient and modern ceremonies that spiritual people the world over are practicing. Perhaps you'll find something you feel connected to. If nothing feels like a fit, make up your own ceremony.

Give that which needs to go away to Mother Earth. She is the great recycler. She can take the darkest of energies and compost them. Even that which seems insurmountable is not so to Her. She has (quite literally) all the time in the world.

Holy Water

This is another approach that you may find useful. You can drink, bathe in, or anoint yourself with holy water from a sacred source.

Or you could make holy water by following any of the various rituals people use to sanctify substance. Water is a particularly good vehicle as it has a highly mutable energetic quality.

It is especially useful when you are clearing your emotional body.

Check Your Exposure

Remember, you feed your consciousness with all you take in.

From ALL the many channels in life.

- › Pay attention to where you place your time and attention. Is it putting you in the spaces you want to occupy?

I'm talking about media in all its many forms... Movies, games, shows, radio, tv, etc. Also social media. And books. And YouTube. *All of it.*

Also check your conversations. In person or via whatever device or app...

Everything is input to your mind.

*If you don't like what you're experiencing,
change your inputs.*

Naming the Divine

We humans have many names for the Divine. Choose one that *you* really resonate with, and work with it...

- › Using your full intention and imagination...
- › Write the name into your etheric bodies... your energy body... your chakras... whatever reference you prefer... you get the idea.
- › Start with the energy field associated with your physical body, then move on to the emotional body, the mental body and finally the spiritual. (You're moving from most dense to most subtle.)
- › Imagine you have a pen and you are writing the name into the fields. Take your time, there's no hurry.

As you write the name...

*Draw in the light of the name
and invoke the quality of the name
into your energetic field.*

*Bring that vibration and feeling resonance
into your inner space.*

Then see what happens when you add the quality of sound...

Use your voice to call in the Divine.

Here are a few of the many names...

Mother-Father-God

Great Spirit . Creator

Sustainer . Redeemer . Goddess

Allah . Allaha . El . Elah . Elohim . Almighty

Blessed One . Beloved . Love

Yahweh . God

Or just use whatever name you have for that eternal creative force
you are sourced from, now in, and returning to.

Bathe or Shower

A really good habit to get into is to take a nice bath or shower before going to bed. Wash away any debris you may have picked up during the day and go into your dream-time with a clean and refreshed field.

Also, you may want to take an additional bath or shower after being with other people or in places that were uncomfortable for you.

Some Final Thoughts

Before going out and about into the world, take a moment to clean and clear. Use whatever works for you – or come up with something of your own. But do it. Don't ignore this.

It's just as important as putting on clothes and shoes and a proper coat if it's cold and wet out. (Your energy bodies need care and tending, just like the rest of you.)

It doesn't need to take a long time. In fact, it can be mere minutes. And for those of you who are highly sensitive, it *will* make a difference.

...and a Reminder: Zip Up!

One last thing: before you step out, imagine zipping up your aura. It's a quick and simple act.

- › Just bend forward and as you rise back up, use a hand gesture to zip yourself up. It looks like you're zipping up a floor-length coat.
- › Give a little special attention to any parts that seem to be a bit vulnerable. Make sure all your tender parts are safe inside. Use your intention and imagination – they *do* work.
- › Seal yourself in your own sacred orb. Make certain you are in the center. It would surround you, be behind and in front of you, all around you and above and below you. It will contain, support and protect you while you move about in the world with more grace and ease.

Inside that sacred orb, it's only you and that which supports your well-being. Any cooties or muck that you may encounter will pass right on by. You're safe. You'll know when you're good to go.

And remember to keep your boundaries intact!



Well, that's a pretty good menu to start with. I think you'll be able to find a few that will work for you.

Now, please notice: I did not describe most of these options in very much detail, nor did I instruct you how to do them.

As you review this list, feel into what is your way, and ask how you can best use the tool or technique you feel drawn to at this time for cleaning and clearing your energy bodies.

I'm offering this list of options because we all need more than one tool in our toolkit. Life involves a variety of inputs, and that variety requires that we have multiple options for how we respond. Something that works great when you are centered, calm and clear-headed may not work at all when the proverbial shit hits the fan. So I want you to develop a variety of tools for your medicine bag. You'll need an assortment of techniques and practices you can rely on to stay contained, safe, and stable - no matter what.

Enjoy,

Jacque

If you're a sensitive and/or intuitive woman and would like to learn more about your energetic wiring and innate gifts, check out Jacque's year-long course:

Your Soul Essence

It includes LIVE weekly sessions in a small, safe online group.

Jacquelyne Ellis has been a professional intuitive and trusted advisor to folks all over the US, Canada, and Europe for over 30 years.

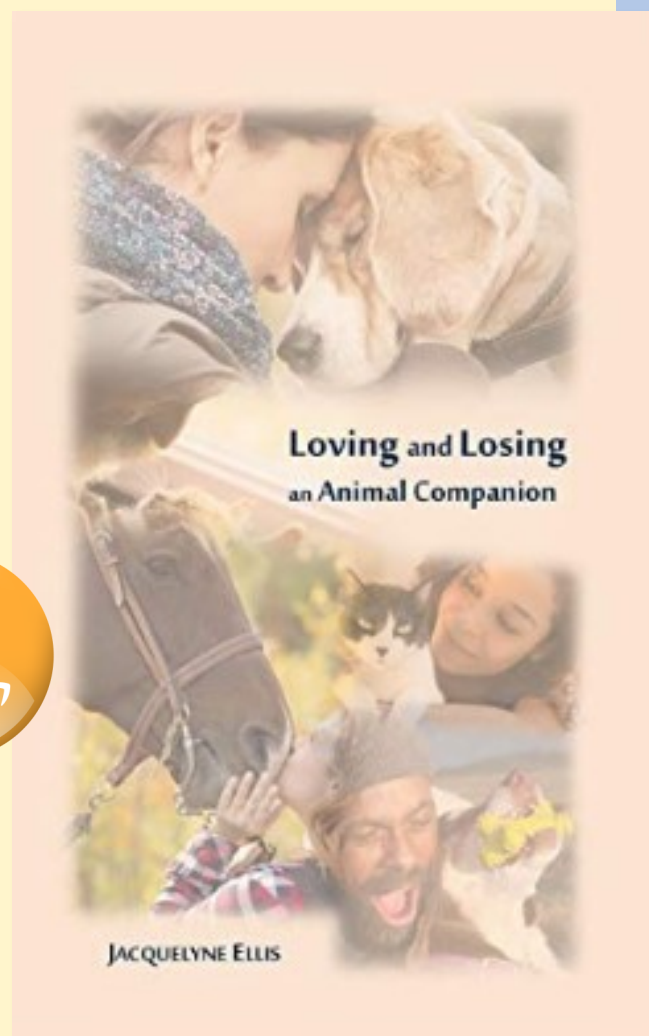
Now she's collected the most important bits (and some really great stories) about pet loss heartache, and put them into a very easy-to-read book...

Loving and Losing an Animal Companion

(available on Amazon)

This book includes 9 Guided Audio Meditations to support you in your healing. Get all the details at the Jacque's website: SacredDialogues.com/lovingandlosing/

And there's a (free) Facebook Group also: [PET LOSS HEARTACHE](#) - Check it out.





JACQUELYNE ELLIS

- > Professional Intuitive
- > Mentor/Teacher
- > Animal Communicator
- > Spiritual Coach

Hi, I'm Jacque.

I coach Energetically Sensitive People (most usually women) who are ready to embrace their unique intuitive essence.

- Avoid energetic overwhelm
- Reduce psychic fatigue
- Make your intuitive flow clear and reliable
- Connect with a safe community
- Reduce self-doubt and replace it with self-confidence

Let's Connect...

SacredDialogues.com 