

# Ministries of Brotherly Understanding

Est. 2024

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Welcome members, supporters, sponsors and followers of the Ministries of Brotherly Understanding. This sermon will be about Cleansing and Protecting your Spiritual Energy. This is a continuation of the last sermon on Spiritual Energy.

How do you cleanse your Spiritual Energy?

- First off, let's ask, why we need to cleanse our Spiritual Energy?
  - Cleansing your spiritual energy is important because it helps to remove negative or stagnant energy that can accumulate from life experiences, allowing for more positive flow of energy, this improves your mental and emotional wellbeing, and a clearer connection to your higher self and intuition. This is like a spiritual detox to clear out negativity and make space for positive energy to flourish.
  - Negative energy accumulation.
    - Daily life can expose us to stress, negativity and emotional burdens which can build up as “stagnant energy” within us, affecting our overall mood and outlook.
  - Improved clarity and focus.
    - By releasing negative energy, you can gain better mental clarity and focus, allowing for more positive decision making.
  - Enhanced intuition
    - Cleansing your energy field can enhance your intuition and ability to connect with your inner guide or your higher power.
  - Promoting positive change
    - A spiritual cleanse can create a space for positive changes in your life, by aligning your thoughts and actions with your desired outcomes.
- Cleansing is a practice aimed at removing negative energy and promoting positive energy flow within you. Here are some techniques and different practices that resonate with different people. So experiment and find what feels most effective for you:
  - Himalayan Salt Lamps

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- This is my personal daily cleansing; I keep myself surrounded by them as much as possible; I even travel with a small one.
- This helps to cleanse the negative energy around you, and keeps negative energy at bay.
- With the Himalayan Salt Lamps, you want to keep them lit at all times, this creates constant protection.
- When I have been out in public, at a store shopping, visiting family or just driving from place to place, I can feel the negative energy around me, once I return home, I can feel the lamps attacking that energy and over time, I can feel my energy lifting and becoming positive again.
- It is suggested that the lamps can help with air quality, mood, sleep and asthma, but everyone has a different effect from the lamps.
- Intention
  - Setting a clear intention to release negativity and invite positive energy into your life.
- Mindfulness
  - Paying close attention to your thoughts and feelings while practicing cleansing techniques to identify and release negative energy.
- Breathing exercises
  - Deep, conscious breathing can help to clear stagnant energy and promote relaxation.
- Meditation
  - Focused meditation allows you to access deeper states of consciousness and can be used to visualize releasing negative energy.
- Visualization
  - Actively imagine yourself surrounded by positive light or energy to cleanse your aura
- Smudging
  - Burning sage or other herbs to cleanse a space or yourself.
- Salt baths
  - Soaking in a bath with Epsom Salt to release negativity.

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- Crystal healing
  - Placing crystals around your home, neck or using them in meditation to promote positive energy.
- Nature walks
  - Spending time outdoors to connect with the natural energy of the Earth.
- Journaling
  - Writing down your thoughts and emotions to process and release negativity.
- Mantras or Affirmations
  - Chanting sacred sounds to create positive vibrations within your body.
  - I have added a link on [mobu.church](http://mobu.church) with a list of Affirmations if you would like to start using some.
- Be mindful of your emotions
  - Cleansing can sometimes bring up suppressed emotions, so be gentle with yourself and allow space to process such emotions.
- Seek guidance if needed
  - If you are new to spiritual cleansing, consider consulting a practitioner or teacher for support.

Protecting your spiritual energy means actively safeguarding your inner vibrational state by setting boundaries, managing your emotional responses, practicing mindfulness and using techniques to shield yourself from negative energy, essentially maintaining a positive and balanced energetic field around you. Here are some techniques you can try, again see what works for you.

- Mindfulness and awareness
  - Paying close attention to your thoughts, feelings and physical sensations to identify when you might be absorbing negative energy from others or situations.
- Setting boundaries
  - Clearly communicating your needs and limits with others to prevent draining interactions.
- Grounding practices

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- Connecting with the earth through meditation, walking in nature or visualization to stabilize your energy.
- Positive affirmations
  - Repeating positive statements to cultivate a possible mindset and energetic field.
- Visualization techniques
  - Imagining a protective shield of light or a cocoon around yourself to deflect negative energy.
- Cleansing rituals
  - Refer back to the cleansing portion of this sermon for helpful tips for cleansing.
- Meditation and prayer
  - Using these practices to connect with your inner self and higher power for guidance and protection.
- Healthy lifestyle
  - Prioritizing good sleep, nutrition and exercise to support your overall wellbeing and energy levels.
- It is important to remember
  - Intuition is key
    - Trust your gut feeling when interacting with others or situations that might be draining your energy.
  - Self-care is essential
    - Prioritize activities that nourish your spirit and bring you joy.
  - Not everyone will understand
    - Be comfortable setting boundaries even if others may not fully grasp the concept of energy protection.
  - Your personal space
    - Remember that when someone is within 18 inches to four feet from you, they are in your personal space, and you can sense their energy and they can sense yours.
  - Remove yourself from the situation
    - If you are not feeling comfortable in a situation or location, politely excuse yourself, and remove yourself.

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I know this was a lot of information on Spiritual Energy Cleansing and Protection, so feel free to replay as many times as needed.

Enjoy your journey working with your spiritual energy, but remember to cleanse and protect yourself at the same time.

I look forward to many more sermons in the future.

You can find us on the web at [mobu.church](http://mobu.church) where you can find and download the PDF of this and other Sermons.