**Releasing Stuck Energy Process**

Got energy that’s not yours up in your chakras? This process – a combination of chakra clearing and energy transformation – will help you release it. The more you practice this process, the easier it will be to release stuck energy and allow the full flow of energy through you.

**The Benefits**

* HAPPINESS!
* Experience more ease
* Releasing stuck energy is the same, whether it’s someone else’s energy stuck inside your energy field OR   
  If it’s your own energy that has become stagnant
* Increased health
* Increased confidence when around others

**Releasing Stuck Energy Process**

1. Get comfy and have the music/pillows/incense that you prefer for meditation.
2. Spend 3-5 minutes in a clear the mind meditation.
3. Clear each chakra, starting at the crown to bring in white, healing light, and working your way down to the root chakra.
4. Once you feel the chakras have been cleared, ask for any stuck energy to emerge and arise.
5. Feel where it is in the body and put your hand in front of it.
6. Imagine the stuck energy shooting into the palm of your hand, like a catcher’s mitt catching a baseball.
7. Imagine this stuck energy being transformed as you infuse it with white light.
8. Keep pouring white light into it until it feels clear.
9. Once the energy feels clear, release it back to the universe, to be used for the highest good. Alternatively, you can also put it into a crystal or stone.
10. Continue doing this until you feel all the stuck energy is released or you feel complete with the process for now.
11. Take a few minutes to ground your energy and connect with the earth.
12. Make sure your chakras are an appropriate size.
13. Come back to normal awareness.
14. Enjoy your new energetic freedom.