

## [Working With Energy](#)

Post by [High Priestess Maxine Dietrich](#) » Tue Aug 06, 2019  
11:10 am

I see several people here were asking questions regarding my statement about cleaning one's aura.

When we clean our auras, even though we direct the bad energy down through the ground or floor, and with the help of our Guardian Demons, (they sometimes have assistants who take it away), it still is not safe to have any animals or children, or anyone else for that matter in the room. The energy is spiritual filth.

Also, NEVER do any breathing or other exercises where you draw energy in, when animals or children are in the room. Both are very vulnerable. This is very serious with advanced meditators. The more you draw in energy, the stronger this becomes over a length of time.

This can deplete their life force, making them ill or worse.

When we clean our auras, there is often a leftover residue that eventually dissipates. Especially if a lot of filth came off.

Though it is standard to scan with the light down through the feet; filth, chains (binding curses, or other obstacles), and other objects may come off the aura through the hip chakras, the throat and even the head chakras.

For spiritual warriors who are working with Guardian Demons, He/She may tell you to put your head down and let the negative energy drain out.

It can take many months, even years to completely clean one's aura. This is from accumulations over many lifetimes.

Cleaning the aura results in more filth surfacing. This is not always consistent. Sometimes more spiritual filth will come off and at other times, not much at all.

You can also clean the auras of others. Just make sure you have enough energy to do this though.

To clean the aura of a pet, just use your hand and begin at the top of the head, sweeping through the body through the hind quarters. Visualize the light (his/her aura beaming with the light following your hand), and your hand sweeping the dirt. Visualize the astral dirt going down through the floor or into the ground.

Cleaning the aura greatly assists with healing.

Cleaning one's aura can take a lot of energy. If you find it difficult to push the energy down after one or two times or more (an indicator is difficulty in maintaining visualizing the light), then stop. Wait until your energies are back up.

To easily replenish energy, do 5 rounds of sun/moon alternate nostril breathing, concentrating on drawing energy in. It helps to concentrate on the back of your throat while gently drawing energy in.

[https://www.joyofsatan.org/www.angelfir ... stril.html](https://www.joyofsatan.org/www.angelfir...stril.html)

I also want to add here, it is not necessary to sit up straight. In order to effectively draw energy in, it is important to be completely relaxed.

In closing, always remember, if something works for you, no need to change it. Each of us is individual.

High Priestess Maxine Dietrich

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