



BLISSFUL LIGHT

BY CRAIG MACLENNAN

NEGATIVE ENERGY CLEAR AND CLEANSE EMPOWERMENT

FREE SELF ATTUNEMENT

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www.blissfullight.com

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NEGATIVE ENERGY CLEAR AND CLEANSE EMPOWERMENT

QUICK AND EASY NEGATIVE ENERGY CLEARING OF OBJECTS

The Negative Energy Clear And Cleanse Empowerment free self attunement ([What Are Attunements?](#)) aims to provide a quick and easy way to clear and cleanse negative energies you come into contact with or touch from objects in your daily life.

While there are many ways to do this, they tend to take time, use symbols or other time-consuming techniques. Sometimes you want to use intention to very quickly clear negative energies from objects that you pick up such as food, money, cutlery, stationery etc.

The Negative Energy Clear And Cleanse Empowerment free self attunement aims to clear negative energies from most objects that you come into contact with by using intention.

It aims to remove negative energies associated with emotional [imprints](#), memories, energies from the object's environment and even energies related to its production. These energies may be particularly beneficial when you are shopping and handle a lot of different objects, especially old or second-hand ones.

Negative energies tend to stick or imprint on objects. These energies come from all sorts of sources, including people who have touched, produced, transported, owned, sold, or even been around the object and may transfer or have an effect on you. Just spend a little time thinking about how many people may have had contact with an apple you purchase in the supermarket.

Negative energies on objects that you come into contact with may have an impact on your energy bodies. They may reduce your vibration, infiltrate your aura and leave negative imprints. This may be very draining on your energies, leaving you feeling out of sorts.

SELF ATTUNEMENT FUNCTIONS

WHAT YOU CAN USE THE ENERGIES FOR

Activating the Negative Energy Clear And Cleanse Empowerment self attunement may result in:

- Quickly and easily clear negative energies from any object.
- Clear negative emotional imprints.
- Clear energies associated with the history and production of the object.
- Clear negative energies from food.
- Increased vitality.
- Increased well-being.
- Boost energy levels.
- Raise the vibration of the object that you clear.

NEGATIVE ENERGY CLEAR AND CLEANSE EMPOWERMENT

The [five core qualities of energy healing](#) and spiritual development underpin this attunement. These essential core qualities often determine the outcome and effectiveness of any energy healing practices. To get the most out of any energy healing and spiritual practices, I highly recommend that you start by understanding these core qualities.

Before you activate the energies, it is beneficial to prepare yourself and your environment. The way you do this will be personal, and I would encourage you to follow what feels best for you. However, a structure can be important. You may find the [How To Structure Energy Healing Treatments](#) article of interest. It gives guidance on how to create a sacred and safe space for your energy healing work.

To activate all the energies of this attunement [use intention](#) and repeat the following statement, allowing the energies to run for a few minutes:

“

Negative Energy Clear ON!

”

If you are unable to handle or touch the object, you can still use the intention statement above. Focus your intention on the object you want to energetically clear, and the energies will flow to the object and clear it. Try not to control the outcome or force the energies to do something. Just let them flow.

Your intention is more important than the statements provided. Think about what you want to focus on or achieve and feel it with emotion, and the energies will activate in alignment with your intention. Please [use any language](#) you feel most comfortable in using. You can say the intention statements either out loud or in your head.

YOUR SELF ATTUNEMENT

HOW TO ACCEPT YOUR ATTUNEMENT

You attune yourself to self attunements. Your self attunement has already been prepared and placed in the etheric realms for you to accept whenever you are ready to do so. You do not need to request that your attunement be prepared.

Accepting your attunement is a straightforward process that aims to connect you with the energies of the attunement. The process requires a few minutes, where you can clear your mind, be calm, relax and have no distractions. How you achieve this space will be as unique as you are; however, the following suggestions may be useful.

Intention

The attunement process need not be complicated. The most important thing is to set your [intention](#) to accept the attunement and have [realistic expectations](#). As long as you wholeheartedly want to accept the attunement and follow the intention statement below, you will receive your attunement.

Create Sacred Space

Creating a calm, peaceful and private space to accept your attunement is recommended to allow for clear intention to accept the attunement, but also make the experience as enjoyable as possible.

Choose a space where you will not be interrupted for about half an hour. Don't forget to switch off any devices that may distract or interrupt you such as mobiles, landlines, computers etc.

You may want to dim the lights as harsh light may be distracting. If you choose to light candles or burn incense, ensure that they are in a safe position.

You may like to play gentle, relaxing music to add to the ambience and energy of the space. If you choose to play music, try and ensure the volume is low and that there are no lyrics. Lyrics will pull you out of your relaxed state, which you want to avoid.

Body Position

Consider the position your body is in when accepting your attunement. You may like to either be seated or lying flat on a bed.

If you prefer to sit, then ensure you choose a comfortable chair that has good back and neck support. You may also like to place your hands on each thigh with your palms facing upwards, although always ensure your hands are in the most comfortable position for you.

If you prefer to lie down on a bed, try and ensure that you support your neck and you are comfortable. Don't worry if you drift off to sleep as long as you have set your intention beforehand to accept the attunement.

It is essential that you are comfortable and relaxed, so the position you are in is a personal choice.

Accepting Your Attunement

When you are ready and comfortable, set your intention to accept the attunement (feel like you really want to accept the attunement) and please state the following:

“

I will now connect with the Negative Energy Clear And Cleanse Empowerment Self Attunement and ask that I will receive the strongest energies that I can handle.

”

Set your intention to accept the attunement and relax and enjoy the experience, which will last between 5 - 10 minutes.

If you are visual, you may like to visualise the energies start to fill your being from the inside out. The more you connect with the energies, the brighter your being glows and reaches out of you. Picture yourself shining like a star.

When the attunement is complete, you may feel it come to an end, or you might fall asleep during the attunement and wake up later. If your attunement is shorter or longer than this, don't worry and try and go with the experience. The attunement will be what you need at that moment.

Post Attunement

You are a unique being, which means that your attunement will be unique to you at that time. With this in mind, try not to compare your attunement to others or judge your experience. Sensations, energies and experiences are all subjective and unique to your current perspective.

You may have felt subtle vibrations, warmth and possibly heard ringing in your ears, while some will have perceived nothing at all. This is entirely normal, and your attunement will be what is right for you, so if you don't experience anything, please don't worry. How do I know if my attunement worked?

Remember, an attunement is only the first step. It is now essential that you activate and use the energies as often as you can, at least daily or as instructed in the manual, in the beginning.

If you have any doubts if you accepted the attunement correctly, you may be interested in reading [How Do I Know If My Attunement Worked?](#)

You may also find the [10 Ways To Get The Most Out Of Your Distant Attunements](#) of interest.

If you have purchased multiple attunements, it [usually is best to leave at least a day or so between accepting each attunement.](#)

You can not attune others to these energies. If someone wants to be attuned to the Negative Energy Clear And Cleanse Empowerment Self Attunement, they must follow the instructions in this manual and attune themselves.

WHAT NEXT?

YOUR NEXT STEPS

Attunements are wonderful, energetic tools that may help you discover, heal and move forward. However, the journey doesn't end here. It is important to keep questioning, discovering and moving forward as you grow.

1. SUBSCRIBE TO OUR NEWSLETTER

[Subscribe to our newsletter](#) for informative, thought stimulating healing and self-development articles, support, and encouragement. Join our international community who question, discover, and grow.

2. READ THE ENERGY HEALING BLOG

[Blissful Light's blog](#) is packed with blog posts and articles about energy healing, self-development, and learning to create the life you want. The blog contains articles that cater for complete beginners right up to advanced practitioners. To help you get started, I have highlighted some of the most popular blog posts below.

[New To Attunements? Start Here](#)

[10 Ways To Cut Etheric Cords And Prevent Them From Returning](#)

[What Are Maintenance Attunements?](#)

[Top 10 Tarot Decks](#)

[Top Angel Attunements](#)

[10 Attunements For Professional Energy Healers](#)

[10 Types Of Energetic Blockages](#)

[5 Unexpected Attunements For Spiritual Growth](#)

[How To Use Multiple Attunements In A Treatment](#)

3. KEEP LEARNING AND GROWING

All the attunements that I create raise your vibration to boost vitality and well-being. Additional functions are added to this to focus on a specific goal or purpose. Here are some recommended attunements:

Recommended Attunements:

[Angels Of Energy Healing Connection Maintenance Attunement](#)

[Blissful Light Reiki](#)

[Blockages Clearing Maintenance Attunement](#)

[Dynamic Ethereal Crystal Connection Maintenance Attunement](#)

[High Vibration Maintenance Attunement](#)

[Imprint Removal Maintenance Attunement](#)

[Negative Energy Clearing Maintenance Attunement](#)

[Space Clearing Maintenance Attunement](#)

Free Self-attunements:

[Balance, Calm, And Focus Empowerment](#)

[Compassion Activation Empowerment](#)

[Energetic Protection Now Empowerment](#)

Dynamic Connections Attunements Series:

[Dynamic 999 Energy Connections Maintenance Attunement](#)

[Dynamic Arcturian Connections Maintenance Attunement](#)

[Dynamic Ascended Master Connections Maintenance Attunement](#)

[Dynamic Violet Flame Connections Maintenance Attunement](#)

Maintenance Attunement Series:

[Abundance Maintenance Attunement](#)

[Akashic Records Maintenance Attunement](#)

[Ancestral Clearing Maintenance Attunement](#)

[Angelic Connections Maintenance Attunement](#)

[Angels Of Hidden Knowledge Connection Maintenance Attunement](#)

[Angels Of Shamanism Connection Maintenance Attunement](#)

[Animal Healing Maintenance Attunement](#)

[Archangel Metatron Connection Maintenance Attunement](#)

[Archangel Michael Connection Maintenance Attunement](#)

[Ascension Maintenance Attunement](#)

[Astral Travel Support Maintenance Attunement](#)

[Attunement Lineage
Clearing Maintenance
Attunement](#)

[Aura Maintenance
Attunement](#)

[Base Chakra Activation
Maintenance Attunement](#)

[Brachial Chakra Activation
Maintenance Attunement](#)

[Celestial Objects
Connections Maintenance
Attunement](#)

[Centering Maintenance
Attunement](#)

[Chakra Maintenance
Attunement](#)

[Crown Chakra Activation
Maintenance Attunement](#)

[Divine Cosmic Womb Unity
Maintenance Attunement](#)

[Dragons Of Pentagram
Protection Maintenance
Attunement](#)

[Ear Chakras Activation
Maintenance Attunement](#)

[Earth Star Chakra
Activation Maintenance
Attunement](#)

[Emotional Maintenance
Attunement](#)

[Energy Channel Expansion
Maintenance Attunement](#)

[Energy Vampire Protection
Maintenance Attunement](#)

[Entity Clearing
Maintenance Attunement](#)

[Ethereic Cord Maintenance
Attunement](#)

[Ethereic Libraries
Maintenance Attunement](#)

[Feet Chakras Activation
Maintenance Attunement](#)

[Grounding Maintenance
Attunement](#)

[Hand Chakras Activation
Maintenance Attunement](#)

[Heart Chakra Activation
Maintenance Attunement](#)

[Inner Shamanic Warrior
Maintenance Attunement](#)

[Intuition Maintenance
Attunement](#)

[Karma Clearing
Maintenance Attunement](#)

[Kundalini Maintenance
Attunement](#)

[Life Force Maintenance
Attunement](#)

[Magic Spell Removal
Maintenance Attunement](#)

[Mental Maintenance
Attunement](#)

[Meridian Maintenance
Attunement](#)

[Negative Frequencies
Protection Maintenance
Attunement](#)

[Negative Intentions
Maintenance Attunement](#)

[Past Events Maintenance
Attunement](#)

[Past Life Clearing
Maintenance Attunement](#)

[Post Attunement
Maintenance Attunement](#)

[Protection Maintenance
Attunement](#)

[Protective Shield
Maintenance Attunement](#)

[Remote Viewing
Protection Maintenance
Attunement](#)

[Ritual Reversal
Maintenance Attunement](#)

[Sacral Chakra Activation
Maintenance Attunement](#)

[Sacred Etheric Crystal
Atlantean Cross
Connection Maintenance
Attunement](#)

[Sacred Etheric Flower Of
Life Connection
Maintenance Attunement](#)

[Sacred Etheric Pyramid
Connection Maintenance
Attunement](#)

[Sacred Etheric Star
Tetrahedron Connection
Maintenance Attunement](#)

[Shaman Activation
Maintenance Attunement](#)

[Shamanic Inner Child
Maintenance Attunement](#)

[Solar Plexus Chakra
Activation Maintenance
Attunement](#)

[Soul Family Connection
Maintenance Attunement](#)

[Soul Retrieval
Maintenance Attunement](#)

[Spiritual Sight
Maintenance Attunement](#)

[Spiritual Stagnation
Prevention Maintenance
Attunement](#)

[Starseed Lineage
Maintenance Attunement](#)

[Stellar Gateway
Maintenance Attunement](#)

[Subconscious Clearing
Maintenance Attunement](#)

[Telepathy Activation
Maintenance Attunement](#)

[Third Eye Chakra
Activation Maintenance
Attunement](#)

[Transitions \(Ready For
Change\) Maintenance
Attunement](#)

[Trauma Clearing
Maintenance Attunement](#)

[Twin Flame Connections
Maintenance Attunement](#)

[Violet Flame
Enlightenment
Maintenance Attunement](#)

Other Attunements:

[999 DNA Activation](#)

[999 Seichim](#)

[Apollo Seichim](#)

[Arcturian Third Eye
Activation Attunement](#)

[Aura 999 High Integration](#)

[Blissful Light Seichim](#)

[Chakra 999 High
Integration](#)

[Dragon Sekhem](#)

[Kundalini 999 High
Integration](#)

[Kundalini Seichim](#)

[Life Force 999 High
Integration](#)

[Meridian 999 High
Integration](#)

[Quan Yin 999](#)

BLISSFUL LIGHT

SUPPORTING YOUR SELF-DEVELOPMENT

Blissful Light specialises in supporting your self-empowerment and personal development goals. I provide courses and energy healing tools such as attunements to assist and support you as you develop, grow, and seek wholeness in a welcoming and caring environment.

Whether you are on an accelerated path of spiritual discovery or are curious or just starting, I know how challenging each step can be. You may have lots of questions, be confused over what steps to take or are overcoming personal hurdles. While I believe all change occurs due to the hard work you put in, I am here to support you as you learn, grow, and discover. All products, services, and support are offered in a welcoming and encouraging environment.

If you haven't done so already don't forget to [sign up to my newsletter](#) which aims to assist your healing and self-development by providing relevant and unique blog posts, subscriber-only sales, and access to a supportive international community.

Blissful Light's [energy healing blog](#) is packed full of unique and supportive content specifically written to assist you in your healing and self-development journeys. I don't believe in just repeating the same old tired and unhelpful information but instead write from my own experiences and perceptions to help you to discover, grow, and question.

If you have any questions, please do not hesitate to [contact me directly](#).

I wish you many discoveries.

Craig MacLennan

Founder of Blissful Light

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Healing, which may be referred to on www.blissfullight.com, this manual, communications etc., means the process of trying to bring back one's energies and energy bodies into alignment with one's truth ([What Does Healing Really Mean?](#)). It does not promise or allude to any immediate or possible healing in the sense of a miracle. Healing may require change, growth, and alignment, both in one's inner and outer worlds, which may require considerable time, commitment and focus and still does not guarantee any outcome.

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