

# SARAH TYLER-WALTERS TRANCE MEDIUM

## Energy clearing travel kit for highly sensitive people

By Sarah Tyler-Walters

Have you ever walked into a place and felt a bad vibe or uncomfortable? Spent the night in a hotel and struggled to sleep because of the energy? That's because places and objects can hold energy - good and bad, positive and negative.

Often, the bad vibe you feel is emotional energy - like deep sorrow, anger or fear. Left behind by person or persons who were previously in the space (even years ago). Our homes are no different; we spend time hoovering and dusting but often forget the energy we shed naturally.

Many of us like to travel. When highly sensitive to energies (emotional, thought-forms, spiritual e.t.c) it is good to have some tools readily to hand to help you.

### **Create an energy travel kit:**

#### A Vibrational Spray

There are several makes of these on the market; my personal favourite is Alaskan Essences. They have one called Purification (Sacred Space Spray). As the bottles are large, you could decant a portion into a small spray bottle (Muji sell small bottles).

#### Crystals

Either a piece of Black Obsidian or Black Tourmaline. These work with deflecting or absorbing negative energy. Place them on the bedside table or keep them in your bag close by.

#### Essential Oil

Aroma is potent, and several essential oils help with energy. My favourite is Frankincense. Burning anything in a hotel room is difficult (due to smoke alarms). Instead, put a few drops in a small glass of hot water and let the oil evaporate into the air. You can also put a few drops on the bed sheets or pillows (but be careful as some oils stain).

#### Sleep Aid

As mentioned above, aroma is very powerful. There are plenty of essential oil sprays to help you drift off to sleep. Try This Works, Molton Brown or Scentered.

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## Ask Spirit for help

Remember, you can also ask your Spirit Guides to assist you. Your Doorkeeper can help you feel safe and assist with clearing the energy in the room. Likewise, you can call on the help of ArchAngel Michael.

Place an image of the ArchAngel in your kit. You can use it as a focal point when calling on their help. Churches some times sell cards with Angels on them, or you could use a divination card.

## Clearing the space

Your Guides can help you clear the room energetically as smudging might not be practical when staying in a hotel. You can call in the white light from Spirit to cleanse any negative, unwanted or stale energy from the space and ask your Guides to take it up to the spirit realm and healed. It is a simple visualisation, but it is very effective. *[If you prefer to follow a guided visualisation pop over to my shop where you can buy one to listen to whenever you need it.]*

## Storing your kit

Keep your travel kit in something beautiful. You want to enjoy taking it with you: a lovely silk pouch or purse or box.

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