

Easy and Effective Decharge Techniques:

when experiencing negative energy or after giving healings

For all approaches you can set the intent to release negativity. For all approaches you can add your personal mantra if you have one or, add chanting HUM if you do not.

- Put your bare feet on the earth. Earth element is a particularly strong decharge but also recharges you as well.
- Put your thumb on the earth for fifteen to twenty minutes.
- Watch the rising sun as it comes up over the horizon. Stare at it till you feel even the least bit squinty—then quit. While watching the sun rise you may also chant **the Nine Arrows Mantra**.
- Take a shower, bath, or go swimming while inwardly chanting HUM. The water element works especially well on emotions.
- Place your feet in a bath with water and rosewater or rose petals. Try adding chanting HUM while your feet are in the water.
- Hold the head of a rose and put your thumb inside the rose head. Roses are a high vibration flower and will pull out the negativity. After decharging throw the rose away in the nature, somewhere nobody else will touch it.
- Hold a black stone or place the black stone on any part of your body where you have aches or pains. The black stone is like a magnet to negative energy and automatically sucks the negativity out.
- Look into any kind of fire, including candles, decharging through your eyes. Hold your hands out with the fingers spread, pointing to the fire. You can also add chanting the **Nine Arrow Mantra** while staring in the flame.

- Listen to beautiful music that opens your heart. Relax and pray for decharge.
- Look at the picture of Jesus, Shirdi Baba, or your favorite deity. Open your heart and look into the eyes in the picture. Ask him/her to take all your negativity.

“Charging is essential. Decharging is more essential. If you know how to decharge, you’re a powerful, successful person.”

Sri Kaleshwar

Nine Arrows Mantra (choose one to chant or chant all 9)

1) Om MMM ya ma ta ra ja ba na sa la gam

na ja ba ja ja ja ra

ma sa ja sa ta ta ga

sa ba ra na ma ya vwa

ba ra na ba ba ra vwa

2) Om namo nam nama shivaya

3) Om namo nam narayana

4) Om namo nam nandini rupi

5) Om namo nam naga thamthu raksha

6) Om namo nam naga bharana raksha

7) Om namo nam namshaka raksha

8) Om namo nam nagavajra thamthu raksha

9) Om namo nam mama- vishvam bhasmaasura rupa
garala- dhara raksha