# Energetic focus

# 10. Cleanse. Move out old energy.

When you want to clean something, you need to wash away the old dirt, right? If you want a piece of fabric very very clean, you have to scrub it carefully and thoroughly to wash out the old dirt. This dirt is simply an accumulation of use over time. When it is completely clean, this fabric can absorb whatever you want it to, and will then have only this purity of the new substance within its fibers. The new is not tainted by the old.

Our difficult experiences leave a sort of energetic residue in our energy fields. That accumulates, and clogs us up. It’s stagnant energy we’re continuing to carry around wherever we go and with whatever we do. It interferes with our own well-being and it interferes with our relationships. It’s just old gunk we need to clean out. It’s always going to be helpful to clear out this residue from old wounds. It you want to elevate your vibe, this sort of clearing becomes even more crucial.

There are a lot of ways to move energy. We have a whole course on this, actually here at The Alignment Portal. Briefly, you can literally move your body through dance, yoga, and kickboxing to shake things up and get them moving. You can participate in sound healings, chakra clearings, and energy clearings. Kundalini yoga and tapping will also get things clearing out for you. These are just a few. Check out our course on clearing energy for more information.

## Task