

A woman's face is shown in profile, splashed with water. The background features ocean waves. The overall image has a light blue tint.

# Cleaning & Clearing

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*[Note: this is an **updated version** of a companion to the audio recording (mp3) with the same title. You may want to listen to the recording and read this, both. Doing so will give you a deeper and more nuanced understanding of the information provided here.]*

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Thank you,

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# CLEANING & CLEARING

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# Cleaning & Clearing

*This little teaching provides you with some basic building blocks to understand how the etheric realms work, and the role energetic sensitivity plays in all of our experiencing - whether you're "highly" energetically sensitive or not.*

## Energetic Hygiene

We've all incorporated routine hygiene habits into our lives - and we do them pretty much every day. We wash up, we brush our teeth, we comb our hair. We put on clean underwear and fresh clothes.

Similarly, we maintain our physical environment. For some, it's a thorough scrub on a regular basis. For others, a deep dive once or twice a year will do it. But whatever the case, there comes a point when we must clean up.

We are not wired to live in filth. It's not healthy - and we inherently know it. So, we sweep the floor. We do the laundry. We clear our desk. We take out the garbage. Sometimes we even wash the windows.

And we take care of our bodies. We eat good food, most of the time. We exercise. We listen to our bodies needs more, hopefully become more

gentle with ourselves. This is all part of self-care.

We also take care of our minds. There's an increasing focus on brain health, especially as we age. We are starting to embrace lifelong learning, not as a luxury but as a necessity.

Similarly, some of us tend to our emotional health. In any myriad of ways. We do our work, the work of the heart so to speak.

We're inclined to take care of what we can see, touch and smell. What we know needs tending to. But there's more. Much more.

We exist, move and experience life in many ways that cannot be seen by the eye or felt with a physical touch. We need to expand our concept of regular normal healthy hygiene to include these subtle layers.

For those who put in the time to refine your minds and clean up your emotional baggage... Kudos! I believe in the value of finding a good fit in a therapist, teacher or coach. The healthiest people get support.

But even that will only take us so far.

We are energetic beings. We live and move and interact with one another in ways that are very subtle, but still very real.

Here, in the subtle, inner worlds of energy and vibration we also need cleaning and clearing. I use both words for a reason.

- I think of **cleaning** as a quick sloughing off of the day's general "stuff" - all the thoughts, feelings, sensations and distractions not doing me any good. I often say "*anything and everything not increasing my health, wealth and happiness.*" **Cleaning your etheric bodies is good basic hygiene - it's a DAILY practice.**
- I think of **clearing** as something to be done in response to undesired energetic debris, the focus of this Intuitive Insight. **Clearing is a bit more involved - and done AS NEEDED.**

Okay, with those definitions in mind, let's dive in.

## Experience, Identity and Energy Fields

I'd like to start by clarifying that the context we are working with and talking about here is subtle. It's the etheric realms.

Most of you reading or hearing this are aware that we humans have a field of energy that surrounds us. For simplicity's sake, let's use the term aura. It's a pretty widely-known concept. (And some folks – those who are clairvoyant – can see people's auras.)

Our auras contain the etheric, more subtle aspects of our physical, emotional and mental "bodies."

There are also collective fields that exist among groups of people. These are larger fields. They're not personal. And they're not limited in time and space. They have a life of their own in some ways, in the etheric realm – and they also show up quite noticeably in and through all the individuals who are in resonance with them.

We see this in the many ways people experience and express identity. Be it a passionate fan of a particular sports team, a zealous political orientation, or a passionate collector of whatever. Or one who is devout and identified with their religion, or profession, or location. There are so many ways a person can align – and so many fields to play with.

So we have energetic fields - personal and non-personal, combined. Those fields are always there... and they're always active... collecting, storing and distributing energies.

Now, it matters not whether you think life happens *from* you or *to* you. Either way, life is happening – and you're experiencing it.

For pretty much everyone, experience naturally leads into thoughts and feelings. It's just what we humans do. It's part of our design.

So we have thoughts and feelings, lots of them, all day long. Sometimes they float in and then out, like clouds on a breezy day. And other times we hold onto them for dear life. (Indeed, lots of folks are seriously attached

to their thoughts and feelings. It's a very human thing to do.)

Hopefully there are openings to change and evolution in the mix. But not always. We can get really rigid. My reality is THE reality.

We form beliefs, systems, and complex ways of operating – all in alignment with what we hold to be true.

Now, it's useful to know that all of our meaning-making also shows up as a subtle etheric substance in our energetic fields.

As you can easily imagine, our energy fields can get pretty cluttered. Especially if we don't practice good hygiene.

But it's understandable... Lots of folks don't even know they have energy fields, let alone that they need a good tidy up on a regular basis.

Okay, now add to this picture one more layer:

We're also...



## Swimming in the Soup

In addition to our own stuff, we also attract and carry around energetic debris that we pick up from other people and from the environment at large. Indeed, there's a lot of dank and dirty toxic energies floating all around. And it's very common for those negative thoughts and foul emotions *that do not even belong to us* to float in, attach, and muck up our personal energy fields. Egads!

So, exposure to the collective soup of energetic debris from the general population adds to our *personal* toxic load.

And, sorry to say, there is an abundance of collective muck in the general atmosphere these days. We see it all the time in our cultural discourse, media, politics, and so on. There's a very mean and ungenerous current in play of late.

*How would you know if you've been exposed to that collective muck?*

You would feel inexplicably altered in a less-than-pleasant way. You could describe it as "off-kilter." Or disconnected.

Your personal energy may feel depleted, like you've "run out of gas."

Or, for some, there's a sense of feeling unusually agitated – for no reason. Others report feeling surges of gloom and doom, fear, anger or grief.

Those who are not so energetically sensitive are also affected by the collective soup. They tend to experience a kind of stinky thinking without knowing why. Disturbing thought patterns arise. Or perhaps some less than useful negative self-talk starts to spin.

## Cooties

If you're of a certain age, you may remember cooties from your childhood. It was sort of a cross between tag and "you've been slimed."

Catching somebody's cooties was what you did NOT want to have happen. It was something to be avoided, for sure.

Now, none of us ever saw a cootie. It was just common knowledge that they existed.

They couldn't be heard, seen or smelled.

And you couldn't necessarily feel it when they landed on you – unless Johnny caught up to you when you're running away and touched you with his cooties.

But that's how it always worked. Cooties came from other kids.

And what happened if we got cooties? We'd be ostracized! And quick to want to get rid of them.

## Energetic Debris

Energetic debris is the grown-up version of cooties. It is odorless, invisible and silent - but it's exactly what the name implies... Debris. Garbage. Muck. Yuck!

It can make us feel crappy for no apparent reason. And it can make others feel crappy just by being around us.

Like cooties, it's something we want to get rid of... ASAP.

But we don't need to pass our cooties on to another to get rid of it anymore. Now we can consciously engage in habits, processes, and practices to clean and clear our energy fields. Indeed, we can expel, eliminate, and in some cases even dissolve energetic debris.

Doing so not only cleans up our own personal field. It also helps clean up the collective field a wee bit more. Win-win!

Now all this random energy, all this psychic input we encounter....

## It's Not All Bad

I do need to say that there are lots of different types of randomly available psychic energies floating about, and they come in various flavors. Not all of them are bad.

Some attract our attention by being sweet, stimulating, or interesting in some way. Some folks who attend a church, mosque or synagogue may take in such energies.

Same with any sort of sharing – words, music, performance, art... Anything that connects you with your higher self or higher-vibration energies.

Long walks in nature have a similar effect. There's a reason we are drawn to natural settings.

We head outdoors for a sense of renewal. Perhaps we take a hike, or go for a ride. There are some truly sublime energies hanging out in the places we leave be.

Sit by a cool, quiet creek on a hot sunny day and you'll likely get a good dose of what I'm referring to.

All of these are very uplifting thought forms and feeling forms to resonate with. Lovely. Perhaps inspiring. Renewing.

And they pose quite the contrast to the stinky, dirty, and generally crappy nature of energetic debris. *You can feel the difference.*

Energy is what we are - and what everything is made up of.

Energy is....

## Here, There and Everywhere

So, whether it's elevated contemplations or energetic debris, subtle energies are randomly tossed around... by you, me, and pretty much everyone... everywhere, all the time. Most people are pretty messy with their energy fields.

Leaking or projecting our thoughts, feelings, habits etc... happens unconsciously, for the most part. We don't necessarily mean to do it, or even know we're doing it. It's just something we do.

Given that, we're all running into these energy fields throughout the day... every day, all the time. We bump into other people's energy body – and they bump into ours.

Now, we also interact with a multitude of *collective* thought forms and feeling forms from that collective soup... from the news and ever-expanding media... films, tv, music, books, games... from our families, friends, and associates... from our coworkers, team mates, neighbors.

Bottom line: There's a lot being pushed at us all the time - and those who are energetically sensitive are often **overstimulated** and **overwhelmed** by it.

In fact, many just go numb. They can't take anymore. And there's no shortage of ways to go numb. Alcohol, opiates, pot, binge watching,

gaming, cell phone addiction, whatever. You name it... Pursued often enough, with enough loss of self-management and active agency, and it can be a vehicle for numbing out.

So I want you to recognize that in addition to your physical body, your mind and personality and aspirations and accomplishments, you are also (and fundamentally) an energetic being.

We all are.

Human beings are a beautiful blend of intricate systems, infused with consciousness.

**In the mix are many subtle but very real dimensions. Personal and collective etheric fields, dynamically interacting all the time.**

Energetic space (for lack of a better term) is not bound by time and space the way our 3-D daily life appears to be. It's much more elastic.

Amorphous. And very much *alive*. Here and now.

Always has been.

So, unless you're a monk hiding out in a cave, you pass by and through multiple etheric clouds 24/7.

Again, that can be a beneficial thing – especially if you're putting yourself in uplifting and growth-producing channels and environments.

But when you do encounter energetic debris (as we all do), be aware...

Energetic debris has an impact  
that is experienced in very real ways...  
Especially by people who are energetically sensitive.

## Sensitivity Matters

*So, who is energetically sensitive - and what exactly does that mean?*

I'll give you a brief answer here - and suggest you dive into some of the other titles in my **Sacred Dialogues SHOP** and also check out my **Blog** for more tidbits.

If I had to guess I'd say about 25% of people worldwide would not identify as being particularly sensitive, energetically speaking. They carry low to no awareness of the subtle realms. It's just not part of their world or reality.

And then another 25% or so do identify as "highly sensitive." Meaning they know there are subtle dimensions, and they know they're tapped into them. Their antennae are tuned a bit wider. They carry active awareness of both the physical and the non-physical realms.

For example, I've known I was different since I was a kid. I saw, heard and

felt things that others did not. That's often the case for high sensitives.

We come in various stripes... some of us hear, some see, some feel, some just know. But we're all operating in a world that is obviously multi-dimensional... Obvious to us, that is.

And then I'd say about half of the population (maybe more) are sensitive to some greater or lesser degree – *but they don't realize it.*

Odds are, they're experiencing their sensitivity but have no awareness about what's going on. It can be a very confusing and rough way to be.

Now, much of what has been published on high sensitivity to date has dealt with folks who are highly empathic. That's what I call Emotional Sensitivity.

And there's bits about folks who are environmentally sensitive. So we have lots of scent free products now. And we're getting back to some of the old timey stuff... baking soda, vinegar, and so on. That's to support folks who I refer to as very Physically Sensitive.

But, again - that's only part of the picture.

I've been dealing with this phenomena my whole life. And I've taken a ride around the block (energetically speaking) more times than I can even count.



It's all led to a way of understanding the subtle realms and unpacking sensitivity from a different point of view. From the inside out.

It's like looking through a lens that has more prisms. And here's what I think is a good way to try to grok it...

## The 4 Types of Sensitivity

- **Mental**
- **Emotional**
- **Physical**
- **Spiritual**

Some folks carry just one type, but most of us are a blend, carrying multiple strands. Physical and emotional is a pretty common configuration.

But I've not seen too much talk about mental and spiritual sensitives, which is one of the reasons I am writing about it more.

I think we need to be recognizing ALL forms of sensitivity - and supporting ALL types of sensitives.

It's more than a different flavor of biology and an amped up neural network. It's about energy. Subtle energy. Energetics.

I've developed a little quiz you can take to get your own personal **Sensitivity Profile**. It's probably a good time to pause for a moment and go do that. It just takes a few minutes. That way the next section will be more meaningful for you.

Besides, you should know your sensitivity profile - everyone should. It's analogous to knowing your blood type. It's good basic information in the Know Thyself category of life.

## Take The Sensitivity Quiz

Click here, or go to  
[SacredDialogues.com/sensitivity-quiz/](https://SacredDialogues.com/sensitivity-quiz/)

Okay, next: as we progress in our life journey we hopefully move...

## From Sensitivity to Refinement

For years I've been mentoring folks to help them sort out their sensitivity. There's a big-picture progression that may help you get more context.

1. **Sensitivity**: it's innate. We're pre-wired in certain ways when we come in to this life. We can try to suppress it, but that won't make it go away. If we are sensitive, that's how we are. We need to learn about it and work with it.

2. **Awareness:** it's developed. Learnable, and learned. We begin by eliminating the stigma and dismissive associations that currently hover around sensitivity. We embrace the existence of the subtle realms, and open up to what we're perceiving. We lean in. We listen to the silence. We close our eyes - and begin to really see.
3. **Receptivity:** it's cultivated. And learnable. Usually arrived at via guidance from a teacher or mentor. It's the ability to consciously navigate in the subtle realms. Skillfully. Safely. Intentionally.

Receptivity requires that we fill our kit with a variety of tools - and we use them. We develop practices that support our particular blend of sensitivities. And for sure we must start (or remember...) to clean and clear our energy fields, *regularly*.

Doing so is the only way we can perceive clearly and pick consciously the energies we want to engage with. **Cleaning and clearing are paramount to being able to discern what is ours and what is not.**

As we develop greater awareness and understanding of what it is we are experiencing, we begin to relate to the world with greater resiliency, and less reactivity. (What a relief!) Life becomes more interesting - and more fun. I've seen so many people shift... into feeling happier and healthier, more safe, and more at peace. It's a beautiful thing, transformation.

Now, I should say... There are a *very rare* few who come into form in a

highly refined state. Most of us *progress* into it. We honor our awareness and take it further....

We learn, and we keep learning.

We practice, and correct ourselves. (Or we get corrected. Oh joy.)

We *can* develop the ability to navigate the subtle realms effectively, as intended. We *can* move about without losing ourselves.

We *can* become focused in our ability to intend and create. We *can* become skilled and effective.

We *can* develop conscious agency in the subtle realms.

We call this process **REFINEMENT**. Along the way, we settle into deep trust... in ourselves, in our God (whatever that may be for you), and in Life itself. We move into our Mastery. And quite often we move into our Service.

However, issues can and generally do arise along the way...

## **When Sensitivity Meets Energetic Debris**

It's definitely a problem for a whole lot of people, whether they are aware of it or not. But it's also a vehicle for learning - for developing our awareness and moving toward refinement.

Recognizing what's happening is the first critical key.

So let's briefly look at what happens to different types of folks when they accumulate too much energetic debris.

### **For those folks who carry LITTLE to NO sensitivity...**

This is only about a quarter of all people - and not likely anyone who would be naturally drawn to this material.

But it could certainly apply to people you know – and it's good to realize that their experience may be *markedly* different than yours.

- Subtle energy clouds settle on their etheric fields... and these folks may or may not feel any influence from it.
- They're not wired for reacting to subtle energies. But still, they might be influenced by them in ways others who are perceptive could notice.

Now compare that to the way it goes for those who *are* sensitive...

(Please note: all of the following are admittedly incomplete lists. Chances are you could add more.)

## **For those who are PHYSICALLY SENSITIVE**

*When you experience too much energetic debris...*

- Your body will tell you about it, usually through discomfort. Abdominal distress, indigestion, or nausea are common.
- So are allergic reactions such as rashes, itching, and rhinitis.
- You may feel aches and pains for no reason. Or some people get dizzy or light-headed when over-stimulated.
- Disturbed sleep, nightmares, or repetitive dreams are also common.
- There's often a link to issues around safety, security and survival – lower chakra stuff.

## **For those who are EMOTIONALLY SENSITIVE**

*When you experience too much energetic debris...*

- You will notice shifts in your feelings – because the energies are experienced primarily in your emotional body.
- There's a tendency to collect lots of what I call junk mail. Meaning stuff that's not useful – and not even personal to you. You may notice feelings that are not normal for you.

- Emotions may be suddenly amplified, almost beyond control.
- Or you start obsessing about someone or something – when that's not your normal mode.
- Or a complete energy drain for no apparent reason.

## **For those who are MENTALLY SENSITIVE**

*When you experience too much energetic debris...*

- You will experience it in your mental body - your thoughts.
- Mentally sensitive folks get junk mail too. It can come in as unfamiliar thought patterns, or sudden new fascinations, or new obsessions.
- You may find yourself tapping into other people's thought fields. Or perhaps receiving impressions and moving into alignment with collective thought forms hovering in your community. (This is also known as social contagion.)
- I don't know why it's so, but I've noticed that mental sensitives will sometimes exhibit a very noticeable change in accent, a change in facial or body gestures, and sometimes the sound or tone of their laughter may also change. It's very curious.

## For those who are **SPIRITUALLY SENSITIVE**

*When you experience too much energetic debris...*

- You would likely find yourself *highly* attuned to global distress and planetary crisis. Unfortunately, there's a multitude of particulars you can align with.
- The big-picture issues and problems may cause you to feel unworthy or lazy... like you're not doing enough, or not doing your share.
- For some, an overdose of energetic debris brings hopelessness or profound feelings of pressure to perform some big purpose or mission or something to benefit the world.
- It could also create a feeling of loneliness and a longing for spiritual community and peers.

Now obviously, many of these are things that could occur in anyone's life, sensitive or not.

But if you look at yourself and those around you - and keep this info in mind as you move through daily life, I think you'll begin to see what I'm talking about.



We who are energetically sensitive  
are wired a bit differently.

We often feel challenged just moving through daily life.

We carry all our own stuff, plus  
(and this is important...)

We are **seriously** impacted by energetic debris.

Devoid of regular cleaning and clearing, the load can become too much to carry. When this happens, high sensitives tend to move in one of two directions.

- ***Most of us isolate and insulate.*** Especially if we're not yet trained in how to manage and make optimal use of our sensitivity. It's a way of coping with the world. Distance and buffer zones can help, at least for a while.
- ***Others move into theatrics*** without meaning to. We can express as Drama Kings and Drama Queens. If we are not cleaning and clearing regularly, we become *highly* reactive. It's a pretty uncomfortable way to be—and often uncomfortable for others to be around.

I'm mentioning these common patterns because I've seen them

consistently, for years. It may feel like it's just you, or one you are dealing with, but not so. LOTS of folks struggle with their sensitivities.

So, if you're an energetically sensitive person and find yourself challenged more often than you'd prefer, consider the role energetic debris might be playing.

I've seen plenty of cases where maybe one-quarter of what a person is carrying around in their energy field is theirs.

The rest is energetic debris.

That's like carrying around a big sack full of stinky garbage all the time... and it's not even yours. How horrible is that! *And oh so common.* Ugh!

Here's the bottom line:

**Sensitive folks can be  
uncomfortably and unnecessarily compromised  
by energetic debris.**

**Get in the habit of DAILY cleaning...  
And a deep clearing out, too - as needed.**

For sure you'll want to get rid of anything that isn't serving you. Which

brings us to the actual nuts and bolts of cleaning and clearing. The how-to list, if you will... ***Self-Care***.

To get it, just click below or go to my digital downloads SHOP ([sacreddialogues.com/shop](https://sacreddialogues.com/shop)) and download the file. **It's FREE.**

## Self-Care

### Reminders, Practices & Tools



**Enjoy!**

**J.**



## JACQUELYNE ELLIS

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Hi, I'm Jacque.

I coach Energetically Sensitive People (most usually women) who are ready to embrace their unique intuitive essence.

- Avoid energetic overwhelm
- Reduce psychic fatigue
- Make your intuitive flow clear and reliable
- Connect with a safe community
- Reduce self-doubt and replace it with self-confidence

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**Intuitive and Energetically Sensitive Women**

