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## *Enjoy a Good Meltdown!*

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Some days, our energy level builds to the point where we need to expel the negative energy. Most people call it a meltdown; I call it recalibrating our vibration. We've all had those moments, days, weeks or even months where we have a good hissy-fit, meltdown, cry or fit of anger where we beat the snickers out of a pillow (never another person or animal). Things have spiraled out of control and we are caught in a negative vortex swirling down the drain. We feel helpless, we feel angry, and we feel out of control as life takes over. When we are in this situation, we are vibrating negative energy and we can attract in situations, people and things that we don't want. And when we attract in what we don't want, we spiral down even further.

When you become aware of the Law of Attraction and that your words, actions, thoughts, feelings and beliefs draw to you things of a similar vibration, you can become hyper aware of what you are emitting. And so initially, many people feel like they can never have a bad moment or a bad day. It is okay to have a bad moment or bad day. It is human to have emotions that flow up and down, and to suppress negative emotions that need to come out will only bury them with other negative emotions until they band together in a meltdown army and come marching out of you whether you like it or not. Hence ... the proverbial meltdown.

A meltdown is simply a recalibration of your energy. It is not a sign of weakness; it is your energy field attempting to give you strength. Your energy field, when flooded with too many negative or low vibrations, will do what it can to shake them off because at our core we are high-vibration beings. Just look at babies and children ... they are high vibration 24/7. When you are approaching maximum levels of pent up negative energy, you may notice that you start to feel agitated, antsy, uncomfortable in your skin or surroundings, people annoy you, arguments and misunderstandings happen, technology becomes unbearable and may even fail on you, and then you start to become angry at the world and at yourself. You spiral. And for most people, when you spiral, you are in a free fall unable to find the safety of solid ground.



Recalibrating your energy is necessary so that it does not cause a meltdown. The healthiest approach is to recalibrate your energy at the end of each day so that it does not build up. Here are a few ideas for daily recalibration:

- As you end your workday, literally shake off the energy. Rebounding is good for this. You can rebound on a trampoline, jogging or just jumping up and down for a minute. Even a few minutes of rebounding will leave you feeling refreshed.
- Brush your energy field. To do this, take your right hand and brush about 2-3 inches above your skin. Start over your left arm, shoulders, torso and legs and sweep the energy in a downward motion (into the earth). Sweep over all areas of your body and then switch to your left hand and do the same on the right side of your body. I like to brush my energy before I arrive home so that the energy of the day stays outside of my home.
- If there were things left unsaid from the day, say them in privacy, but say them out loud. Unsaid words can store themselves in your throat area, causing sore throats or thyroid problems. So speak your truth, even if it's to a mirror, while jogging/walking or exercising, or simply in the privacy of your backyard. If verbalizing outloud is not possible, then write down what you want to say. Be brutally honest and then burn the letter. Expel those words!
- Set an intention before you go to sleep that tomorrow will be a high-vibration day filled with gratitude and then visualize things that you want to manifest.



If you progress to the point of a good old fashion meltdown, let it happen! Don't stop the meltdown because that will only store the energy deeper in you. And when negative vibrations are stored in you, it can result in unwanted physical issues. Get that energy out of you so that you can recalibrate to a higher vibration. When a meltdown happens, try some of these techniques:

- Stop! Stop everything that you are doing and get to a place of privacy. Leave work, walk away from people, and get to a place where you can be alone.
- Verbalize what you need to expel. Don't dwell on the issue; just say it and get it out.
- Then breathe. If you can go outside and sit on grass or against a tree, the energy of the Earth will begin to calm you. Breathe in for 4 slow counts through your nose, then out 4 slow counts through your mouth. Do this until your pulse and blood pressure stabilize.
- Rub the palms of your hands together to activate energy and then place them on the front of your head (if your thoughts are racing), on your heart (if you are experiencing heartache) or on your stomach (if you feel powerless or stressed). Hold your hands in position until your energy feels better. Everyone has healing power in their hands, even if you are not attuned to a healing system like Reiki. But if you are attuned to energy healing, this technique will be even more powerful.
- Rebound for a few minutes.
- Brush your energy field.
- Then spend some time rejuvenating yourself and allowing your energy to recalibrate. This can be taking a warm bath with sea salt and aromatherapy, burning aromatherapy candles or incense, meditating (even a walking meditation), doing yoga, reading a self-empowerment

book, spending time in nature or with your pets (both are very grounding and nurturing). Do things that are nurturing; that means staying away from technology (TV, phones, email) and negative people.

- Your energy system just had a major shakeup, so be gentle on yourself. Even if you have a looming to-do list, bring everything to a halt so that you can have the meltdown and quickly move on to recalibrating. Everything else can wait. After all, you will not be any good until you can recalibrate.

Just remember that when you are having a meltdown, you are vibrating negative energy. So in the process, do your best to avoid these two things:

- Do not put out any intentions or requests. Oftentimes when we are having a meltdown, we say or think things like “I don’t want (insert situation that stresses you)” ; “I can’t stand (insert name of person)” ; and so on. Although it may be challenging to change the burst of words and feelings that surface, remember that the Universe does not recognize do’s and don’ts. So if you express “I don’t want to be stressed/poor/overweight/alone/unhealthy anymore”, the Universe hears that request but without the word “don’t”. So when you are speaking your truth, speak and shout what you want, not what you don’t want.
- Don’t wallow in the downward spiral. Definitely have a good meltdown and do it big! Get all of that pent up energy out. But then be done with it. If you dwell for hours, or even days, weeks or months, you will draw negative things to you at lightning speed. So have the meltdown in grand fashion and then be done with it.

It is human for negative energy to build up in us. And in today’s fast paced world, the negative energy can come at us faster than we can handle. These

tips will help to keep you balanced on a daily basis and to help you enjoy a good meltdown and recalibrate to regain your natural high-vibration.

If you are ready for individual and customized Law of Attraction Coaching, contact me for a 20-minute free consultation to learn how you can attract more harmony into your life.

All my best,  
Allie



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