The rise of energy hygiene: Clearing stress through movement, sound, and breath

Aditi Malhotra

We've all heard about personal hygiene and digital hygiene—but what about energy hygiene? It's a term that might sound a bit mystical at first, but it's quickly making its way into everyday wellness vocabulary. Much like we shower to cleanse our bodies or take social media breaks to clear mental clutter, energy hygiene is about tending to the unseen stress we accumulate in our energetic field—through interactions, environments, and emotional overloads.

In today's world, where stress is constant and overstimulation is the norm, traditional self-care doesn't always cut it. You might eat well, exercise regularly, and even get decent sleep—and still feel heavy, blocked, or burnt out. That's where energy hygiene comes in. It's about clearing the emotional and energetic residue we carry, often without realising it, and using tools like movement, sound, and breath to reset ourselves from the inside out.

WHAT IS ENERGY HYGIENE, REALLY?

Energy hygiene is the practice of regularly clearing your personal energy—your emotional, mental, and even spiritual state—so that you don't absorb or carry more than you can hold. Think of it as an energetic shower. Just like dust collects on your skin, emotional debris collects in your body over the day. Have you ever walked into a room and immediately felt uncomfortable? Or spent time with someone and left feeling inexplicably drained? That's energy. And without practices to release or process what's sticking to us, we can start to feel chronically fatigued, anxious, irritable, or disconnected.

While the concept has its roots in ancient traditions—from chakra balancing in Indian philosophy to smudging rituals in Indigenous cultures—modern energy hygiene blends these age-old practices with contemporary neuroscience, somatic movement, sound therapy, and breathwork to create a more holistic approach to stress relief.

SOUND: VIBRATIONS THAT REALIGN AND RESTORE

Sound healing is another increasingly popular pillar of energy hygiene. It works on the principle that everything in the universe—including our bodies—vibrates at a frequency. When we're stressed, overwhelmed, or emotionally blocked, our natural vibration can become erratic. Certain sounds and frequencies can help bring us back into harmony.

Instruments like singing bowls, gongs, tuning forks, and chimes are now being used in sound baths or one-on-one healing sessions to facilitate deep relaxation. The vibrations are believed to move through the body, helping to release blocked emotions and reset the nervous system.

Even simpler? Using your own voice. Humming, chanting, or toning (sustaining a sound like "ahhh" or "om") has been shown to stimulate the vagus nerve, which governs the parasympathetic (rest and digest) response. It's a fast and accessible way to regulate your system and clear emotional congestion—especially when done with intention.

MOVEMENT: SHAKING OFF WHAT THE BODY HOLDS

One of the most powerful ways to clear energy is through intentional movement. This doesn't mean your regular gym workout (though that helps too). It's about moving with awareness—tuning in to where tension is stored in the body and releasing it, rather than pushing through. Simple practices like shaking—literally standing up and gently shaking your limbs, bouncing at the knees—can help release nervous system tension. This is a technique used by animals in the wild after a stressful event. Humans, too, are wired to do this, but we've learned to suppress these instinctive releases.

Then there's somatic movement, a practice that invites you to move slowly and intuitively, noticing sensations and allowing emotions to rise and pass. When you allow the body to lead, you stop intellectualising stress and start feeling your way through it, which often results in deep emotional and energetic clearing. Dance also plays a powerful role here—not for performance, but as a personal ritual. Putting on music and moving freely can transmute stagnant energy and reconnect you to your sense of joy and self. It's movement as medicine.

BREATH: THE GATEWAY BETWEEN BODY AND ENERGY

Breath is often called the bridge between the conscious and the unconscious, the body and the mind. And in energy hygiene, it's one of the most essential tools. When we're anxious or overwhelmed, our breath becomes shallow and erratic. Energy hygiene practices use breathwork techniques to regulate the nervous system, calm the mind, and literally move energy through the body.

Different types of breathwork serve different purposes: box breathing (inhale-hold-exhale-hold for equal counts) grounds and balances. 4-7-8 breathing helps with anxiety and sleep. Conscious connected breathing or cyclical breathwork, often used in emotional release sessions, can access deeper layers of stored trauma and energy. Even just a few minutes of deep, diaphragmatic breathing each day can shift your energetic state significantly. It's free, it's portable, and it's incredibly effective.

WHY NOW? BECAUSE WE'RE CARRYING MORE THAN EVER

Our lives have become noisier—digitally, emotionally, and mentally. Between doomscrolling, workplace pressure, family responsibilities, and a global undercurrent of uncertainty, we're absorbing more stress than ever before. And yet, very few of us are taught how to discharge that stress in a healthy, sustainable way.

Traditional stress relief methods like rest, talk therapy, or exercise are important—but sometimes, they don't reach the root. Energy hygiene steps in to offer subtle, body-based tools that bypass the intellect and go straight to the source.

Incorporating these practices isn't about being spiritual or "woo-woo." It's about learning to listen to yourself. To notice when you're holding tension that doesn't belong to you. To give yourself permission to release, recalibrate, and restore.

MAKING ENERGY HYGIENE A RITUAL, NOT A RESCUE PLAN

The most powerful thing about energy hygiene is that it doesn't need to be complicated. You don't need a full moon or a sound bath studio (though those are lovely too). It can be a 10-minute shake after work. A few minutes of humming before sleep. A short breathwork session in the middle of a busy day.

The key is consistency and intention. When you treat your energy with the same care you give your skin or your space, you start noticing what drains you, what restores you, and how to come back to balance faster.

This isn't about erasing stress—it's about moving through it with more grace. And in a world that's constantly asking you to do more, be more, respond faster—energy hygiene gives you permission to pause, release, and realign.

Because true wellness isn't just physical or mental—it's energetic. And keeping your energy clear might just be the most important hygiene ritual of all.

Goa: Final profession of Sr. Raiza Fernandes, sealed with a ring

Sr. Molly Fernandes

The Holy Family Chapel in Sancoale witnessed a momentous occasion as Sr. Raiza Fernandes, a dedicated member of the Congregation of the Sisters of Holy Family of Nazareth from Cansaulim, made her final profession of perpetual vows. This sacred ceremony marked a profound milestone in her spiritual journey and lifetime commitment to God through her congregation and service to the Church at large.

The Eucharistic celebration theme "An offering of love, dedicated to the Word of God and spreading hope.", was solemnly presided by His Eminence Archbishop Filipe Neri Cardinal Ferrao, whose presence brought great significance to the event. Frs. Roblan and Peter Britto concelebrated, enhancing the solemnity of the Eucharist. The Cardinal presented Sr. Raiza with a ring as a sign of her perpetual commitment to God and delivered a deeply inspiring homily. He emphasized the sacredness of perpetual vows and the call to live a life of humility, grace, and selfless love, while urging her to nurture her relationship with Christ through prayer, Scripture, and the Eucharist.

The ceremony began with an elegant procession, reflecting joyful surrender to God's will. The liturgy was enriched with uplifting hymns led by Fr. Kevan Rodrigues and his choir, accompanied by insightful commentary from Sr. Jeryssa Pereira. Before the Mass, Sr. Myra Mendes delivered a moving presentation on the history of the Holy Family Congregation, highlighting its legacy and mission, providing meaningful context for Sr. Raiza's vows.

Sr. Raiza's profession of perpetual vows formed the heart of the day as she publicly pronounced the three vows of chastity, poverty, and obedience, sealing her commitment to live entirely for God. The Cardinal, in his address, emphasized the transformative power of her vocation and encouraged her to spread rays of hope through service, marked by humility, affection, and communion—transcending boundaries as Christ did.

The bishop addressed the faithful, expressing gratitude to the sisters for their service and thanking parishioners of Cansaulim and the parish and priests of Sancoale for their collaboration. He also urged support through prayers and compassion for the religious and priests, especially in times of struggle.

The Superior General Sr. Berna Rodrigues, welcomed Sr. Raiza, urging her to follow the legacy of the founder in fulfilling the mission. She encouraged Sr. Raiza to embrace a life of loving service alongside her sisters in adherence to the norms laid out by the Constitutions. Rodrigues emphasized the values of love, unity, service, and spreading the Word with hope-filled hearts.

Clay crafting workshop by kids

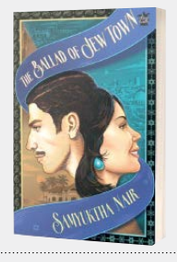
An epoxy clay workshop will be conducted for children in the age group of 10 years and above. This experience offers the participants to explore the wide horizons of their imagination and creative skills as they learn to work with epoxy clay to create their own characters inspired by the captivating motifs from MoCA's collection.

Take home your handmade creation and turn them into fridge magnets, paper weights, keychains etc. as a special keepsake of your artistic journey.

Venue: Museum of Christian Art, Old Goa
Date: April 26
Time: 2.30 pm to 5.30 pm

Book discussion

Samyuktha Nair will discuss her new book, 'The Ballad of Jew Town' in a freewheeling conversation with Surabhi Rohilla. There will also be an opportunity to get a copy of the book signed by the author.



Venue: The Dogear's Bookshop, Margao
Date: April 26
Time: 5 pm

Xpressions art exhibition

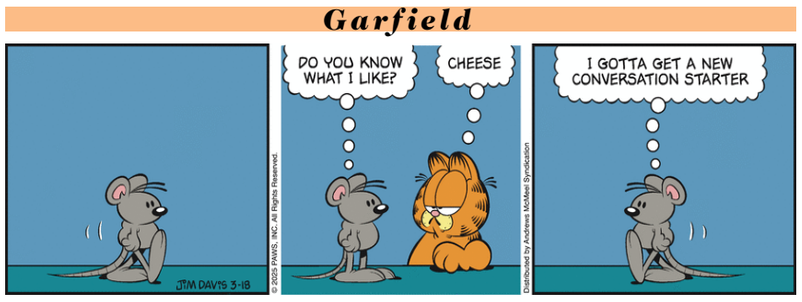
Students of Vrinda's Art Academy will display their art at an exclusive art exhibition, art for a cause for animals called 'Xpressions'. The exhibition will be inaugurated on April 26 at 5 pm.

Venue: Art Gallery, ESG, Panjim
Date: April 26 and 27
Time: 10 am to 7 pm

Herald Gaming Console

Dilbert

Garfield

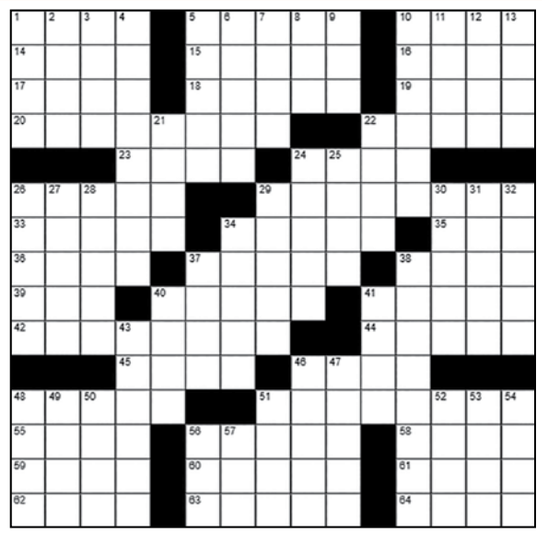


Wizard of id

crossword 4829

ACROSS
1- ___ about (roughly); 5- Oscar de la ___; 10- Some DVD players; 14- Challenge to complete a task; 15- Healing plants; 16- Switch ending; 17- October stone; 18- Look happy; 19- Tins; 20- Fireplace alternative; 22- Brief appearance; 23- Cries of discovery; 24- Big name in PCs; 26- Brazilian dance; 29- Some Annapurna climbers; 33- Toothbrush brand; 34- Sharpened; 35- Explosive initials; 36- Make angry; 37- High home; 38- Ayatollah's predecessor; 39- ___ kwon do; 40- Koran religion; 41- He-Man's twin sister; 42- Aided; 44- Femme fatale; 45- Equestrian's control; 46- URL starter; 48- From head ___; 51- Language bit for entry; 55- Astronaut Shepard; 56- Sporty Mazda; 58- Follow orders; 59- River to the Ubangi; 60- Snoop; 61- Trevi Fountain site; 62- Auctioneer's cry; 63- Dispatches; 64- Golda of Israel;

DOWN
1- Dumpster emanation; 2- Wine valley; 3- Toward the mouth; 4- Dependable; 5- Dreadlocks wearer; 6- St. ___ fire; 7- Pinot ___ (wine); 8- Aviv preceder; 9- Peer Gynt's mother; 10- Remember; 11- Pull an all-nighter; 12- Top-rated; 13- Nothing special; 21- Captain of the Pequod; 22- Decked out; 24- Fabric of jeans; 25- Duel tool; 26- Somewhat, colloquially; 27- Met highlights; 28- Men; 29- "WarGames" org.; 30- Early anesthetic; 31- Entrap; 32- Hawke of "Reality Bites"; 34- Troy beauty; 37- ___ spumante; 38- Teredo; 40- Words of understanding; 41- Grounded fleet; 43- Pressed; 46- Despised; 47- Autocratic Russian rulers; 48- Greek T's; 49- Butter alternative; 50- Hard to believe; 51- Physical suffering; 52- It's blown among the reeds; 53- Do followers; 54- Textile worker; 56- AWOL chasers; 57- Intense anger;



solution 4828

sudoku 4829

8	7		9	3	4		5	
		6					8	
		3		2	6			
6				9				3
	3		1		8		9	
5				7				4
			7	8		9		
	2					4		
	9		6	4	1		7	5

Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4828

8	5	4	7	3	1	2	9	6
9	6	3	4	2	5	8	7	1
2	7	1	6	8	9	4	5	3
6	8	2	3	7	4	5	1	9
5	4	9	2	1	6	3	8	7
1	3	7	5	9	8	6	2	4
3	2	8	9	4	7	1	6	5
4	9	6	1	5	2	7	3	8
7	1	5	8	6	3	9	4	2