

HOW TO QUICKLY
RELEASE YOUR
BIGGEST
ENERGY
BLOCKS NOW

OLIVER NIÑO
"THE SPIRITUAL ACTIVATOR"

How To Quickly Release Your Biggest Energy Blocks Now

by Oliver Niño

The Spiritual Activator

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An Introduction To Energy

Energy is the invisible thing that affects all of us... every single second of every single day.

Energy itself is neither good nor bad. Instead, it just **is**. But you can learn to use it to have a positive, or a negative, impact on your life.

There is a misconception in the world when it comes to the idea of energy work and energy healing. Many people think that energy work is meant to manipulate energy, but I want to challenge that idea.

I want you to view energy work as merely adding to what's already there. You can add positive energy, or you can add negative energy.

When we can view energy work in this way, it makes the world of energy and its impact much clearer. If you haven't learned how to work with and heal energy, you have no control over the type of energy that you're adding.

But when you *do* learn what I'm here to teach you, adding positive energy becomes as easy as breathing.

You will learn how to raise your energy and bring yourself abundance, joy, inner peace... and so much more.

The Biggest Secret About Energy

Very few people are ever given the gift of knowing the secrets of energy.

Those that do are aware that energy affects every facet of our lives, but there are still secrets that those people don't know.

I want to share these secrets with you, because I know in my soul that these secrets should not stay that way. It's time to bring about a new way of existing in this world, a new paradigm. So I'm sharing with you the knowledge that, until now, has only been whispered among the most powerful, the richest, and the most famous people in our world.

There is one secret, specifically, that very few people will ever speak about... or even know of. But this secret?

It changes everything.

Energy Affects Every Facet of Your Life Right Now

Learning this secret and becoming an advanced energy healer has shifted my life in a way that I truly had to see to believe.

Many people ask me, **"Oliver, how much of your life does energy really affect?"**

The truth...

It affects every single part of your life. It affects your inner peace, your financial abundance, your relationships with others and yourself... it affects your physical health... it affects the way you view the world...

It affects everything.

Knowing this, I have to do everything I can to bring more healers into the world, to facilitate more shifts in the people that work with me and to teach you everything I can about energy healing.

If we can heal our own energy, we can heal the energy of the world, and raise up all of consciousness as we do so. That's my authentic mission in this life.

If you are someone who has suffered with chronic energy blocks, like repeating patterns or chronic physical pain, this secret will unlock massive changes in your energy field.

The Truth I Wish I Knew Back Then

We all know that energy can have a great effect on us. And not just our energy, but the energy of people around us.

For example, imagine this...

You're feeling content and fine in your house. Maybe you're relaxing on the couch or meditating on the floor. But then...

Someone comes home. Maybe your spouse, roommate, parent, or child. They enter the space where you are, and they're feeling sad and angry.

You'll instantly feel that. Maybe you'll take on those emotions. Maybe you'll feel empathy for them. Maybe it will be something else.

Whatever you feel, that person's energy has affected you. The same could happen at the grocery store, or in a coffee shop, or at the doctor's office.

Even if your own energy, in that moment, is clear and light, when denser, darker energy comes into contact with your energy field, you will be affected.

Which Kind of Energy Reader Are You?

There are 3 different ways people read energy. I call these Energy Reader Avatars.

Take the example above. Say your spouse came home angry with work, and you could tell instantly. It likely doesn't have much of an effect on you, but you are aware of people's energies. This type is called the Knower.

Here are all 3 avatars, and what characteristics they display:

Knower: Is acutely aware of the emotions of others, but isn't necessarily affected by this energy. They can read energy easily without taking it into their own energy field.

Embodier: These people are extremely sensitive to energy. Many think of embodiers as "empaths," but I believe it goes deeper than that. Embodiers completely take on the energies of those around them- and they might not even realize they're doing it.

Deep Embodier: Similar to the Embodier avatar, Deep Embodiers take on the energy around them. But it goes even further than feelings and emotions- deep embodiers often find themselves feeling the physical sensations in their energy field. If someone around them is having a stomach ache, the Deep Embodier will, too.

5 Levels Of Energy That Affects You

⚡ **Auric Field:** If you've ever heard of people that read auras, what they're reading is the auric field. It's a field of energy that stretches out about 6-18 inches from our body. Because our auric field is larger than us, auric fields between humans interact, even if we aren't touching. This is the energy level on which our Energy Reader Avatars operate.

⚡ **Global Energy Field:** Unlike auras, not everyone is tuned into the global energy field. Those who are often have their third eye chakra open, and are more sensitive to energy. Reading the global energy field means you can tap into people's energies when their auras are out of reach. They may be in a different place in your city, state, or even the world. This is the level on which distance energy healing operates.

⚡ **Chakras:** Each chakra is connected to a different part of our spiritual, physical, and emotional health. And because of this, each chakra, or energy center, can affect us in different ways. Overflows in chakra energy can (and do) affect your physical body.

⚡ **The Physical Body:** When energy from our aura, the global energy field, or our chakras is too much and overwhelming, it will spill into our body and affect us, physically and mentally. This can look like chronic pain or repeating patterns that you just can't seem to get rid of, no matter how hard you try.

And The Level That No One Talks About...

⚡ **The Cellular Level:** This level is the most important level, and this is the secret that most people will never know. Even some advanced energy healers don't know about or work on this level.

If you've heard of ancestral or generational trauma, then you'll know that it's trauma passed down through DNA. This is trauma

that didn't directly happen to you, but is instead given to you **at the cellular level.**

This energy will stay with you from the moment of birth until the moment of death, unless you learn how to heal the cellular energy. My healing is so different and so powerful because I work on all of the levels that other healers work on PLUS the cellular level- our DNA.

This is the root of the tree of energy.

If the energy of the cellular level is dense, dark, or negative, you will be stuck repeating clearing and healing patterns. You might unblock your heart chakra, but if you haven't dealt with the DNA energy, you will continue to have to unblock your heart chakra. It might stay clear for a week, maybe even a year, but then it will inevitably need to be cleared again.

I've been there.

That's why I'm so passionate about teaching the secret of cellular energy healing. This is the only form of healing that can bring permanent and lasting change, every single time.

If you feel like you've been doing this energy work consistently, but you find yourself falling back into the same patterns no matter what you try, I encourage you to work on healing your cellular energy.

4 Steps You Can Take To Heal Your Energy Today

Accept and Acknowledge Your Psychic and Spiritual Gifts:

When I began to learn about, activate, and elevate my spiritual gifts, I was able to change the way I healed my cellular energy. These gifts were given to you specifically for you to succeed in life. When we turn these gifts off, our journey and path to our higher selves becomes longer and more difficult.

 **Learn to Protect Your Energy:** Using your gifts and knowledge of energy to give yourself protection is an important step in blocking more unwanted energy from entering your field. I encourage you to learn how to do energy protection before going out into public places, or situations wherein you might run into dense energy.

 **Learn to Clear Your Energy:** This ebook holds a lot of the knowledge you need to learn to clear and heal your own energy. I also deep dive into using your psychic gifts to do this in my webinar. You can sign up to learn more [here](#).

Everything You Need To Know About Chakras

I often get questions about clearing energy blocks using the chakra system. I love this way of understanding and clearing our energy, because the chakras have so many clear connections to many different facets of our personalities and bodies. Chakras show a true understanding of the psychosomatic state we all live in.

Chakras are swirling balls of energy (prana) formed where the physical and consciousness meet. The knowledge on chakras is ancient and powerful... and people have been working with these energy centers for thousands of years.

Chakras align with the spine, and many diagrams show them stacked upon each other, like spaced out vertebrae throughout the human system.

There are seven main chakras in the human body.

YOUR ROOT CHAKRA



Where is it... This energy is located at the base of the spine, where it meets the pelvis. It relates to how grounded we are, our survival instincts, and our basic needs - both physically and

mentally. Essentially, the root chakra correlates to how safe and secure we feel.

What affects it... There are many factors that can affect this chakra and either keep it balanced, or contribute to an unbalanced chakra. Our food and water intake- and how healthy that is-, the space we call home, and our finances. On a more spiritual level, feeling safe and releasing fear will be major factors in a balanced root chakra.

When it's blocked... Physical issues arising from a blocked root chakra include pain or problems in the colon, lower back, bladder, legs, and feet... the lower areas of our body. Emotional or spiritual issues are often anxiety, fear, a feeling of dissociation from the body, and poor boundaries with yourself and other people.

YOUR SACRAL CHAKRA



Where is it... This chakra is found just below the belly button... right in the base of the stomach. The Sacral Chakra relates to our sexual and creative energies... as we know, these two energies are almost always intertwined.

What affects it... How connected we feel to others, whether we are having and enjoying new experiences, and setting and maintaining healthy boundaries. Poor performance within these energies can lead to a blocked sacral chakra.

When it's blocked... You might feel like you can't take control of your emotions, and often find them bouncing all over the place. You can go from happy to sad in a split second, and you can't seem to find balance and inner peace. You may fear change or have addiction issues- to food, alcohol, sugar, or even people. Physically, a blocked sacral chakra is often going to cause reproductive issues for men and women, as well as menstrual issues for women.

YOUR SOLAR PLEXUS CHAKRA



Where is it... Just above the belly button, right at the base of the chest. This chakra can often be seen as representing personal power, and therefore, having control over your self-esteem. How confident and in control we feel is directly related to the Solar Plexus chakra- which is often why we're told to breathe deep into our solar plexus and send calm energy there.

What affects it... Our own fears, anxiety, and feelings of purpose are spiritual and energetic factors that affect this chakra. Physically, our metabolism and digestive system play a large role in the balance of the Solar Plexus. Gut health and eating well are very important.

When it's blocked... Blocks in this chakra can have serious and damaging effects on our being, both spiritually, physically, and mentally. People with a blocked Solar Plexus often are indecisive,

and have anger and control issues. Physical manifestations show up in the digestive systems, such as diabetes or hypoglycemia.

YOUR HEART CHAKRA



Where is it... As the name suggests, this chakra sits in the area near your heart, right in the center of the chest. Though all chakras are representations of the physical meeting energetic consciousness, this chakra represents where they also meet the spiritual energies we possess.

What affects it... This chakra is all about our ability to love and our spiritual awareness. It's one of my favorite chakras to work with. A balanced heart chakra will lead to inner peace, and allow love and compassion flow freely from and to you.

When it's blocked... A block in this chakra is very serious. I dealt with a block here before I met my wife, Mandy... I had closed myself off and was very distrusting of the world. Because of that, my heart chakra was blocked. A block here can lead to feelings of anger, betrayal, jealousy, and resentment. These feelings, of course, create even more serious mental issues, like depression. This can show up physically as issues with the heart, circulation, and lungs.

YOUR THROAT CHAKRA



Where is it... Center of the throat. This chakra is all about communication. It's about speaking your authentic feelings and truths, as well as doing it properly- and listening to others as well. Not just listening to them, but listening to yourself. Are you paying attention to your own wants, needs, and wishes?

What affects it... If we feel as if we're communicating with others, but they aren't listening, this will greatly affect the balance of the throat chakra. It can be thrown off when we refuse to listen to our higher selves and consciousness as well.

When it's blocked... Generally, this chakra is blocked when you are holding in your emotions and beliefs instead of speaking them aloud to those around you. This might be a fear of speaking due to a childhood trauma, difficulty putting your feelings and thoughts into words, or a shy spirit. Most times, people with a blocked throat chakra are afraid of judgment from others. Physically, you may experience a sore throat or thyroid problems.

THIRD EYE CHAKRA



Where is it... Middle of your forehead, just above the space between the eyes. This might be one of the most famous chakras due to the spiritual elements associated with it. Your third eye correlates with your intuition, which is why it's often seen as the place of psychic and spiritual knowing. An open and balanced third eye means a person is wise to the divine understanding of the Universe.

What affects it... Your ability to think and make decisions, as well as your imagination and memory will greatly affect this chakra. Plus, it connects you to your higher self, so your spirituality and understanding of your greater purpose will play a large role in keeping the third eye balanced. The third eye will allow you to cut through the noise of society and those around us, and see the authentic truth of the world.

When it's blocked... The third eye chakra can be blocked due to issues with the lower chakras. In fact, if one of the first five chakras is out of balance, it is highly likely the third eye is as well. If you experience difficulty with your intuition or often feel judgmental and dismissive of others, your third eye is probably blocked.

Physically, this blockage can be seen through headaches, dizzy spells, and issues with the health of your brain.

YOUR CROWN CHAKRA



Where is it... The top center of your skull. This is where your physical body and consciousness meet your higher self and the collective consciousness. The crown chakra allows you to grow spiritually and raise the vibration of humanity, as well as connect with divine knowing.

What affects it... Needs of society and our physical world- like materialistic needs- affect the crown chakra heavily. This chakra is about letting go of the physical, singular consciousness in order to become one with the collective.

When it's blocked... Blockages in this chakra can be very serious. People who are extremely materialistic and have a difficult time letting go of their things will often have a block in the crown chakra. It may create disconnection between the mind and body, and even between you and your emotions. It might be difficult to feel empathy for others.

How To Clear Your Chakras Fast

I've Identified Which Chakra is Blocked... Now What?

Step One: Begin by setting an intention.

- The one I love to use is... “For the highest good of all I’d love to work on, get clarity, or heal everything that is causing me to have issues with... X... I want to release my pattern of... X...”
- Intentions are extremely powerful. Once you’ve set an intention, you’ll begin to notice synchronicities showing up. The beliefs and emotions behind the blocks will begin to clear. Intentions are THAT powerful.

Step Two: To go even deeper, set your intention before an energy clearing session. With that intentional energy surrounding you, the chakras related to what you are trying to clear will become apparent. You can then use deep energy work and healing in order to clear that specific chakra.

Step Three: Learn what works for you. There are many different ways to clear chakras- mine being one of them. The most important part of this process is learning what path works best for you, and how you are best able to heal.

Step Four: Be patient. Some blockages are rectified within seconds or minutes, while others might take days or weeks. Blockages can be like an onion- you might peel back and clear one layer, only to find another buried underneath.

Removing the Energetic Blocks Once And For All

I liken energetic blocks to a tree. At some point, a seed was planted. We don't need to know exactly how it was planted or by whom in order to see the product.

That seed grows into a sapling, and then into a tree. The huge tree will block out the sun, the wind, the rain...

That huge tree is there, regardless of who planted the seed, how they planted it, or even when. Removing the tree doesn't require us to know all of that information. We just need to know that there is a tree somewhere it doesn't belong.

Energetic blocks are the same. It doesn't matter who planted the seed of the block, when they planted it, or how it was planted. We see the product of it in our dysfunctional relationships and our lack of abundance.

It's time to remove it, so that the energy can flow freely and you can live a life in your true authentic power.

We can't just cut the branches or pull out the leaves. We must pull the tree out by the roots, so that the inception point of the block doesn't remain.

Shifting the inception point and unblocking its energy will change everything.

Our seed is planted by a trifecta of energy- thoughts, emotions, and actions. Uprooting the tree of our energetic block will take a shift in this trifecta of energy, too.

We need to completely shift our thoughts, emotions, AND actions in order to address the block at its root.

Sometimes these shifts can be small and simple- repeating an affirmation every morning, or adding a new food to your diet.

Other times, these shifts can be much larger and take practice.

What If These Steps Don't Work?

If this path doesn't clear the blockage, it's highly likely you are dealing with a different sort of dense energy.

There are many types of energy in our physical body- more than just chakras.

If clearing your chakras doesn't feel in tune with your highest self, I encourage you to dive further into the many different energies we carry in our body, and work through clearing those blockages.

Some of these might be generational trauma, childhood trauma, physical trauma or blockages, and more.

Are You Blocked Without Knowing It?

Have you ever felt as if you are blocked from experiencing something you desire... or perhaps that you're able to experience it, but you lose it just as quickly?

Maybe you would love to live a life of financial abundance, but you just can't seem to get there... or you earn large chunks of money, but then you're flooded with bills a day later.

Maybe you want to fall in love and find your twin flame, but this person hasn't arrived in your life... or your relationship with the person you think is your soulmate has been tumultuous and painful.

You could even be trying to manifest something more abstract, like happiness. It might be an emotional state you haven't found yourself in... or you've felt happy, but it's been fleeting and taken away from you just as quickly.

I know our first instinct is to believe that these things might not be meant for us.

After all, that is a basic tenet of manifestation- what's not meant for us will never come into our life, and what IS meant for us will arrive in due time.

But today, I want to offer a third option- called an energetic block. It's absolutely possible that the thing you desire to manifest, whether it's concrete or abstract, is meant to be in your life. That thing might be trying its best to reach you, but there's an energetic block in the way.

Energy: The Hidden Path to Abundance

To me, abundance simply means that the things you desire you will have. It means that your positive emotions are boundless, your love is overflowing, and the Universe is so connected to you that you spend every moment in divine knowledge.

Now, the path to abundance is an energetic one... it's a path you walk alongside the Universe, and to truly reach a place of boundless abundance, the energy must be clear.

If there are blocks, if there is negative energy, then the abundance will have a much more difficult time connecting with you.

But the good thing to know is that energy blocks can be released for good.

Tapping Into Your Healing Energy Source You Probably Didn't Know You Had

I firmly believe that everyone is able to heal energy. Some may be afraid of these gifts, some may embrace these gifts, and some may never know they exist...

But that doesn't negate energy and healing powers.

I've been so blessed to form a community with healers and energy workers from over 60+ countries, and in doing so, I've learned that anyone can take up the position of healer and lightworker when given the right tools and education.

I have made it my mission to spread this knowledge as far and wide as I possibly can.

Because I believe authentic energy healing can raise the vibration of the entire world.

Tapping into this divine power will change everything in life. You will have the ability to energetically heal yourself, your loved ones, or even paying clients.

Living with energy blocks can feel as if you're driving with your emergency break on. But when you go to pull the lever and turn it off, the lever has disappeared.

All too often, people will go their entire lives without realizing their energy is blocked- sometimes in more ways than one.

That's why I believe we are so blessed to have formed this community, where we can spread the knowledge and power of energy healing and become conscious of our blocks in order to shift the energy.

My Personal Energy Blocks That I Was Initially Embarrassed to Share

For a long time in my life, my energy was blocking me from having healthy, abundant relationships. Whether it was in friendships or love, I found myself attracting people that needed to be fixed. I would attract people to me who would give me their negative, dense energy and utilize my positive energy to heal themselves.

And while we often think that this makes us a "good" person, in reality, this negative energy was sucking the life out of me.

This, of course, led me to resent the people around me.

I couldn't yet see that it was their own energetic blocks causing them to act this way...

Instead, I felt angry toward them for taking from me and giving nothing in return. This negative energy of resentment began to seep out of these relationships into other areas of my life...

Until eventually, it became my entire life.

I stopped trusting people. I believed that people would take advantage of me. My thoughts had shifted into a place of deep distrust and fear.

Here's what I know now, though:

I wasn't born with those thoughts.

They had come out of patterns and beliefs I had developed through my energetic interactions with other people.

Thoughts have emotions attached to them as well. So not only was I having negative thoughts, but they led me to have negative, low energy emotions as well. Anger, frustration, sadness, resentment...

Both thoughts and emotions have their own energy attached to them. Consistently low energy thoughts and emotions will create energetic blocks.

This energy was feeding my dysfunctional relationships and bringing them to me, over and over again.

Removing the Energetic Blocks Once And For All

I liken energetic blocks to a tree. At some point, a seed was planted. We don't need to know exactly how it was planted or by whom in order to see the product.

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Everything Changes When You're Unblocked

These blocks, even after they're gone and unblocked, can cause rifts in your energy. When I went to heal my energetic blocks, I took time to myself in Sedona, Arizona, and did the work.

I went as deep as I possibly could to remove the energetic blockages that were keeping me in the cycle of dysfunction. And when they were gone, I replaced them with thoughts, emotions, and actions born out of abundance and high vibrational energy.

Within 4 days of healing these energy blocks, I met the love of my life.

Mandy came into my life out of the high vibrational energy I had used to heal my energy blocks. I wasn't even searching for her- she showed up.

The loving, abundant energy you replace your blocks with is so magnetic it will begin to attract what is best for the good of your highest self- be that people, places, things, or states of being. This is what I call a state of endless abundance, and it can be achieved by following four simple steps.

4 Steps To Endless Abundance

As you replace your blocks with loving, abundant energy, I want to give you four key steps to endless abundance, so that you can clear all energetic blockages and live the balanced, healed life you truly deserve.

⚡ Analyze and understand your energetic blocks so you can truly get to the root of the issue

⚡ Lovingly remove your blocks at the root through shifts in thought, emotion, and action

⚡ Replace your blocks with loving, high vibrational energy to connect you with your highest self

⚡ Realize the power of energy blocks and how they can completely transform your life- for better or worse

Dive Deep Into Energy Work By Uncovering The 8 Psychic Senses You May Have And How To Use Them

There is much more to energy work. So much that I would not feel right trying to squeeze all of that information into a short ebook.

But I want you to learn it. I know the information I have to share will change lives and change the world.

That's why I've put together an in-depth webinar that will teach you all about the [**8 psychic senses**](#) you might have, what they mean, and what they will do for you.

These psychic senses work to bring you into your highest reality and clear your energy so that you can bring yourself abundance, joy, and inner peace.

[Join the webinar here.](#) I look forward to helping you change your life.