

Grounding & Protection Guidance

When considering 'grounding' and 'protection'; try not to think of them in a fearful way. You are simply using techniques to keep your energy strong, intact and shining bright and staying focussed in the moment.

When you are working with angels, light beings and loved ones in spirit; if your intention is always for the greatest good and you are working 'in the light' there is nothing to fear. Your spirit guides and angels will always protect you if you ask them to.

As you 'open up' to spirit and the angelic realm (by developing further spiritually), it is important to set some regular time aside for meditation/contemplation to help you connect further with your spirit guides and angels. You may do this by making time on your own but you might also be guided to join a regular spiritual development group, healing or meditation group. This will allow you to work with your spiritual helpers more effectively and prevent them from asking to work with you when it is not convenient to you. Some people new to working with spirit find they are pestered in the middle of the night by excited guides and loved ones; so it is important to set some time aside. Your guides and angels love you and are there to help you; but you still need to take some control and decide when to connect with them and work with them in more detail.

Although you are well protected to a certain extent; it is important to make sure you are always grounded within your physical body as otherwise this can affect your health and wellbeing. You can become ungrounded after meditation, from astral travel during sleep or after upset or illness for instance.

There are numerous techniques which you can use to make sure you are grounded so just use the one that feels right for you or you may be shown something different by your spirit guides as you work with them more. You may find as you progress spiritually that a different method of grounding will be more suitable for you.

It is good practise to ground yourself before you start work with spirit and also make sure you are grounded enough to go about your everyday tasks; as you close each session. It is a good idea to carry out grounding when you get up in the morning each day. Make it part of your bathroom routine. Many people tell say they forget or don't find time, but it should be as important as brushing your teeth! As the earth's energies are constantly shifting and changing (which can be felt by many people); it may even be necessary to ground yourself more than once a day, particularly if you begin to feel light-headed, faint, clumsy or out of sorts generally.

Your energy/aura can also become drained and affected by others in close proximity and your surroundings, very easily. Although they do not realise it; someone who is

feeling very low or unwell for example, can draw upon your more positive energy to uplift and heal them. They will feel much better after your interaction but you may feel very tired and drained afterwards. The best way to avoid this is to make sure that your energy is protected when you get up in the morning, before you enter crowds of people and so on.

Like grounding, there are many methods of protection you can try. They all require visualisation to some extent but if you mentally put it in place or ask the angels for help; just trust and know you are protected.

As well as the various techniques you can use; without a doubt the best way to keep your energy strong and protected is to focus on love and joy and see the blessings, lessons and opportunities in everything. It can be difficult to bring yourself back to feeling inner joy and focus on the positive when you have any kind of upset but remember the angels can help you with this. Ask your guardian angel to comfort and guide you always and ask Archangel Jophiel to help you to see the blessings and beauty in everything and to keep a positive mindset.

If you find you are often thinking and feeling negatively (which attracts more negativity and more of what you don't want towards you), simply say in your mind cancel, clear, delete whenever you remember to. Ask the angels to cancel the effects of past negative thinking too. You may like to consider surrounding yourself with more positive people when possible, as well as images and phrases in your home of what you wish to attract towards you or hold onto. Keep only the items that you need or love and regularly move things on to shift the energy in your home. Finally you could try using positive affirmations such as 'I am healthy, happy and successful in all that I do', 'I am surrounded by people that love and respect me', 'I love and respect myself; I accept love and give love freely', choose words that suit you.

As well as staying in the feeling of joy and love; if you forget everything else just remember that if you ever feel that your energy is being affected or you feel ungrounded you can ask in your mind for Archangel Michael to come close and ground and protect you with his blue cloak and strong shield.

Know that you are surrounded by the love and blessings of your angels always.