

Suggestions for Protecting Your Energy

- Create a bubble of protection around your aura (the layers of energy that circle your physical body). To do this you can focus on pure divine light above your head and allow it to flow into the top of your head (your crown chakra) and let it flow down through your body and out of the bottoms of your feet; until it reaches a crystal. Bring this light and crystal energy back up through the soles of your feet, letting it flow through your body but also encircling your body so that it creates a bubble. Love, light and healing are still able to permeate the bubble.
- Visualise a golden egg casing around your aura or a golden sparkly cloak with a hood (these golden colours are given by the Archangels for protection).
- Visualise or ask for Archangel Michael's strong blue and purple cloak and shield around you.
- If when you walk in a room or building you feel particularly uncomfortable or there is a person making you feel a little uneasy; visualise a golden circular disc over your solar plexus (this is the chakra/energy centre around your stomach area). This gives you added protection from those that may drain your energies and keeps you strong.
- If you are at all concerned you can of course ask in your mind for your spirit guides and angels to draw close to protect you. You can also particularly ask Archangel Michael to come close and help as he is well known for assisting with protection and to give strength and courage in difficult situations.

There are many methods of protection available and you will find other ideas by reading books, talking to people or attending spiritual workshops; but remember to always go with the method that feels right for you or whatever you are shown or guided towards by your own spiritual guides.

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