

## HOW TO PROTECT YOUR ENERGY FIELD

by Theresa Crabtree

Similar to an eggshell, your body is surrounded by an energy field commonly called the aura. Due to physical, mental or emotional traumas, the shield protecting your aura can be damaged resulting in holes or tears. These breaches can cause dis-ease and stress to the physical body.

During the SoulCleanse®, your energy field and auric shield are repaired of any tears, holes or other damage. However, at any time when either you become emotionally imbalanced or another directs towards you, low vibrational thoughts, words or actions, the shield can be damaged and weakened. When you remain in a state of peace, love, joy and gratitude, these high vibrational energies protect you from outside interference. Once you reach that level of being, you will not need to pay attention to your shield, for you ARE your aura and shield.

The following is a simple and effective method to keep your auric shield strong. Visualize yourself thoroughly encased in an eggshell. State and feel the following intentions.

1. Shield my auric field in such a way as to prevent negative thoughts, energies and entities from entering.
2. Allow any negative thoughts, emotions and energies emanating or generating within my auric field to go to the Light or be transmuted to Light.
3. Allow love and light to flow freely through this shield.
4. Please fill my aura with the golden white light of Source Love and sprinkle with pink orbs of unconditional love. Thank you.”

The intentions you set with the shield is like a battery. It will leak energy and needs to be recharged from time to time. Do not get obsessed with protecting yourself. Keep your focus on raising your vibration of love, compassion, kindness and gratitude. This is just one method of maintaining your aura. There are no set right or wrong rules. Be creative, follow your intuition, express love and gratitude, then watch the magic unfold!

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### ADDITIONAL SHIELD

The following is an additional shield you can use under the following or similar circumstances.

- \* You often feel harassed or under attack during your dreams.
- \* You are in an ongoing conflict with someone who may be sending you angry or malicious thoughts, especially if there is a court battle, recent breakup, custody issues, etc.
- \* You constantly feel under attack by outside forces (human or other dimensional) touching you, projecting thoughts or harassing you in any manner.
- \* You have the belief that someone has cursed you or other types of black magic directed at you.

Know that you have complete sovereignty and all of these issues can be dealt with through awareness, love and forgiveness. Until you realize this and raise yourself to a higher vibration of love, the below is an extra shield you can use.

Use the same method above, however, this time visualize the eggshell as being a seamless mirror that reflects outward. State the intention that any non-beneficial energy directed at you by any being, human or otherwise, is reflected directly back to the sender, without affecting you.

## WAYS TO ENHANCE YOUR AURA AND RELAX YOUR BODY, MIND AND SPIRIT

- ❖ **Acupuncture and Massage:** Releases the energetic blocks caused by repressed emotions and stressful situation. However, for the results to remain long-lasting, the emotional causes need to be released.
- ❖ **Exercise:** Gentle stretching exercises such as yoga and tai chi assist in reducing stress and creating more mobility which eases stiffness and pain. These types of exercises stimulate the lymphatic system which is needed to remove toxins and increase overall health.
- ❖ **Natural Sea Salt Water Baths:** Assists with the removal of toxins and muscle relaxation. Remember your pores are like thousands of little mouths. Overuse can cause problems such as diarrhea and dehydration.
- ❖ **Magnetic Therapy:** Improves circulation resulting in better toxin removal, pain reduction and overall health when used properly. Not all magnets are created equal. Seek products that use concentric magnets, they use both positive and negative polarities. Too much use of one polarity in one area will create imbalance.
- ❖ **Sound Therapy, Tuning Forks, Crystal Bowls:** Select artists who are knowledgeable in this field. All physical matter is based on sound waves. Harmonic sounds balance energies resulting in overall good health.
- ❖ **Crystal and Gem Stone Therapy:** Select a practitioner who is well-versed in this subject. Not all stones are compatible when used in close proximity.
- ❖ **Essential Oils:** Know the properties of the oils you choose, not all are compatible with each other. Choose high quality oils for the most potent results.
- ❖ **Sage, Sweet grass, Incense, Aromatherapy:** These can be especially powerful when used with intentional prayers to help balance one's energy field
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***You are a powerful creator and the creative power lies in the current moment.  
Pay attention to your thoughts, words and actions, choosing those that are inspiring.***

## GENERAL DIETARY INFORMATION

View my favorite resources at: [theresacrabtree.com/resources/](http://theresacrabtree.com/resources/)

- ❖ Eat as much food as possible in its raw and unprocessed form.
- ❖ Choose organic foods whenever possible.
- ❖ Some juicing is beneficial, especially while fasting or healing from a physical ailment. This allows the digestive system to rest while under stress.
- ❖ Supplementing one's diet with chlorella, parsley and cilantro assists with keeping up with the toxins that one finds in their daily environment.
- ❖ Chlorella and spirulina are also good supplements for energy and added nutrition.
- ❖ Meat consumption should be limited to small portions and grass fed when appropriate. Avoid meats from distributors that add hormones, unnatural foods, etc. to the animal's diet.
- ❖ Drinking plenty of filtered, preferably untainted spring water is key to overall health. Drink at the first sign of thirst. Some basic signs that you need to drink more are: tiredness, dizziness, feeling fuzzy headed, low urine output, grouchiness and feeling faint.
- ❖ Avoid carbonated drinks.
- ❖ Dairy products are designed to make baby mammals grow big in a quick manner. If you are wanting to lose weight, dairy is NOT the way to go!
- ❖ For information on natural sugars and artificial sweeteners, visit: <http://www.theresacrabtree.com/health/>
- ❖ High fructose corn syrup is a big no-no. Read the food labels and avoid foods that contain HFCS.
- ❖ Energize your food and beverages by making a heart-to-heart connection, expressing gratitude to the product and those involved in its production.
- ❖ Eat smaller portions. Whenever you feel full, you ate more than you needed.
- ❖ Chewing one's food has many health benefits, not just for digestion but for many other body parts, as well. Eating slowly will allow your body to give you the signal that it has consumed enough before over-filling one self.
- ❖ Cancer cells cannot grow in a body that is pH balanced. Consider paying attention to the proper balance of pH foods at each meal. I offer a free pH food chart you can download at: <http://www.theresacrabtree.com/health/>
- ❖ Be wary of skin products, soaps, sunscreen and shampoos. The pores on your skin are like little mouths, ingesting anything placed on the skin. If it contains inedible ingredients, consider another product.
- ❖ Most sunscreens *cause* cancer! Yikes! Get more information at: <http://www.theresacrabtree.com/health/>
- ❖ After each meal, take a walk, at least 900 paces. This will help your digestion, especially if you are generally sedentary.

## IMPORTANT INFORMATION TO CONSIDER

Diet, physical health, beliefs, thoughts and emotions all affect your chakras and energy fields. Substances such as alcohol, tobacco and drugs slow the natural flow of chi energy throughout your body and aura. Negative thoughts, words and actions based on fear, greed, guilt, blame and shame create blocks in the energy fields. This leads to physical, mental, emotional and spiritual dis-ease.

The human's energetic flow is also affected when others, human or other dimensional, imprint their low vibrational thoughts into the human's mind and auric fields. However, the most damage occurs from your own unbridled thoughts. Thoughts are a powerful creative force. Many remain within your aura and body, gaining strength the more you dwell on them.

No matter what issue you have, the way to heal must come from within. The most important thing you can do is to regularly set aside quiet time in order to create a conscious connection with your Soul. You will know you make contact when you get the goose bumps, a shiver through your body, a knowingness that you are connected, receiving answers in your head and anything that feels like strong, positive guidance. This includes meaningful coincidences and synchronicities.

The goal is to recognize that you are your Soul. You are the physical embodiment, able to do things that your Soul cannot do because of its inability to be fully present in physical form. You are an Ambassador of your Soul, here to anchor Love in whatever manner best suits you.

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Withdraw from people, places and events that bring you down or get you off balance. This includes the tv, news, social media, movies, books, video games and music. We are bombarded daily with tons of information through television, radio and computers. Much of this information is not true, yet many blindly believe, adding it to their arsenal of negative thoughts and beliefs. Before you repeat something or click that "share" button, research the information for accuracy. When you send negative information, without sending a possible positive solution, you become part of the problem.

You do not have to cut all ties with discordant family members or others who are disrespectful. Rather, set your parameters of acceptable behavior. Let others know when they have crossed the line. By speaking up in a graceful manner, the situation may be resolved with a mature conversation about the matter. If the person continues to cross the lines, then consider walking away or limiting the amount of time spent with them.

If family gatherings have been a source of imbalance, then before you attend the next function, work on your own attitude. See yourself having fun. Smile at the ones who usually irritate you the most. If they start to direct insults at you, excuse yourself and begin to talk to someone else. If they persist, then head to the bathroom to calm yourself and then engage yourself with someone else when you come out.

Another area to look at in your life has to do with how you assist others. Many feel the need to fix others or to lighten their load. One good rule of thumb is wait for them to ask you for advice or assistance. Then you are not meddling. When someone asks you for assistance, before saying "yes," look at the situation. Is the person doing all they can to take care of their own needs? Have they created the problem by not tending to their own business? If so, rather than enable them by bailing them out, let them do all they can for themselves first. Then you will help to empower rather than enable them. You do not need other people's drama to be a part of your reality anymore.

When you feel emotionally off balance or are confronted in a negative manner, take several deep breaths in and out in order to remain calm and centered. If need be, escape to the bathroom in order to calm yourself. If the other person continues the confrontation, let the person know they are crossing the line and being disrespectful. Ask to continue the conversation at a time when you both are calm. If they continue their assault, excuse yourself and leave from their presence. By remaining calm and respectful, you will empower yourself.

When others “push your buttons,” take time to go within and find the root cause. The event is likely to be triggering an unresolved emotional trauma in your life. Take time to heal the event from the past. This may include forgiveness of yourself or others. Look at the event from an objective perspective, trying to see it from the other person’s position. Also take into account what you experienced as a child and now look at it from the perspective of an adult. Have a conversation with your inner child how things are different now and devise a plan how you will respond in a different manner.

If others have harmed you, recognize that they were doing the best they could in that moment, based on their fears, beliefs, imbalanced emotions and possibly entity interference. Although they may have known they were causing you pain, it was likely a reflection of the pain that was inflicted on them. Find a way you can change your view and possibly empathize with them, looking for any good that came out of the situation. At the very least, the incident has shown you more of what you want and do not want in life. That is a valuable asset in itself.

Keep in mind that most people who do truly malicious acts are blinded by a barrage of their own misguided thoughts and beliefs. Entity interference can also be to blame. You will know the latter is true if you see their eyes change when they move from the Dr. Jekyll to Mr. Hyde personalities.

Do your best to forgive those who trespassed against you and let that energy go. Otherwise, you will keep yourself blocked energetically which causes imbalance in the physical, mental and emotional bodies. It will also affect your spiritual growth. It may also keep you energetically tied to that person in a non-beneficial way.

We are beings of Love and our body, mind and soul operates and flows well when love permeates our physical body and aura. When low vibrations such as guilt, shame, anger, and ingratitude are introduced, then the imbalance begins, which leads to all kinds of chaos in one’s life.

The uni-verse is here to support you, there are myriads of “Heavenly Helpers” available to assist you through this transitional phase, both on a personal as well as planetary level. Begin with your Soul when asking for Guidance, the one who co-created you for this human experience. Once you establish this connection, then call on your personal Guides to help make your dreams come true. They are awaiting your invitation, for they cannot and will not assist unless asked, for that will break the universal law of non-interference.

I hope you find this information beneficial.  
Feel free to share it with others.  
Many blessings on your journey,  
Reverend Theresa Crabtree

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Feeling stuck?  
Wonder what your purpose in life is?  
Do you sense entity interference or energy imbalance?  
Are you feeling alone, like no one understands you?  
Struggling with physical ailments, depression, lack of energy?  
Experiencing addictive behaviors or thoughts that run your life?

Consider a SoulCleanse®, for more information, visit: [theresacrabtree.com/soulcleanse](http://theresacrabtree.com/soulcleanse)