

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 trauma, the auric field can be damaged resulting in holes or rips. These breaches cause energy leaks and dis-ease to the physical body.

Any time you become physically, mentally or emotionally imbalanced or someone directs towards you, low vibrational thoughts, words or actions, the shield can be damaged and weakened. This allows easy access for other energies and entities to flow in.

When you remain in a state of peace, love, joy and gratitude, these high vibrational energies help protect you from outside interference. Re-energizing this shield every day will help to filter out the negative energies created by humans, called the collective consciousness. It will also help to stop negativity purposely being directed at you by humans and beings from other realms (their emotional outbursts, curses, spells, thought projections, etc.).

The following is a simple and effective method to keep your auric shield strong. Invite Divine Love / Holy Spirit to flow into your aura, fully encasing you like an eggshell. You can visualize this as bright golden white light. You can create this shield through mental thought, however, the spoken word is more powerful. Then 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 release from my body and energy fields.
3. Allow love and light to flow freely in and out of this shield.
4. Please fill my aura with the golden white light of Divine Love. Thank you.

The intentions you set with the shield are like a battery. It will leak energy and needs to be recharged from time to time. Do not get obsessed with protecting yourself. Instead, keep your focus on raising your vibration of love, compassion, kindness and gratitude. This will naturally strengthen your shield.

This shield is just one method of maintaining your aura. Be creative, follow your intuition and diligently do your "inner work" to release what no longer serves you. Express love and gratitude, then watch the magic unfold!

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 following 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.