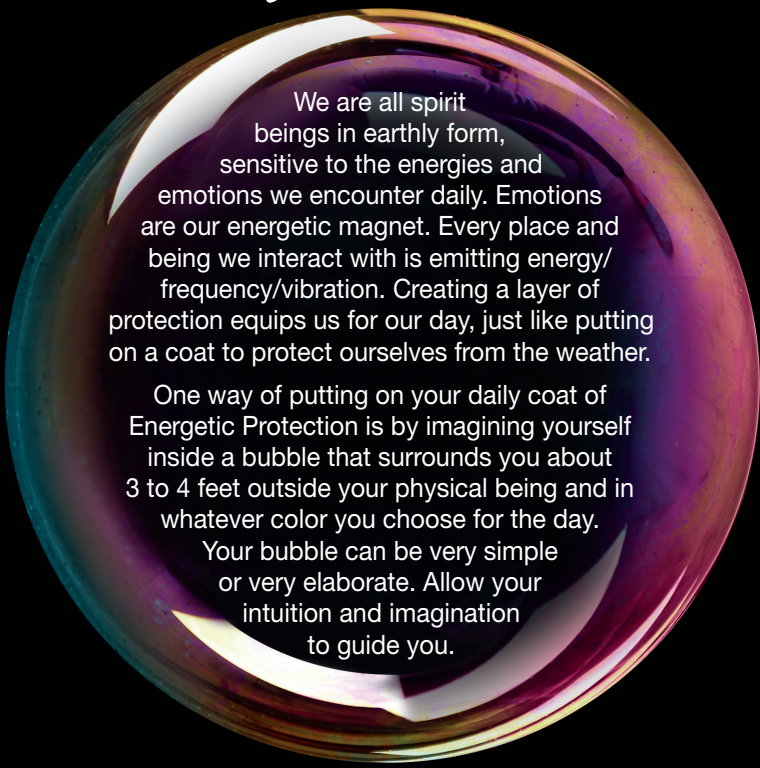


Energetic Protection



We are all spirit beings in earthly form, sensitive to the energies and emotions we encounter daily. Emotions are our energetic magnet. Every place and being we interact with is emitting energy/frequency/vibration. Creating a layer of protection equips us for our day, just like putting on a coat to protect ourselves from the weather.

One way of putting on your daily coat of Energetic Protection is by imagining yourself inside a bubble that surrounds you about 3 to 4 feet outside your physical being and in whatever color you choose for the day.

Your bubble can be very simple or very elaborate. Allow your intuition and imagination to guide you.

If you encounter some difficult energy or believe you will during the day, add a level of protection by reinforcing your bubble with an extra layer of color or even mirrors to reflect back the energy you encounter. You will be shielded from the toxins of chaotic and negative frequencies.

Your positive energy will flow freely within your bubble, attracting more positive energy from the universe.

