



Here are ways for you to Shield yourself from Negative Energy:

How to Shield Yourself from Negative Energy

- CLOSE YOUR AURA

Pull your body's energy field in close to you. In a relaxed state your energetic field spreads far beyond the confines of your physical body. Your energy field or aura can expand six feet or more in all directions around your body. Imagine walking through a crowd of people. If your energy field is expanded it would be intermingling with a lot of other energy fields, exposing you to picking up negative energy from people you do not even know. You can pull your energy field in close to you by mentally instructing your aura to come in so that it just skims the edge of your physical body. This is done just as you would instruct your right leg to step forward. Another strategy is to cross your legs and arms. This automatically pulls your aura in close to you.



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• PRACTICE NON-REACTION

If you find yourself in an argument or confronted by someone who is angry, try not to react. **Stay calm.** When you react the negative energy you are creating by participating in the argument attracts more negative energy into your aura. If you are able to stay calm and detached from the situation your energy field will repel the negative energy because you are remaining either neutral or positive. Even if you have used one of the other techniques to shield yourself, your reaction to the harsh energy will break down the shield making you vulnerable. In an argument or confrontational situation it can be extremely difficult to stay calm and detached. To help you keep calm and to deescalate the angry person, mentally repeat **“peace be with you”**. The positive energy you are creating with this mental mantra can help keep you calm and have a positive energetic effect on the angry person.

• EXERCISE, MEDITATION & PRAYER

It is a well known fact that exercise helps with physical fitness. **Did you know that exercise also helps with energy fitness?** When you exercise the combination of movement, oxygen intake and increased circulation helps to expel negative energy from your body and improve the circulation of energy. This makes the aura stronger, cleaner and more resistant to those energetic hitch hikers we discussed previously. **Meditation** allows the meditator to connect with large amounts of energy and bring that into their body. The aura responds to this energy similar to the response to exercise, cleansing and strengthening the aura. The stronger the aura the more effective it is at shielding you from negative energy. If you feel you have become overwhelmed with negative energy in your aura, soak your feet in a tub or bucket of water and salt. While soaking your feet, **pray**. This can be in your own words or repeat a prayer from a spiritual text. This will draw-down divine energy which will flow through the body to help expel negative energy and to purify your energy body. The salt water absorbs negative energy that is expelled. Burning some incense while you are praying provides added purification and cleansing benefits.



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- CREATE AN ENERGY SHIELD

An energy shield is an imaginary shield created by your intention. An energy shield provides some protection from negative energy and can help keep you maintain balance. To create an energy shield you must use the **power of your mind** combined with your **belief**. Mentally envision a purple/lavender shield completely surrounding your body, as if you were inside a helium balloon. Instruct the shield mentally with its purpose. For example, "I am shielded from all psychic attack. I am shielded from all negative energy. I am shielded from all harm. This shield will remain in place for 12 hours. It is internally permeable (this means energy can get out from inside the shield but energy outside the shield cannot get in) and unbreakable." Remember to **visualize the shield** as you are instructing it. There are many variations of energy shields, but you get the idea. If you wish, you can ask God, your angels or any other higher being you choose to assist you in putting the shield in place. You can use this shield on a daily basis or invoke the shield prior to entering a negative environment. You can also use an energy shield for your car, home or office.

- PERFORM SPACE CLEARING

I am sure you vacuum and dust your house from time to time. Over time dust and dirt accumulates on floors and furniture and builds up in corners, nooks and crannies. Energetic debris including bubbles of negative energy builds up in the same way. If there is a room or office where there has been a stressful interaction the some of the negative energy will remain in the room, building up over time just like dust. There are many ways to energetically clean your home or office. My preferred method is to place a bowl of water with about a 1/8 cup of salt in it in the center of the room. I then begin playing spiritual music of some kind in the room. Using a sage smudge stick or incense I go around the room "dusting" with the smoke. I try to get under furniture and into all the nooks and crannies that physical dust does. While doing this I simply mentally repeat the intention to cleanse and remove all negative energy from the space. There are many variations. Some traditions suggest opening the windows while doing this. If you are interested in more on this subject there are many good books available on the market today regarding space clearing.

In Light and Love,
Angelique



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