

# ENERGY PROTECTION

Energy protection is about claiming your space and remembering your wholeness. Its about welcoming divine energy into your energy field so that you ultimately don't take on any unwanted energy from people you love, people you work with, environments you're exposed to, or even worldly disasters that you've read about in the paper or seen on the news.

Energy protection is when you declare that you aren't going to take on the heaviness of a situation so that you can work with your own incredible light. When you do this, you clear any fear-based shields you have and create new ones that are formed purely from divine love.

What you are protecting yourself from is energy that may drain you or leave you with unnecessary baggage. Have you ever walked into a workplace and felt intense anxiety come over you? Or walked into a room and known that someone there isn't in a good mood? Or had a conversation and walked away feeling the other person had sucked the soul right out of you? That's what you want to protect yourself from — other people's energy that is not yours to hold.

## So how do we do this?

**Firstly**, we need to release any energy, or ties to energy that we are holding in our field. I love to do this by calling on my angels & guides.

I love to be a in a quiet space—this only takes a couple of minutes, so can literally be done anywhere, anytime, but my preference is to start the day with this.

Take a moment to breathe, to connect with the divine energy that surrounds us, and to ask your angels, guides or whoever it may be to come through for support.

I love to call on Archangel Michael, he is a fierce protector, but also filled with so much love & harmony.

**Thank you, Archangel Michael & angels, for cutting the cords that bind me to people, places, energy, situations, limiting beliefs, fears & other things I no longer need. It feels so good to know you are here. I am safe & free**

**Secondly**, once those cords are cut, I give **gratitude** for the beautiful energy I hold within me, for the energy I feel around me, as I spend this moment in gratitude, I feel my radiant light within me grow brighter and stronger, this usually leads to a rampage of gratitude & appreciation, raising my vibration & lifting my energy.

Then **thirdly**, we place a veil of protection around the physical & emotional body. This is often known as moisturising.

When you are moisturising your energy, you are essentially putting on a coating that you know is going to lock in the goodness and protect your energy, your goodness from taking on the energy of others. This still allows your light to shine so brightly, this allows your love to radiate to others, without absorbing anything that is not of your highest good.

This is the step that everyone knows from books and healing modality trainings, but it won't be as effective unless the previous steps have been taken.

Visualise a beautiful radiant energy of light coming from the heart of Source and washing over and through your entire body and energy, surrounding you, cocooning you in a bubble of light, protection and love.

**Thank you, Source Light, for shining upon me, around me and through every aspect of my life.  
I am protected by your light.  
I am safe in your light.  
And so it is**