

Tool

STEPS TO SHIELDING YOUR ENERGY

1.

Take a few deep breaths to allow your thoughts to clear, and your mind to be quiet so your attention is solely on the task of creating a light Shield. Take another deep breath. Remove any interactions to be able to concentrate and focus on your intention. Intention is very powerful because it directs your energy.

2.

Set your intention:

I intend to create powerful light shield around my aura to protect me from any negative situations, events, links, people or beings.

I ask for light Shield to be placed around me around my aura, and to fill me with light frequency, to keep my vibration elevated and protected for as long as possible.

3.

See with your mind's eye a light Shield filling your aura with bright light. Feel safe and protected.

Faith is how you direct the energy of the shield. Know that this shield is indeed a successful one that will protect you through the next few hours.

4.

*I ask this according to Divine will, for the Highest and greatest good.
Thank you, thank you, thank you.*

5.

A general rule is to create a protection shield in the morning and at night, or before you attend a place with a lot of people or energies.

