

A Concise Guide to Energetic Health

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Contents

Introduction	2
The Aura	6
Who are the Empaths?	8
What is psychic attack?	9
The different types of psychic attack	10
Thought Forms	10
Ethereic cords	10
Ethereic energy balls, needles, knives and daggers	11
Curses, hexes, spells, ill wishing, slander and gossip	11
Verbal abuse	12
Physical abuse	12
Effects and causes of Energetic attack	13
Causes of energetic attack	13
Effects of energetic attack	14
Anxiety	14
Nightmares	14
A diminished ability to cope with stress or emotional problems	14
The target will have a feeling of being watched	14
Thoughts of being talked about	15
Extreme Fatigue	15
Chronic pain or illness	15
Uncharacteristic behaviours	15
Fighting or negativity	15
Continual monetary problems	15
Exercises to help strengthen the energetic body and protect against energetic attack	16
Grounding	16
Shielding	17
Shielding with Archangel Michael	17
Forming a cocoon of light around the body	17
Smudging the Aura to remove dense energy	17
References	19

A Concise Guide to energetic health

Introduction

Our world is filled with energy. Everything on our planet and everything in all of the universes are made up of energy and matter. Humans are no exception to the rule; we also consist of energy and matter. Matter differs in one way from energy: it has mass and it takes up space. Energy does not have mass, and it does not take up space. It is regarded as the driving force behind everything, the fuel that moves all.

Energy is inevitably connected to the ability to perform actions. In other words, the amount of energy an individual holds will directly influence their ability to do work, but also how much work they can do before they become tired and need to rest and recuperate. This refers to the work the body's organs are able to do as well, and as a result how healthy or unhealthy an individual is.

There are many aspects that have an influence on how much energy we have in our bodies. If we are healthy, we will be able to hold more energy than those who have unhealthy bodies. If we meditate regularly, exercise and eat healthy foods, our body will be able to hold more energy than those with unhealthy habits regarding food, meditation and exercise. The more energy our bodies can hold, the more we can excel in all aspects of our daily actions.

Energy is also needed for us to have a healthy mind, body and spirit, so when our energy stagnates, it can cause energetic blockages inside our bodies and we may become ill. Our energetic bodies (auras) as well as our physical bodies are vulnerable to energetic blockages, leakages, tears, seepages and drains. Accordingly it is of the utmost importance to look after our energetic health in order to lead a healthy and vibrant life.

Sometimes though, we may not be conscious about the world of energy around and within us, and how it works. At times we are so caught up in the web of survival that we neglect our basic energetic (and physical) needs. As a result we may have recurring illness and symptoms of burn-out or chronic fatigue syndrome. These are warning signs that we continually are not looking after our own needs as an individual, and care should be taken to take steps towards making positive changes in our lives.

Energy comes in two forms - energy that is clumped into low-frequency clusters of matter (visible energy or 'things'), and the lighter energies that are 'invisible' (but the affects which are visible), for instance gas or electricity. All around us is electricity or energy, both visible and invisible.

The Universe is made up of matter, and matter comprises energy. It is therefore safe to deduce that when one area of energy is moved, it will affect the energies around it. The same goes for our thoughts. Thoughts are also considered energy and as such the thoughts and beliefs we send out into the universe will affect everyone and everything around us. Some of

our energies are magnetic and will attract things to us while other energies are repulsive and will ward off anything good that comes towards us.

Even the physical body is made up of matter (energy) and as such we are constantly putting out energy in one form or another. The energetic level of energy we choose to put out into the universe depends on the thoughts we choose to cultivate.

As humans with free will, we have the ability to choose how we think and feel about things and situations. In other words, we may choose to be either repulsive to the universe and live our lives radiating negativity, lack, hatred, violence, and resentment, and in doing so we will repel positive things and situations and love; or we may choose to live with positivity and love and bring those experiences into our lives. We live in a duality here on the third dimensional plain in our physical bodies on Earth and because of that, we are surrounded by people on both ends of the spectrum – those who choose to live positively as well as those who choose to live in negativity.

Whichever energetic vibration we choose to sustain, the main thing to remember is that every thought we have has an effect on those around us. According to the rules of physics, energy can never be destroyed or created but only changes form. Energy moves around and may change vibration (or even shape) but we will always end up with the same amount of energy with which we started.

Richard Feynman, the world renowned theoretical physicist, said about energy:

“All things are made of atoms—little particles that move around in perpetual motion, attracting each other when they are a little distance apart, but repelling upon being squeezed into one another.

In that one sentence ... there is an enormous amount of information about the world. 'Conservation' (the conservation law) means this ... that there is a number, which you can calculate, at one moment—and as nature undergoes its multitude of changes, this number doesn't change. That is, if you calculate again, this quantity, it'll be the same as it was before.

An example is the conservation of energy: there's a quantity that you can calculate according to a certain rule, and it comes out the same answer after, no matter what happens.

Everything is made of atoms ... Everything that animals do, atoms do. ... There is nothing that living things do that cannot be understood from the point of view that they are made of atoms acting according to the laws of physics.”

In other words, during any given day we move the energy around in our own energetic field by giving energy to those around us and by attracting energy to us from those around us. We do this by means of the thoughts we think and by interacting with others. The moment we energetically connect to someone, we move the energies around in our own aura or energy field.

Example:

When thinking of a friend who is going through a period of trial, and by thinking of them with love, we connect with them on the energetic level and send them love. In doing so we are raising our own vibrations (because we are thinking thoughts of love) and help them by sending them love.

The opposite is also true – whenever we are upset with someone and are thinking thoughts of negativity of them, we connect to them on the energetic level and will exchange energies as a result. By thinking negative thoughts of them it will not only affect us but also them on an energetic level. In other words, it does not matter what we think of someone, by doing so our energies connect to theirs and as a result will flow to them.

By connecting to others we form energetic cords and if we do not cut those regularly it can grow into thick cords that can syphon/drain our energies. Negative etheric cords can cause us a lot of harm in our bodies as it is a means of draining us of energy, and sending harmful energy towards us.

Below are two pictures. Figure 1 is a **representation** of a healthy cord between two people while figure 2 is a **representation** of an unhealthy cord between two people.

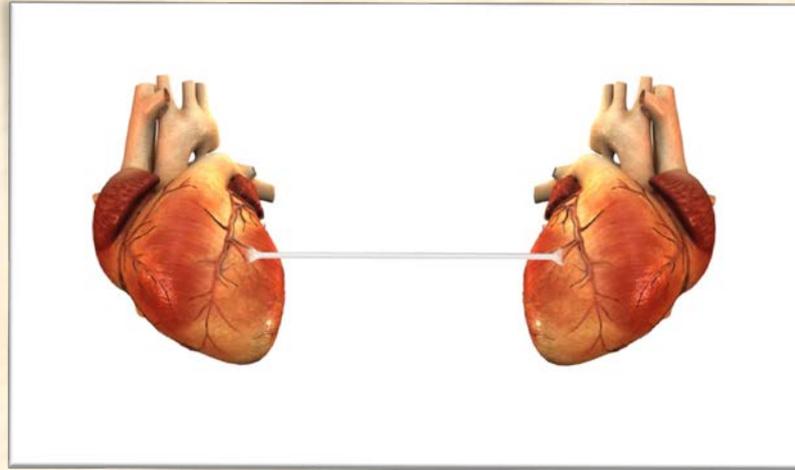


Fig.1 A healthy etheric cord from one person to another person

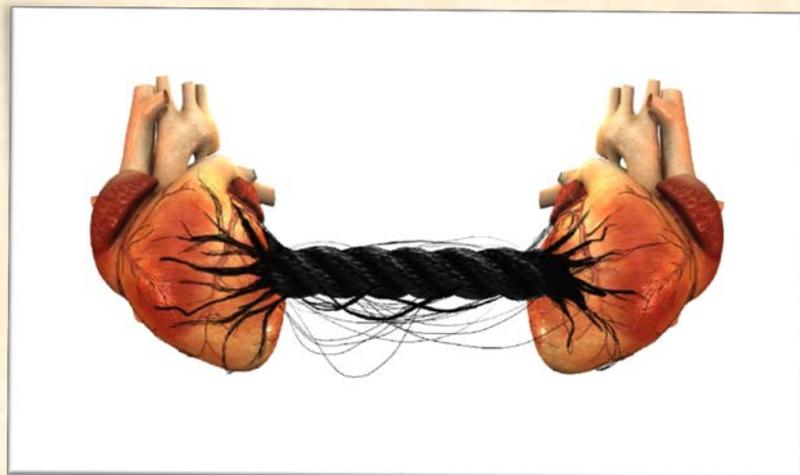


Fig.2 An unhealthy etheric cord from one person to another person can drain energy

The Aura

Every one of us is surrounded by an electro-magnetic field of energy called an aura. Today we know much more about the aura than previously. We now know the aura holds a record of everything we have ever thought and experienced through-out our consecutive lifetimes.

Our bodies consist of seven layers, the physical body and six energetic layers. Each layer corresponds to a chakra; which is an energy centre where energy is dense and connected to the physical body via the spine. The chakras play a vast role in our body's energetic health, as well as our physical body's health. Our entire body, energetic field and chakras work together as one in a truly ingenious manner.

The chakras are concentrated points of energy in the aura, extending from the physical body and which are connected to the spine. In the ancient Sanskrit language they describe chakras as swirling wheels of energy. This is rather an accurate description as the chakras are continually bringing energy from the aura, and vice versa, to the body in a swirling, turning motion. Sometimes energetic blockages in our chakras may cause it to become sluggish or stop working all together, in which case the organs next to the chakra will suffer from insufficient energy. The organs in the body need a constant flow of energy in order to work properly and to full capability.

Things that can affect our energetic health are Illnesses, DNA, and Cellular memory. We are also in constant contact with those around us and our environment which can affect our energetic health. Every place we frequent holds its own energy which was collected from all the people who lived and frequented there, the things that happened there and the energy of the area. Our Universe comprises energy and as such energy is everywhere. Each individual and every 'thing' has its own personal energetic imprint.

-The aura protects us from the energies around us by screening harmful energies, as well as connects us to the energies around us.

-The aura channels the energies to the chakras which then further process the information.

-The aura also sends signals into your environment which communicates information about you and then attracts a specific type of energy towards you.

In order for the aura to be able to record energetic imprints it needs to be able to sense energy. It is constantly sensing and analysing the energy we come into contact with. Sometimes we meet a person we immediately feel uneasy with. This is not necessarily a “good” or a “bad” thing. What it means for us on an energetic level is that our energy is incompatible with that person. We tend to only interact with those people we feel comfortable with, meaning there is an energetic compatibility.

For example, look at different cultural groups, clans, divisions and types. We don't have to look very far to see perhaps the most pronounced example of how energy groups people together: music. People who predominantly listen to Hip-Hop music do not usually mingle with those who listen predominantly to classical music or opera. It is quite likely that the one group will not be able to get along with the other for the simple reason that the two types of music do not have the same energy and therefore do not resonate with each another. The energy we find in classical music is ageless and will probably still be around for hundreds of years to come while the Hip-Hop genre is based on the latest fad and trend, what is cool 'now'. Therefore by definition Hip-Hop will not stand the test of time since intrinsically it is built on being fleeting.

Another example would be to simply compare the energetic differences of a soldier to that of a healer. They are as incompatible as honey and fish-paste on rye.

People who live on farms and rural areas will have much larger auras by default than city dwelling people. The reason for this being that those who are surrounded by lots of people in close vicinity to others will retract their own auras as a measure of protection. It is not sensible for us to have an energetic field that spreads over a large distance when we live in close proximity to others as we will constantly pick up on everything that goes on around us. To protect us from energetic overload regarding picking up on other's feelings and emotions, we learned as a species to make the aura smaller by contracting it.

The aura is a living energetic field sending out energy and receiving energetic imprints from all around us. Some people are highly sensitive to energy and are called Empaths.

Who are the Empaths?

Empaths are people who can feel the emotions and feelings of those around them.

Because of this they are especially prone to picking up the energies of others or the energies of places they frequent. As a result it is very important for them to cleanse and clear their own energetic fields on a regular basis. If Empaths do not cleanse and clear their energetic fields (or auras), they stand a chance of becoming overburdened or seriously ill from carrying negative vibrations and dark energies in their aura. This in turn will make them prone to psychic attack.



Fig. 3 Representation of an Empath with a cloudy, unclean aura



Fig. 4 Representation of an Empath with a clean, clear aura

What is Psychic Attack?

Psychic attack comes in many forms but it basically boils down to sending malicious energy towards another person in order to hurt them, hooking into their energetic field in order to drain them from energy or to attack a person with dark energy in order to harm them.

Unfortunately psychic attack is not always consciously done, but often times sub-consciously. This means that we should always be conscious about what kind of energy we are sending towards others. If we become aware of sending lower vibrating energy towards another, we can choose to instead bless them with love and to transmute any negativity we might have sent towards them into love.



Fig.5 Psychic attack can resemble etheric daggers and other sharp objects

The different types of Energetic attack

Not all forms of energetic attack or psychic attack are conscious. Sometimes it is done without our being conscious that we are doing so. When we become conscious of the way that energy works, and how it connects all of us, then we can take care to not abuse others by way of energetic attack.

○ **Thought Forms**

A thought form is a mass of dense, low vibration thought-energy that is created when individual negative thoughts combine to form a 'ball'. These thought forms can be created by others and directed to someone else, or it can be created by the self. Thought forms are created when someone is continually /persistently thinking negative thoughts, of worry and anxiety on persistent levels. If there are a lot of these negative thought-forms collected in an aura (or energetic field) this can bring down the entire energetic vibration of the person. This in turn will bring in more negative energy to a person.

If we stress about a certain area in our physical body or have a fear of achieving a goal, then we will create thought forms in our body. For instance, if a lot of people in a family have cancer of the throat then incessant worry by the family members in such a family about this will cause blocks and later still, thought forms in the throat area. This in turn will block the energy flow to the throat area and in time this will cause illness in the throat area. In other words worrying about also getting cancer, will have been created by the self as a result of persistently worrying about it.

Another example of how thought forms can affect us is when someone else is creating it for us. Sometimes we have people in our lives who worry about us excessively. As we have seen before, excessive worry can create thought forms and can reach us by means of the cords we share with others. If one's mother keeps worrying that one will have an accident at some time, her worrying about this might actually create a thought form in one's energetic body that causes one to attract such an accident into one's life.

We cannot help what other people think about us or what they send to us on an energetic level but we can learn to take care of our energetic bodies by practicing regular clearing, cleansing and shielding. We can also begin to send thoughts of love to all those with whom we have energetic incompatibilities with.

○ **Etheric Cords**

We form Etheric cords with those we love and with those people with whom we come into contact. In other words, Etheric cords can go to and from anyone and not only to those people we love. Etheric cords can only be sensed and not seen with the physical eyes as they exist on the etheric plain. People who are able to see etheric cords do so with their inner eye. These cords are a channel for energy to run between two people and when sensed with our inner eye, looks like surgical tubes that run from one person to another.

Another person can send negative energy to us from the other end of the cord, causing us to feel physical pain or sadness without us being able to pin-point why we are experiencing

it. Sometimes these etheric cords become thick and unhealthy. When this is the case, we may become drained on an energetic level, or even become ill. Like in the case of thought forms, it is possible to receive energy through the cord, or send energy to someone else.

We can also receive another person's anger or ill thoughts towards us via the etheric cords we form. If we do not regularly cut our negative cords to others, this may be very harmful to us and also to them. It is really important for us to cut our cords after we give healing or counselling to someone, or when we become aware of someone draining our energy. In the case of healers, care should be taken after each healing session to cut cords with the client as without doing so the client may continually drain the energy of the healer and become dependent on them. This is one way co-dependent relationships are formed.

○ **Etheric energy balls, needles, knives and daggers**

We should take great care of how and what we think about other people. Sometimes when we are angry at someone else we may unwittingly (or even consciously) send negative energy their way. Someone who is good at manifesting, or has a background in the magical arts, can send very powerful energetic attack to someone. This energy may take the form of fire balls, knives, daggers or needles. Very important to know is that when we get upset, angry or disappointed in ourselves, we can also send psychic attack in the form of the above mentioned shapes to ourselves.

Whenever I become aware of sending harsh energy towards someone as a result of being upset or angry, I immediately imagine the energy that hits them to be in the form of pink clouds. Not only does this help protect the other person against a potentially harsh psychic attack, but it also helps me change my energy. Sending love towards someone else will help heal any situation while sending harsh or sharp energy towards them will undoubtedly make any situation worse.

Harsh energy sent while angry at someone can take the form of a dagger or other sharp instrument and can physically hurt the person on the receiving end. I have seen someone with so many psychic daggers in the back that it was affecting their posture and health. They were complaining about pain in the back even though there was no physical evidence of anything being wrong with their back. When I began asking her about her life I quickly realized that she was surrounded by jealous friends who were sending her energetic attack

○ **Curses, hexes, spells, ill wishing, slander and gossip**

All conscious energetic attack is a double edged sword. By sending energetic attack to someone else, we will receive the same energy back to us. Previously we looked at how there are two types of energetic vibrations – the one is positive and the other one repulsive. This category of energetic attack falls into the repulsive energy group. This means that whenever we send out conscious negativity to another person, it will affect us badly on some level in our own lives.

- a) We will receive the same energy back that we are sending out;
- b) As we are not vibrating on a level of love, we will repel all those who come from a place of love;

- c) We will harm our own energetic field by what we are sending out;
- d) We might become depressed; and
- e) We may even become ill from what is sent towards us by others as a result of our own lowered vibratory state.

Receiving energetic attack by means of one of the above-mentioned actions can be especially draining. Spells, hexes and curses, ill wishing, slander and gossip has an unmistakably low vibration. It will make you feel like crying all the time, bring in a depressed state, can make you feel ill and completely drained of energy. You will also experience a feeling of being watched, of not being alone, and a feeling of dread that you are unable to pin-point. The particularly low vibration of this category of attack makes it a very severe type of attack. Not only are we sending attack to another, but we are also inviting in all kinds of astral entities to help bring about the worst possible outcome to our target. This kind of energetic attack is a conscious attack and it goes against the free will of the other party. Any spell, hex or curse we perform with the inherent intension to harm another person, is called black magic.

○ **Verbal abuse**

Any dis-empowering verbal abuse coming from someone else, especially done in front of other people is a form of energetic attack. Anyone who does this to someone else does so with the intension to make the target feel powerless and exposed. This kind of attack can cause serious damage; it shatters the aura of the target and as a result the attacker is free to put his hooks into the damaged energetic field and drain energy from it.

○ **Physical abuse**

Physical abuse is done to break down the target physically and to bring fear and a feeling of helplessness to the target. Whenever we feel fear we empower the person we fear and our energy goes to them.



Fig. 6 Physical abuse is a form of psychic attack

Causes of energetic attack

Energetic attack is a very serious matter, more serious than we might think. It is responsible for various conditions and situations in our lives that at first glance appear to have nothing to do with it.

Energetic attack or Psychic attack can be recognized by particular characteristics. There are some characteristics that can be pointed out, that make a person more prone to psychic attack than others.

Weakened auras will attract psychic attack as will heightened states of consciousness (for instance meditation), when the aura is unprotected. Our auras weaken when we are over-stressed, over-worked, not looking after our energetic bodies in the most basic form of shielding and clearing, and when we have lots of cords from other people. Our auras are also weakened after surgeries, accidents, severe emotional or prolonged emotional states and being around abusive people;

Constant depression lowers your vibrational level and this will be an open invitation for astral entities to latch onto you and hitch an energetic ride. The most damaging part of being in a prolonged state of depression is that a depressed person often times does not want to change anything in their life. They most often enter a state of numbness and even when the possibility of psychic attack comes up, they will not have the will to do anything about it;

Illness is another energetic state that can dramatically lower one's vibratory level and open a person up to psychic attack. Extra care should be taken to clear, clean and shield the energetic body when one falls ill. Operation scars are included into this category, as when we are under the knife the doctor will inevitably cut through the layers of the aura in order to be able to eventually cut through the skin and operate where necessary. This means that energy seepage will continue at the wound until the aura has repaired itself (in the case of someone who is not aware of the benefits of energy healing or Reiki). Lower vibrating astral entities love the stagnancy of dead or ill energy and the room where one sleeps, therefore one's home should be kept cleared from lower vibrations and protected at all times;

Heightened emotional states, for instance a death in the family or a break-up with a partner. When one's emotions are heightened it is often not easy to think clearly. There might be feelings of helplessness and there will be an urgent need to find answers to what is happening in one's life. There is often a disconnect to the self and a continual search outside of the self.

There is another reason someone might become a target for psychic attack. Not many people know that psychic attack can be done by mortal people as well as astral entities. When we read angelic books and we meditate on light, we attract angelic beings to us as our vibrations are higher at such times. Angelic beings and the higher beings of light are here to help us grow as persons and help us raise our vibrations even higher.

The same goes for the **lower vibratory beings** – we attract them whenever we tread on their ground. If we for instance dabble in the occult and do hurtful things to others, we will attract darker entities as a result of lowered vibrations. If we are addicted to pornography, if we carry a gun with the intent to harm others (for instance gang members) and when we drink excessively, with our lowered vibrations we will attract all kinds of malevolent astral entities and the darker beings. Other ways of picking up entities are frequenting cemeteries, haunted houses and playing with Ouija boards.

Protection of the energetic field is very important, especially when any of the above is true for us. When we are not in charge of our personal energetic health, someone or something else will come in and take charge of it. Therefore, each one of us needs to be vigilant and be mindful of protecting our own energetic fields at all times.

Effects of energetic attack

Some of the effects of energetic attack are as follow:

Anxiety

Anxiety is almost always connected to someone who is under energetic attack. This anxiety stems from a feeling of complete helplessness and disconnectedness to the self. It is always easier for an attacker to get a hand in when we are not in our own power. Someone who is already not in control of their life will have great difficulty in understanding what is happening to them when they are undergoing such an attack.

Nightmares

The target may have nightmares or unsettling dreams that feels ‘real’. These dreams are normally fear-based and the target may feel that they need to escape a situation, or survive something. These dreams almost always feels very real and may include people who look familiar but feels different from who they are supposed to be.

A diminished ability to cope with stress or emotional problems

The target will have a diminished ability to deal with emotional problems or stressful situations. Together with a lowered vibratory state, this will make the target feel powerless and unable to find answers and solutions in their own life.

Feelings of being watched

They might have an overwhelming feeling that they are not alone and are being watched. This may be the case even when the target is alone in a room where the curtains are drawn and the door locked. A general feeling of unease or dread may be felt strongly.

Thoughts of being talked about

The target may at times feel like someone specific is gossiping about them with other people. This is usually a very good indication about the person who is energetically attacking the target. It is a response of the energetic body to communicate to us where our energy is going; all we have to do is listen to it.

Extreme fatigue

In the case of continual energetic attack and energy seepage we do not have sufficient energy so we feel lack-lustre and downtrodden. We may become prone to headaches and have flu-like symptoms. This is as result of someone else taking our energy from us. Our organs need sufficient energy to work properly so when we are continually drained by others imbalances are created inside the body. This causes our organs to work at a percentage of its capacity and illness may creep in. This is very serious and clearing, cleansing and shielding should be practiced on a regular basis.

Chronic pain or illness

Very often targets of energetic attack complain about feeling ill or have chronic pain in the back or over the sacral area. They seem to never get better or keep falling ill as soon as they get better. This may be from attracting other people's illnesses as an Empath and not releasing it or it may be as a result of a lack of energy to feed the organs of the body as suggested above.

Uncharacteristic behaviours

Targets may begin to express uncharacteristic behavioural patterns. They may suddenly behave in ways they didn't behave before and do things they would've never done before. When substances like drugs (prescription and non-prescription hard drugs) or alcohol is used the body's natural defences are diminished. This in turn is another invitation to anyone out there to place hooks or energetic implants into the energetic field and feed on it as a result.

Fighting or negativity

Strained relationships, an inability to get along with others, extreme anger for no apparent reason or constant discord in the house are all signs of possible Energetic attack. Continual problems with money and attracting negativity are two more possible signs.

Continual monetary problems

In the case of continual struggle and problems with money and blocked abundance, in some cases the cause may be severe psychic attack or the result of accumulated lower vibrations in the aura and body. In such cases great care should be taken to clear and shield the self.

The above are all forms of lowered vibratory states which makes it easier for entities and people to attach and seep energy. Good energetic care is the key to dealing with energetic attack. By keeping one's own energetic health clean, cleared and protected, and by cutting cords regularly energetic attack can be kept to an absolute minimum.

Exercises to help strengthen the energetic body and protect against energetic attack.

- **Grounding**

One of the best ways to develop and strengthen the aura is to be grounded. This exercise should be done in the morning, or whenever one feels out-of-sorts:

Stand barefoot on the grass, or as close as possible to a garden area. Imagine Roots growing out from the soles of your feet. These roots grow ever deeper into the soil, gently, gently, until it reaches deep with-in Mother Earth.

Deep inside Mother Earth visualise a large crystal matrix; gently envelop your roots around the crystals. You silently acknowledge Mother Earth, and thank her for all her wonderful gifts and the life she brings. You feel a surge of energy shooting up into your roots, coming from Mother Earth. You gracefully accept this wonderful gift she is bestowing onto you and you follow the energy in your mind's eye; tracking it while it goes up, up towards your feet. From there the energy fills up your legs and then the root chakra.



You follow the energy from there into your sacral chakra and all the organs in that area; you follow the energy into your solar plexus and the surrounding organs, into your heart and ever upward – into your throat – filling your entire body with this energy. You now sense the energy entering your head and brow chakra, then your crown chakra. When it reaches the top of your head, it shoots out in a big column of light, ever upward towards the Milky Way.

As you follow the energy into the Milky Way, you connect with the Source of all. You feel a gulf of love flowing into you from the top of your head. You feel your entire head fill up with love in the form of white light, then your brow and your neck area flooding your chakras with light as it goes down into your heart chakra.

As the stream of energy from Mother Earth mixes with the stream of love from the cosmos, you are grounded and connected, and ready for your day.

Fig.7 Grounding Exercise

- **Shielding**

There are various techniques one can use in order to shield oneself. Personal preference should take a front seat where any spiritual work is concerned as it is a personal experience and one should feel comfortable with the chosen techniques in order for it to work properly.

- **Shielding with Archangel Michael**

Call upon Archangel Michael and ask him to shield you in his Indigo Blue Cloak of protection. Imagine yourself being covered from head to toe in his blue cloak and know that you are safe and protected.

It is best to ask Archangel Michael to clear the energetic body as well as the physical body of all and any negativity or dark energy it might have picked up since the last shielding before any attempt to shield.

- **Forming a cocoon of light around the body**

After the grounding exercise do three nose breathings; inhale through the nose and exhale through the nose as well. Now imagine that every time you inhale your lungs are filled with a pure white light. Use your intension to make a perfectly safe and protective bubble or cocoon around you. As you exhale imagine the light forming a bubble or cocoon around your body. As the light fills your bubble you notice the colour changing into a beautiful soft blue, becoming ever denser the more your bubble fills up with light.

You see your bubble or cocoon filling up all around you – on top, at the bottom, left of you, right of you, in front of you and also behind you. When your bubble or cocoon is completely filled with blue light, use your intension to harden the sides of the bubble or cocoon as extra protection. It should last around 4 hours before you will have to use another method to shield yourself, or repeat this method of shielding.



Fig.8 How to create a calming, protective bubble

- **Smudging the aura to remove dense energy**

Clearing the Aura by burning herbs is called smudging. It is an ancient tradition still used by the Native American Indians to date. Today people all over the world are using this technique to do house clearings as well as aura clearings.

To clear the aura one can either use herbs bound into a bunch (called a smudge stick) or one can use loose herbs like sage to burn. Various herbs can be used for the purpose of smudging, for instance Sage, Lavender, Cedar, and Cypress.

Firstly, light the smudge stick and keep a heat resistant bowl or container close by. Call on the angels to assist in the clearing. Whether you are smudging yourself or somebody else, remember to state your intension for the smudging.

You may say something like: *“sacred sage, drive away all negativity from my being; take away everything unworthy and impure and which does not serve my highest good.”*

Move the smudge stick, or fan the herbs over the heart area and visualize the smoke clearing away all negativity. Then move on to the head area and clear the crown. Next move on to smudge each arm and hand - especially the palms of the hands. From there move over the front of the body, ending with the feet.

Now move over the back of the body with the smudge stick or herbs and remember to use your intension to clear the rest of the body. When you have finished clearing the aura, remember to thank the angels and your smudge stick or herbs for assisting in your clearing.

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