

Energy Protection

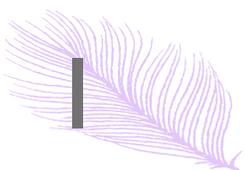
White Light and Rainbow Light

One of the most important aspects of spiritual protection is "white light" protection. It's very simple to do, and maybe you've even read about it or done it without knowing it. It's very effective at removing and preventing negative energy from harming you.

To do this, just visualize a ball of brilliant white light completely surrounding you, from head to toe. Really focus on seeing it clearly in your mind, and keep building it up so it's SUPER bright and glowing. See it as a solid barrier of protection that negativity cannot cross.

If you wish, you can also say a prayer of protection while doing this. You don't have to get fancy with the wording. Say something like, "Michael, please surround me with a ball of powerful, brilliant white light or rainbow light. Send the Archangels to protect me from all harm, and please send my Guardian Angels and Spirit Guides to guide me, guard me and keep away all negative influences."

You can do this for yourself, loved ones, pets, even your house and car! Before traveling anywhere, you can visualize this white light surrounding your car, and the occupants of the car. At night before you go to bed, visualize the white light completely surrounding your house and your family, preventing any harmful energies from entering. This should be done frequently, whether you feel threatened or not. Over time, this builds up a strong shield of protection that is with you always. And just keep reinforcing it, day after day. It's best to do this in the morning and again at night before bed, but it can be done as many times as you want, any time of day.



Shielding and Psychic Protection

White Light: Good for protection against crime or physical attack. Invokes additional angels around you.

Pink Light: The pink shield protects against negativity. Helpful in situations where you're around negative minded, complaining, or gossipy people, as only love can permeate a pink shield.

Green light: A physical healing shield. Use the green shield for someone who's injured or ill.

Purple light: Psychic protection. Shields against psychic attack and entities.

Lead shield: The ultimate shield against negativity whenever a battle is anticipated or you're feeling extra vulnerable or open. See or feel yourself completely surrounded by light weight lead metal, which nothing can penetrate.

Triple shield: Pick three or more of the colors and layer them on top of yourself for complete protection.

Copy from Doreen Virtue, 'Angel Medicine'

What Cindy Smith has been guided to use and I practice as well:

Rainbow Shield: Ask to have all colors of the rainbow to be placed around your Aura. Whatever color is needed at any given moment in time the angels place stronger.

Guided to ask Archangel Michael to add an energy vacuum to the shield to remove any negative energy to be transmuted into the light.

