

Psychic Shielding

Find yourself in a comfortable position, with your back supported, & begin breathing deeply, focusing on your breath & releasing any tension, anxiety, coming into the present moment. Eyes closed, begin to visualize a ball of white light floating above you, focus on the ball of energy, feelings it's qualities of pure love & peace. Now let the white light begin to flow down, entering through your crown. Watch this white light travel, & fill, each part of your body until it reaches your fingertips & toes. Again, focus on the beautiful, clear, white energy & feel it now flowing through your body. Hold onto the visualization, & feeling, of this peaceful & loving white energy filling your body. Watch this white light energy begin to expand just an inch out from your body, then 2 inches. Watch this energy grow & expand until it expands 6 feet in every direction into a perfect circle around. Hold this visualization, hold this feeling for several minutes, then say, out loud if possible, 'The boundaries of my aura shall be strong & healthy, repelling all unwanted energy while remaining open to positive & healing energy. Safe within these boundaries nothing can harm me. So mote it be, and it is so.' Let the image dissipate and slowly return back to the room & outside world knowing you are fully protected.

Cleansing Energy

Imagine your ethereal body, like a ghost in a movie, you're body is see-through. Imagine yourself lying in a river, water flowing through you, entering through the top of your head, & exiting from the feet. As the water flowing in, it catches all negative energies, clearing as it moves through & eventually flows out, taking the negative energy with it. Allow the water to continue flowing through, feeling the cleansing waters, until you feel clear & complete.