



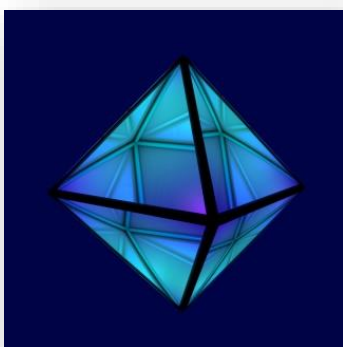
Energetic Protection is especially important for sensitive people and empaths. These sensitive souls are especially susceptible to absorbing negative energy and to entity attachment. A daily cleansing and protection ritual is recommended to keep an energetic balance throughout the day.

Daily Protection Exercise

Connect to your breathe, breathing deeply, see a column of white light above your head that stretches up into the sky through the universe to the source of all creation. Witness that white light coming in through like a tunnel to the top of your head. See a white lotus flower at the top of your head... and breathe white light in from the tunnel through the flower into your body ... allow it to clear out any energies that are not of unconditional love until it reaches your feet.

Now see there are two taps at the bottom of your feet and allow the light from the column above to clear anything within you that needs clearing to exit through the bottom of your feet into mother earth. Breathe in white light from the column above to create five-pointed star (one point at top with 2 at the bottom) See that it is connecting your solar plexus (power centre) to your sacral (creation centre) and push white light out of the five points until they fill up your entire body and then around your body.

Next breathe in white light into your heart and project pink light out from your heart and allow that pink light to fill up your entire body and then outside your body into a pink egg. Next ...breathe in white light from the column above into your third eye and project violet light from your third eye and push that out also pushing out any energy is not of unconditional love out of your energy field is filling up your entire body with beautiful purple violet light and extending that purple violet light outside into the egg shape extending just a little bit past the pink layer of the egg.



Octahedron

Then create a violet flame that flickers outside of your body extending out past the egg shape of pink and violet light. Next create a golden grid around the egg shape followed by a platinum grid or mesh. Next create a ring of fire around that, a ring of ice, then another ring of fire.

Finally, outside of these layers see yourself in a Golden Octahedron shape.

Say out loud: "I am unconditional light, I am unconditional love, I am protected"