

SPIRITUAL PROTECTION 101

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It's important that you learn how to protect your vibes and ensure that you are working from the space of love. Spiritual protection, or psychic protection, is about creating a positive atmosphere around you so that you can align yourself with the highest vibration possible and safely face your fears, knowing that you have support with you at all times.

Spiritual protection is about claiming your space and remembering your wholeness. It's about welcoming divine energy into your energy field so that you ultimately don't take on any unwanted energy from people you love, people you work with, environments you're exposed to, or even worldly disasters that you've read about in the paper or seen on the news.

Spiritual protection is when you declare that you aren't going to take on the heaviness of a situation so that you can work with your own incredible light. When you do this, you clear any fear-based shields you have and create new ones that are formed purely from divine love.

"Spiritual protection is about claiming your space and remembering your wholeness."

WEIRD VIBES ARE NOT YOUR RESPONSIBILITY

What you are protecting yourself from isn't usually some dark force, but energy that may drain you or leave you with unnecessary baggage.

Have you ever walked into a workplace and felt intense anxiety come over you? Or walked into a room and known that someone there isn't in a good mood? Or gone to a hotel for the weekend with a loved one and got the feeling that something strange once happened there? Or had a conversation and walked away feeling the other person had sucked the soul right out of you?

That's what you want to protect yourself from — weird vibes that are not your responsibility. Weird vibes that stop you from fulfilling your purpose. Even weird vibes that you can help with, but don't have to be affected by.

Having said all this, I often still forget to protect my energy and find myself in situations that feel draining. What I do then is politely say, "Can you please excuse me for a moment? I really need to go to the bathroom." Off to the bathroom I go. I lock myself in a stall, summon my spiritual protection, and go back feeling safe and energized.

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Here's the most up-to-date, four-step spiritual protection process that actually works. It will create an armor of light around you. I based this process on a daily skincare routine. You know the one: The cleanser gets rid of all the muck and grime, exfoliating helps to remove anything no longer needed from the surrounding area, the toner firms up the skin, and the moisturizer locks in all of the goodness. You can do exactly the same with your energy.

EXERCISE: CLEANSE, EXFOLIATE, TONE, MOISTURIZE

CLEANSE

First you need to cleanse your energy of any leftover vibes that aren't serving you or anything that's hooked on or attached to you from a challenging conversation, place, or person. There are a couple of ways to do it:

- You can imagine sacred fire energy coming from Mother Earth and burning away any unwanted energy that is attached to you. As it touches the fear-based energy, it transforms it from fear to love.
- You can ask Archangel Michael and the angels to cut the cords of energy that are holding you back or are attached to your energy field by saying a prayer:

Thank you, Archangel Michael and angels, for cutting the cords that bind me to people, places, energy, situations, and any other stuff I no longer need. It feels so good to know you are here. I am safe and free!

EXFOLIATE

Exfoliating is all about clearing away any dirt or debris surrounding the area. In this case, once you've removed any lower vibrations or negative cords that are binding you, it's then important to invite the angels to clear the space surrounding you.

Archangel Metatron is dedicated to helping you remove lower vibrations. He works with sacred geometry to shift harsh, stagnant energies or lower vibrations. You can call upon him to use his magenta light to clear your space and the space around you with the following prayer:

Thank you, Archangel Metatron and angels of sacred geometry, for clearing the energetic space that surrounds me. Thank you for removing any lower vibrations, blockages, stagnancies, or anything else that could be standing in the way of love. I welcome in your support as you transmute and transform the energy around me. And so it is.

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TONE

Toning is all about firming up the goodness that is already there. When it comes to toning your energy, it's about focusing on an aspect of your present positivity, or harnessing a blessing, or choosing to remember your current state of goodness.

Claim your wholeness by declaring that you are completely in control of your body because it's the vehicle of your soul. You can say this in your own words, but make sure you are speaking in the present tense and really putting your foot down.

Let the universe and your guides bear witness to the incredible inner strength that you were born with. My favorite declaration is powerful, simple, and effective:

I am the keeper of my mind and body.
Wherever love is present, fear is a stranger.
Love is here!

When I say, "Love is here," I tap my heart three times, so I can feel a physical response to what I really know deep within me.

MOISTURIZE

When you are moisturizing your energy, you are essentially putting on a coating that you know is going to lock in the goodness. This is the step that everyone knows from books and healing modality trainings, but it won't be as effective unless the previous steps have been taken. There are a few ways to do it:

- You can declare that there is an armor of the holiest light surrounding your whole body and being, extending 10–20 feet (three to six meters) in each direction.
- Imagine a cloak of light in the color of your choice swirling all over your body or imagine yourself in a suit of shining armor from head to toe. Again, make sure that the protective light you create radiates out about 10–20 feet beyond your body in every direction. Really bring that into your vision and intention.
- Call on your guides and thank them for protecting you and the energy that surrounds you.

And that's the best way to keep your energy strong and clear!