

## HOW TO PROTECT YOUR ENERGY FIELD

TheresaCrabtree.com

Similar to an eggshell, your body is surrounded by an energy field commonly called the aura or the soul. The soul is comprised of the mind, emotions and will. The mind can become weakened as a result of taking on false beliefs, substance abuse, etc. This can lead to making choices that are not in one's best interest. The emotions are affected as a reaction to life stressors. Unforgiveness, unhealthy soul ties and unresolved emotional trauma can weaken one's energy field. Unkind words spoken to oneself, to others and from others also affect one's energy field. Willful choices that are ungodly and unhealthy also weaken the soul.

When you remain in a state of peace, love and gratitude, these high vibrational energies help protect you from outside interference. Re-energizing your soul every day will help to filter out negative energies. It will also help to stop negativity purposely directed at you by humans and beings from other realms (their emotional outbursts, curses, spells, thought projections, etc.).

The following is a simple and effective method to keep your energy field strong. Invite Divine Love / Holy Spirit to flow into your aura, fully encasing you like an eggshell. You can visualize this as bright golden white light. You can create this shield through mental thought, however, the spoken word is more powerful. Then state and feel the following intentions.

1. Shield my energy field in such a way as to prevent negative thoughts, energies and entities from entering.
2. Allow any negative thoughts, emotions and energies emanating or generating within my energy field to release from my body and energy fields.
3. Allow love and light to flow freely in and out of my soul.
4. Please fill my soul with the golden white light of Divine Love. Thank you.

The intentions you set are like a battery. It will leak energy and needs to be recharged from time to time. Do not get obsessed with protecting yourself. Instead, keep your focus on strengthening your connection with your Creator and increasing love, compassion, kindness and gratitude toward yourself and others.

This shield is just one method of increasing your energy and strengthening your soul. Be creative, follow your intuition and diligently do your "inner work" to release what no longer serves you.

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### ADDITIONAL SHIELD

The following is an additional shield you can use under the following or similar circumstances.

- \* You often feel harassed or under attack in your dreams.
- \* You are in an ongoing conflict with someone who may be sending you angry or malicious thoughts, especially if there is a court battle, recent breakup, custody issues, etc.
- \* You constantly feel under attack by outside forces (human or other dimensional) touching you, projecting thoughts or harassing you in any manner.
- \* You have the belief that someone has cursed you or other types of black magic directed at you.

Know that you have complete sovereignty and all of these issues can be dealt with through awareness, love and forgiveness. Until you realize this and raise yourself to a higher vibration of love, the following is an extra shield you can use.

Use the same method above, however, this time visualize the eggshell as being a seamless mirror that reflects outward. State the intention that any non-beneficial energy directed at you by any being, human or otherwise, is reflected directly back to the sender, without affecting you.