



PROTECTION OF YOUR ENERGY FIELD

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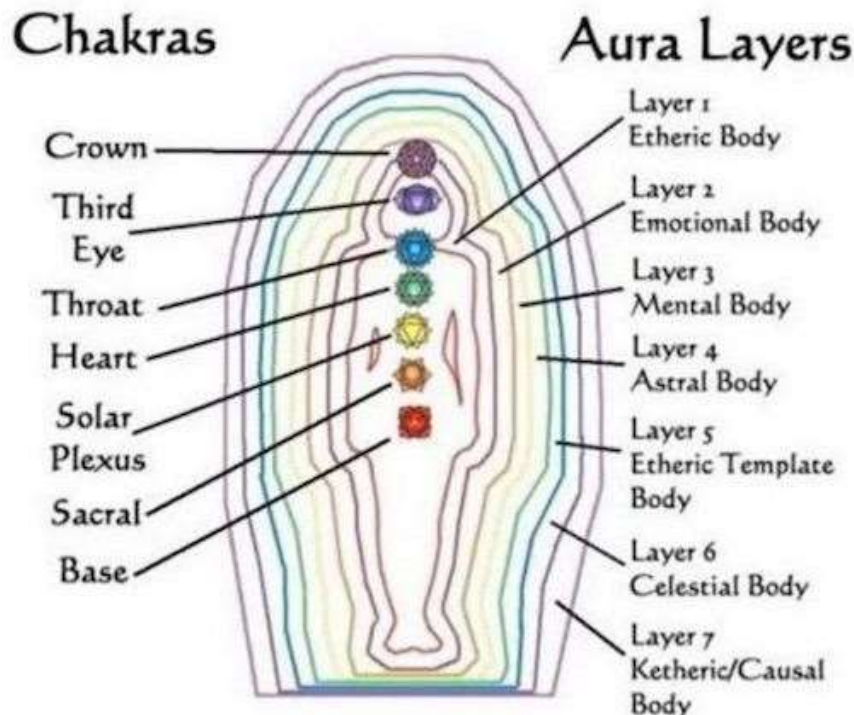
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Just as our clothing protects us from the elements like wind and rain our aura performs the same function on a spiritual basis. The human aura is an electromagnetic field which surrounds our physical body and functions through a range of vibrating energy frequencies. Whilst the topic could be discussed at length, for the purpose of understanding psychic protection, it is sufficient to say that to protect ourselves from unseen psychic energies which exist in the universe the human aura is essentially our shield and our first line of defence.

When the aura is working at its best it gives us adequate protection. However, should the aura become weakened then we become susceptible to an attack from negative energies that exist beyond the physical dimension of time and space which science, as yet, are unable to explain.

Below you can see the energy centres within the body referred to as chakras. Around our body is effectively a bubble and this is known as your aura. Within your aura are auric layers and each layer is linked to each chakra.



What affects auras negatively?

The aura can be weakened by unhealthy lifestyle choices or by circumstances:

- Emotional stress places a significant burden upon the immune system and this may cause the physical body to deteriorate. Negative emotions (such as fear, guilt, greed, hate and resentment), if experienced strongly, may cause perforations in your auric field.
- The use of drugs (including some strong prescription medication) effectively opens your etheric body to other dimensions.
- Excessive smoking and drinking alcohol can effectively shrink your aura.
- Generally speaking the poorer the health of the person the weaker their aura and the more diminished the auric protection provided.
- If you are bereaved you may inadvertently be clinging onto the deceased person and similarly deceased people may try to remain within your energy field rather than going to the light.
- Should you require surgery in hospital which involves full anaesthetic this may alter your etheric protection and cause perforations within the aura. Whilst surgery is in-progress your spiritual body can be 'opened up' leading you to become susceptible to different forms of psychic attack.

- When you learn to 'open up' your intuition (e.g. which can be during meditation, counselling, spiritual development, self-hypnosis and healing) you may not protect yourself sufficiently and failure to do so may result in your aura being open or exposed which potentially makes you vulnerable.
- Some people are even born with a 'leaky' aura (gaps in the energy field that surrounds and protects the body). A leaky aura can be like a sieve allowing emotions, energy or mental influences to pass into or be drawn out of a person's energy without that person being aware of it.

Generally, people will know instinctively when they need protection as they may feel uneasy, wrong inside or even invaded.

When we are feeling strong emotions we are more likely to need greater protection. For example when people are tired, angry, depressed, tearful or fearful we are much more likely to be vulnerable to our aura being exposed.

There are times when it is appropriate for your chakras to be open and other times when they should be closed. The essential lesson in protection is that you need to monitor and control the opening and closing of your chakras so that they are under your conscious direction whenever you choose to do so. You need to understand the appropriateness of your chakras being open or closed in any given situation.

Steps you can take to increase protection of your energy:

Essentially maintaining a healthy lifestyle that works in harmony with your body including:-

- Drinking plenty of clear fresh water.
- Eating a healthy diet with all the colours of the rainbow being eaten daily. Plant based is best.
- Exercising regularly which opens your airways, promotes the oxygen flow within your blood and helps to repair on a cellular level.
- Become more aware of your thoughts, allowing any negative/unhelpful thoughts to 'float away' and focussing on ways to increase your positive thoughts.

- Incorporating the use of sea salt into your daily routines removes negative energy from your aura (both bathing in salt baths and using salt shower gels). Water is the vehicle of purification and salt, is a crystalline substance, which represents the earth. When running the bath or taking a shower have the intention of purifying your aura. Dependent upon your religious beliefs you may wish to say a prayer too to use the bath to cleanse and protect your aura. Ensure that you put clean bedclothes regularly as residual energy can transfer.
- Reiki and Spiritual Healing are both excellent methods of repairing the aura and rebalancing the energy bodies. An experienced healer will be able to draw out any negative energies, repair any 'holes' in the aura and eliminate anything that is not in your best interest. Learning self-healing on a Reiki course is an effective way to enable you to give yourself healing on a daily basis therefore improving your wellbeing regularly as well as strengthening your aura.
- When you wake up place your feet on the floor and imagine roots coming out from the soles of your feet going deep into Mother Earth. You can also image a strong cord coming from your base chakra, with a heavy anchor attached, dropping deep into Mother Earth, going down through the cleansing waters and crystalline structures. Then imagine a beam of white healing energy entering through the top of your head filling your body and aura. You can repeat this throughout your day as you feel necessary and again before going to bed. For additional safety, when imagining your white aura, you might wish to also imagine that you have a samurai sword and cut anything that does not belong from around your aura.
- Walking barefoot on grass/earth is very beneficial as the negativity will leave your body through your feet and go into the earth. Alternatively touching the bark of a tree with your hand will enable any negativity in your body to be absorbed by the tree.
- If you meditate or do any healing work ensure that you:-
 - Create a bubble around you and imagine roots from the soles of your feet going into the earth.
 - Ask for protection from your Doorkeeper/Spirit Guide.

- Ask your Doorkeeper/Spirit Guide to confirm who they are 3 times (either by name or a sign). If they do not tell them to leave as they may be an imposter.
 - Then ask your Doorkeeper/Spirit Guide to accept your gift of light and ensure they confirm that they will accept it. If not ask for them to leave.
 - Then ask your Spirit Guide to remove any intruders or imposters and take them to the light.
 - Ask for any interdimensional portals to be closed.
 - Carry out your session safe in the knowledge that you are protected.
 - When you finish give thanks to your team and desensitise your chakras, give thanks for the learning and close the session.
- When travelling or in busy areas you may wish to strengthen the protection around your aura e.g. imagine mirrors around your bubble reflecting away any negativity or imagine wearing a space suit which protects your energy body completely.
 - Imagine bubbles around other people too – visualise white or pink. You can do this too when someone is projecting negativity towards you as it helps with the situation. If you feel that negativity is being projected towards you in addition to protecting your bubble put mirrors around you too to reflect back any negativity to the sender.
 - When returning home take your shoes and outdoor clothes off and place them in a specific area so that the energy does not transfer into your living space. Do not place handbags onto tables or beds as all the energy you have come into contact with during the day can transfer.
 - It is very important to desensitise/close your chakras before going to sleep. You can visualise white light passing through your body, cleansing it and just allow any thoughts, especially those that do not belong to you, to simply float away. You might like to think of your chakras as having shutters on which you can open and close at your request.
 - Consider the layout of your bedroom and ensure:
 - Your bed faces the door.

- That you cannot see yourself in any mirror whilst you are in bed (if you do it is likely that you will suffer insomnia and disturbed sleep as it weakens physical energy and creates disharmony in the subtle energy bodies). In the event that you astral travel during sleep the presence of a mirror may cause confusion as you attempt to return to your body.
- Launder your clothes regularly to remove energy. If you are in a very toxic environment you can transfer the energy by continuing to wear those clothes e.g. when you get home.
- If you purchase items second hand (e.g. clothes or other items) ensure you clean them appropriately to remove any energy. Salt can be used for this purpose as it will absorb negative energy. Dispose of any used salt in the bin and do not consume it.
- If you feel uncomfortable at any time or feel that someone is depleting your energy (e.g. a needy friend or stranger) place your non dominant hand on your solar plexus chakra (upper abdomen) with both elbows at your sides to prevent any intrusion. Alternatively you could place one hand on top of the other hand at your solar plexus. Remember your solar plexus is considered to be the most vulnerable chakra so keep it well protected.
- If you are in an interview situation or meeting someone and you feel overwhelmed just imagine that there is a plate of glass in between you. This enables you to see and hear but not feel the negative energy.
- If anyone tries to dominate you by staring intently at you do not return the stare. Simply focus on the spot above the base of their nose instead.
- Placing a bowl of water in your space will absorb any negative energy. You can make this more attractive by placing some stones or crystals in it. The water should be changed at least daily. Alternatively having a small fountain in your space will help to remove negative energy.
- Be mindful of clutter accumulating in your living space as it effects the energy around you. Decluttering feels really good on both a physical and energetic level.

- Having plants in your living area can improve the energy:
 - spider plant absorbs negative energy
 - cereus peruvianus cactus absorbs electro-magnetic radiation.
- Burning sage in your living space is a traditional way of cleansing any space effectively. Furthermore over 99% of bacteria is removed by using this method.
- Spraying yourself or your space with Crystal Clear essence will cleanse and purify yourself, your spaces and crystals.
- If you wish to cleanse space without using smells then using Tibetan Ting-Sha bells is a great way to clear a space. As you walk around the space to be cleansed going into each room corner, ring the bells by striking them together, which creates clear and high pitched tones resulting in any negative energies being replaced with good vibrations and positive flow. The higher the ring chimes the higher the vibration in the space.
- Crystals which are effective with cleansing the aura includes:
 - Amber (purifies and aligns)
 - Amethyst (protects and aligns)
 - Bloodstone (cleanses)
 - Labradite (protects against any leaks and aligns to spiritual energy)
 - Quartz (strengths and cleanses)
 - Selenite (invokes angelic energies and detaches entities)
 - Black tourmaline (protects and grounds)
- Be cautious which crystals you place in your bedroom. You want grounding crystals to help you sleep such as black tourmaline, black tourmaline with mica, black moonstone or brown opal. Placing white crystals such as Selenite in your bedroom may result in your crown energy centre opening which may potentially expose your energy field.
- It is possible for your gateway (third eye chakra) to be effectively stuck open which then increases the likelihood of invasion, attachment, walk-ins etc.. Ensure that you always 'close down' following any form of

meditation or healing. Not doing so could result in experiences literally 'blowing your mind'.

- Taking mind altering drugs (which includes both alcohol, strong medication and recreational drugs) generally results in flashbacks and uncontrolled psychic states which is effectively because you have blown your 'psychic gateway'. If you take any such substances you should consider having therapy to identify why you feel the need to do so and address those resulting in a healthier lifestyle accordingly.
- For some people just one SRT clearing is sufficient provided the protection advice is acted upon. However, if you choose to ignore the advice then you may find that negative energies are able to continue accessing your energy which may result in you needing further assistance. So, putting in the effort into increasing your protection straight away will save you effort and money! For some people more than one clearing is required.

Above all filling your time and day with things that you enjoy, surrounding yourself with people who are positive and making your home environment a nice cosy safe space increases your energy vibration naturally. When your energy vibration is high your aura and body is naturally stronger and protected. So smile, relax and enjoy every day that life presents as it is indeed a present and a very precious one. Be grateful for what you have and replace any fears with love (for yourself, those around you and the world) and feel excitement for the opportunities that lay ahead.

If, following your SRT clearing, you feel that you would like further support to help you during your challenging time Lisa would be very pleased to help you further with both Hypnotherapy and/or Healing sessions. So just get in touch to chat further lisapryce-jones@outlook.com / www.hypnotherapyandhealing.co.uk

The above information has been prepared with personal experience and training in both Reiki and Spiritual Healing and having attended Spirit Release Therapy training with the late Dr Terence Palmer (who was the UK's leading SRT expert) and further research including but not limited to:

Psychic Self Defense: Dion Fortune

Psychic Protection: Judy Hall

Dancing with the Devil: David Ashworth

The Science of Spirit Possession: Dr Terence Palmer

Love and Light

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