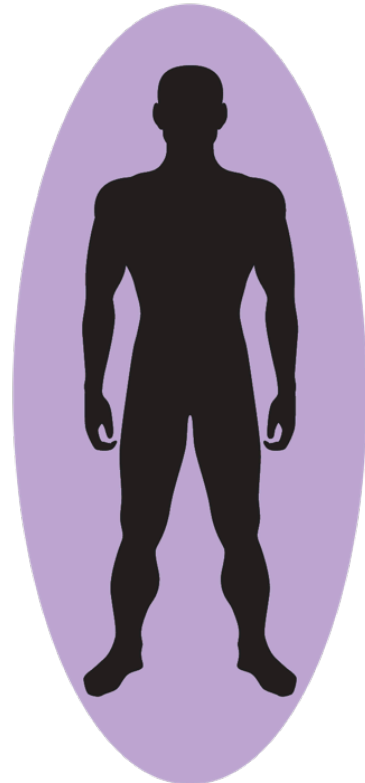


# Creating Your Personal Energy Shield

- Mentally envision a purple/lavender shield completely surrounding your body, as if you were inside a helium balloon.
- Instruct the shield mentally with its purpose:  
"I am shielded from all psychic attack. I am shielded from all negative energy. I am shielded from all harm. This shield will remain in place for 12 hours.
- Ask God, the Creator Of All That Is, or your Guardian Angel, Spirit Guides or Higher Self to empower the shield and place it under their protection.
- It is internally permeable (this means energy can get out from inside the shield but energy outside the shield cannot get in) and unbreakable."
- Remember to visualise the shield as you are instructing it.



Use this shield on a daily basis or invoke the shield prior to entering a negative environment.

Visualising different colours of light creates a different quality of shield. See the table below to summarise the qualities of the different colours of Light:

<b>Colour</b>	<b>Effect</b>
White	Invokes the presence of your angels around you to keep you safe and protected and to guard and uplift your energy
Pink	Protects against negativity in all forms. Nothing can penetrate a pink light shield except for loving energies of love, light, and compassion. You're effectively sending loving into towards yourself, and all whom you encounter
Green	Within the green shield of light Divine healing energy cleanses, heals and uplifts the physical body in the way which will most serve it
Purple	Protect against negativity, align you with Divine guidance, and elevate your spiritual vibration simultaneously. All negativity in your midst will be transmuted into the light, and lower vibrational energies, entities, and negativity in all forms including psychic attack will be repelled, and if they come too close dissolved into the light of the Divine
Blue	Soothe and calm your energy if you're feeling stressed or overwhelmed by the energies or people surrounding you. It will help you to collect your thoughts and clearly communicate your truth. Great shield to work with during sleep, or if you're feeling anxious, overly emotional, or heated
Silver	All negativity surrounding you is reflected away or neutralised. Silver light will also help to boost your intuition, and heal imbalances or instabilities within your energy
Gold	Boost your confidence, creativity, and spiritual inspiration. Gold carries an incredibly high vibration, and this colour of light makes a wonderful outer shell to be used in conjunction with any of the other light shield colours