

Happy & Healthy

EMPATH'S

HOW TO PROTECT YOUR PERSONAL SPACE

STEP 1: IDENTIFY YOUR CONNECTION STYLE

Vision-Oriented: Imagine and See the process

Mind-Focused: Know and Understand the process

Heart-Centered: Feel the process

STEP 2: FILL WITH LIGHT

Using your Connection Style, Imagine, Know, or Feel Pure Light from the best Source of Light for you (Sun, Universe, God, etc) flowing down through a cord into your mind and filling your entire body. Stay in this space until you see, know, or feel it fill you completely. Then have the overflow of pouring light create a new cord that returns to the Source of Light, creating a constantly flowing system. Allow all negativity to be returned to the Source and healed.

STEP 3: ANCHOR TO THE EARTH

Imagine, Know, or Feel a cord of light leaving the soles of your feet and going deep into the Earth. This cord acts like a grounding and strengthening cord for your whole energetic system. It stretches and moves with you.

STEP 4: CREATE YOUR SHIELD

Extend the flowing light to fill and surround your Personal Space, at least 6 inches out from you. The outermost layer of this Light should be just outside your Personal Space and becomes your shield. This shield is fed by the Cord connecting you to the Source before it even reaches you, and flows around you before returning back to the Source.

STEP 5: GIVE YOUR SHIELD INSTRUCTIONS

Light obeys and holds all healthy and wholesome commands. Give it instructions that all Negative and Harmful energies, emotions, and frequencies are caught by the Light and sent back to the Source for healing. Only supportive, good, and helpful energies are allowed into your personal space. You can also customize it for your individual needs. There is an endless amount of instructions the light can hold.

REPEAT AS NEEDED