

Energy Protection

-This meditation is written and shared with love, by Nadia Isabel.

It is getting increasingly tough these days to step outside into the world and stop the energy of others from affecting or damaging us on some level. It can even creep into our houses through our devices and before we are even awake, in the morning, our peaceful energy can be shifted. It is becoming more important than ever to find practices that protect us from the negative or damaging energy of others.

In this meditation, we will create a powerful shield to protect us from feeling depleted by uninvited energies. It is a powerful practice that you can summon, at any time, to help guard you.

Begin by finding a comfortable position on your back. Support your head and neck with something soft. Start by closing down your eyes. Let the eyelids become heavy and the face become soft. Allow the temples to relax, the jaw to unclench and the brow to release. Feel the whole body begin to melt into the earth beneath you. Take a deep, and nourishing inhale. Open the mouth and let it all go.

Option for a few more release breaths here. Offering audible sigh/lion's breath/fluttering the lips.

Start to breathe in and out through the nose. Begin to imagine your immediate surroundings blurring into soft focus and then disappearing completely. It is you and your mat, floating in dark and beautiful space.

Gently bring your attention to the crown of your head. Focus on this area and start to imagine/visualise a crystal white light emerging from your crown and bursting out into the darkness. It is the purest light you have ever seen. It starts to bring a sense of peace into your mind and with it, a relaxing warmth. The white light is growing from within you and exuding outwards. *You have all the wisdom and intuition inside of you with this protective energy around your crown and third-eye chakras.*

Notice the white calming light start to spread down the neck, throat and shoulders, engulfing you in a relaxing warmth. Feel the shoulders sigh as they release the tightness and stress they have been holding onto. The white light swirling around your throat chakra and out into the darkness. *You have a powerful voice and your story and words matter.*

The white light spreads down towards your heart space. The light here is so pure, bright and peaceful. You feel a lightness in the heart as the white light shines brighter, cutting through the darkness. Feel its strength as you breathe it in. *You are pure love. You are so loved.*

The protective white light spirals and swirls down the torso and engulfs you in tranquillity and warmth. It is a bright beacon of peace surrounding you and shielding you. *You are deserving of this rest, this recharge, this boundary.*

The white light spirals down your arms and shines fiercely out of your fingertips. It swirls down the legs and out of the tippy-toes. The limbs are so relaxed and warm and protected with the protective white light. Breathe it in, breathe it out. Breathe it in, breathe it out.

Now the whole body is a beacon of radiant, white light. You are basking in this energy. Your energy. Your peaceful, yet powerful energy. The light creates a shield, a bubble around you that is impermeable. Nothing can touch or disturb your sense of peace and power. This shield of white light will come with you wherever you need it. You can call upon it at any time.

Breathe it in. Breathe it out.

pause

Very gently, feel yourself come back into the space around you. Notice any sounds around you, and the ground underneath your body.

Start to find tiny movements in the fingertips and the toes. Take a moment to reflect on your experience. Remember, there is no right or wrong experience.

Gently blink the eyes open.