

## SHIELDING

It only takes a moment to energetically shield yourself. Ideally, you would do this before any helping/healing session—whether it's a paid or volunteer session is irrelevant. It also doesn't matter whether the person you're helping is a stranger, a client, a family member, or a friend. And it doesn't matter how long the helping session lasts—it could be a brief moment or several days. Whenever you're about to help someone, shield yourself.

Still, if you forget to shield yourself before the session, you can still shield yourself any time during the session. It's never too late to shield yourself; however, by then you may have absorbed some psychic debris, so you'll want to engage in clearing afterward. Just by holding the intention to shield yourself with a protective layer of light and energy makes it happen. It's done. You really can't do it wrong, or be denied access to the light or energy shield. Anyone who holds this intention receives immediate results, without exception. Shielding means visualizing, feeling, and/or think of yourself surrounded in a cocoon of light. This light is the essence of angels; and it's a living, loving, intelligent entity that you've called to surround and protect you. Don't worry. This light is always of the Divine Light of our Creator. So-called dark forces don't have this light available to share with others (nor would they want to do so even if they could). So, you can't accidentally call in a lower energy when you shield yourself. You can shield yourself in various colors of light, depending upon your intention. Again, know that your intention to surround yourself with this light won't be denied. Anyone who asks will receive, without exception (although the ego sometimes tries to convince us otherwise, and please don't listen to that voice!). The different colors include the following:

--- **White light:** This invokes the angels around you to surround you without interruption. The angels protect you, and they ensure that you're safe and guarded.

--- **Pink light:** This is the light to invoke if you're with a negative person who's obsessed with their problems. The pink light sends loving energy outward toward everyone who talks with you and simultaneously sends loving energy inward toward yourself. Nothing can permeate this pink shield except loving thoughts and energies.

--- **Emerald green light:** See or feel yourself surrounded by this light whenever you want to heal some imbalance in your physical body. Your body absorbs this light whenever it needs healing energy.

--- **Purple light:** Imagine yourself shrouded in royal purple light, which elevates your spiritual frequency, enabling you to rise above problems and contact the highest level of Divine guidance. Purple light also bounces away any lower energies, entities or earthbound spirits.

--- **Rainbow light:** See or feel yourself wearing a coat of rainbow stripes, which boots your ability to conduct energy healing work on yourself or others.

*Source unknown—these techniques work!*