

Aura Strengthening Visualization to Help You Step into and Stay Protected in Your Own Power (as of 12/2/20)

Use this to keep your energy field strong and vital. This can be especially helpful when you are about to enter stressful situations and want to step into your own power.

Imagine now, begin to visualize deep within your chest, a brilliant point of White Crystalline Light. It is your connection with the Light, your connection with the Source. (Pause) See this Light expand into your whole body, feel the energy flow through your entire body, down into your legs, out into your arms, filling your head. (Pause) Imagine now that this Light is expanding out past the boundaries of your body, outside your physical form, expanding out about an arm's length on all sides of you: in other words: an arm's length in front of you, an arm's length behind you, an arm's length on either side of you, as well as above your head, and beneath your feet. (Pause) See and feel this Light now, lovingly, protectingly, comfortably surrounding you like a large egg-shaped Bubble or Shield of White Crystalline Light all around you.

Sparkling through the bubble or shield of Light now, begin to imagine bits of emerald green, the color of the energy of healing, and bits of rose pink, the color of the energy of love. (Pause) Every cell of your body has its own intelligence and is now using this healing energy for the highest good of your entire organism."

Take a few moments several times a day for the next few weeks and repeat this meditation to yourself. Repeat it when you awaken and before you go to sleep. Take a few seconds to repeat it every time you feel tired or unhappy -- or happy. See and feel this light every time you breathe. Soon it will be with you permanently. This is for your continued protection and support.

For even greater protection, you could imagine placing mirrors all around the outside of your Protective Shield facing outwards so that these mirrors can reflect back any negative energy that wants to come your way.

Adapted from **Spirit Releasement Therapy** by William J. Baldwin, DDS, PhD

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