

White light Protection

This is what I use everyday to help protect me from energies that surround us each day.

Everywhere we go, everything we do and see can be a psychic attack. It can be a simple look from someone that can effect us or a simple word. So we have to make sure at all times we are protected. It's no different than jumping in your car and putting your seat belt on. It's the same with the white light.

When you have a shower in the morning and you wash your skin also realise you are washing away energy. Look at the soap go down the drain and look at it as energy washing off too.

Once you have finished and got yourself dressed sit quietly and imagine yourself sitting in your favourite place. You're alone and its quiet and you can feel the sun warm your skin.

Imagine the sun is a beautiful light, breathe in the light from the sun and hold it in for 3 seconds. The light is cleansing out the energies we have in the body. Then breathe out and when you do you are releasing energy you have held inside you. Do this 3 times and when you breathe out your last breath know you're getting rid of any residual energy left inside.

Then I want you to look down at your feet and they are connected to the ground like tree roots. This is you being grounded by the earth. Then imaging a beautiful white light coming up around your legs and over your body and then head so that you see yourself surrounded by a beautiful bright white light bubble.

Even though you have not met your spirit guide and guardian Angels call them in and say "I call my guardian Angels and Spirit guide to stand with me in the white light of love and protection." If you don't believe in prayer, that's ok. Say your own positive affirmations that you feel will work for you.

Do the white light protection first thing in the morning. Then around lunch time, then later in the afternoon and before bed.

The more you practice this the better you'll become at it and the more effective it will be. It will help with the challenges we face each day..

I also want you to learn how to see the chakra colours on your body. Learning to open the colours of you chakra will help you to be more balanced and be more centred. Go to the next page.

Chakra colours and Meanings

1. Root Chakra (Red Color)



The correct Sanskrit term for this type of chakra is the **Muladhara Chakra**. It is the **red color** which is the densest color in this category. It is crucial and found at the coccyx, which is the base of the spine. The root chakra defines the human's relation to the earth. It brings a tremendous impact on our **survival, vitality** and also the **passion**.

The survival issues connected here to this color may include things like money, the financial independence and basic things like food. Therefore, it represents the human beings foundation and the crucial feelings in life, of being grounded. Other people associate the root chakra with courage, power, strength, love, war and desire.

Unlike the other colors, red signifies danger because it attracts more attention due to its intensity. It indicates our requirement for **logic, physical strength, and orderliness**. Mostly, when you are in danger, it arouses the flight response. Additionally, the smelling sense of the human bodies has a great connection with the Muladhara Chakra. There is a gland known as Gonads attached to the root chakra.

2. Sacral Chakra (Orange Color)



The right Sanskrit word for this category of chakra is popularly known as the **Swadhisthana chakra**. The appropriate color associated with this type is the orange color. A good relation of the sacral chakra to the human body

is the water element. The impact of the orange color in the body's emotions is related to **sexuality, creativity, desire**, the reproductive system, **compassion** and many others.

There is a vital connection between the Sacral Chakra and the sense of taste of the body. The female reproductive organs, the bladder, lymphatic system, and the pelvic glands are some of the major glands impacted by the Swadhisthana chakra.

Mostly, people associate the orange color with enthusiasm, happiness, attraction and joy. You can find the chakra at the pubic bone, a place below the navel. Therefore, it is the sexual center and the primary source of creativity.

3. Solar Plexus Chakra (Yellow Color)



It is the color of the sunshine which is always bright. **Manipura Chakra** is the Sanskrit word for this type of chakra. It means the jewels city. The chakra is the primary source of personal power associated with the **professional success** or the **individual's real life success**.

The yellow colors of Solar Plexus Chakra are usually associated with the charge, sun, bright fire, and high volumes of energy. These elements are essential to our body.

They bring a sense of confidence in the body. Additionally, Solar Plexus Chakra enables human beings to feel cheerful, energetic and encouraged. It is also associated with producing effects of **warming, joy, intellect** and stimulating the mental activity of the body. There is a connection between this category of chakra and the sense of sight. Adrenal glands in the body are the organs associated with the Manipura Chakra. The chakra occupies the region from the breastbone to the navel.

4. Heart Chakra (Green Color)



The Heart Chakra has an element of the air which is associated with the green colors. It has huge impacts on human beings' relationships. Therefore, the heart chakra is the main category that is responsible for all types of **relationships**, including **love** and **marriage**. When there is distrust, envy, and unfaithfulness, the heart chakra weakens. It is the main reason why there are breakages of long-term relationships between loved ones. One of the senses connected to the heart chakra is the sense of touch in the body. It is also associated with nature, believed to bring wholeness into our lives. It is the source of affection and love that builds relationships. It is spiritual in nature connected to the Thymus and lymph glands in the body.

5. Throat Chakra (Blue Color)



It has another popular term known as **Vishuddhi Chakra** which may refer to true voice. The throat chakra is **blue** and crucial in the body and **associated with the human being's ability to listen attentively and also to communicate with other people**. There are numerous glands attached to this chakra which include the jaws, teeth, throat, ears, neck vertebrae and other mouth glands.

When there is a right balance of the throat chakra, we can express our feelings efficiently through communication, using a pleasant voice. It improves the artistic and the spiritual abilities in our bodies. Therefore, that is the reason we meditate when we are alone efficiently.

6. Third Eye Chakra (Indigo Color)



Third Eye Chakra (**Ajna Chakra**) enables human beings to see the bigger picture by imagining things. The gland connected to this chakra color is the Indigo. When the Third Eye Chakra is perfectly balanced, human beings can have wonderful personalities and relate to each other effectively by sharing essential ideas.

It also improves the **telepathic abilities** and reduces the fear of the death.

The **sense of thought** is the one connected with this chakra. It is the main center of intuition in the body. It enables us to **live focused** on our daily activities.

7. The Crown Chakra (Violet Color)



The Sanskrit word of Crown Chakra is the **Sahasrara Chakra** found at the crown of the head. It **enlightens the spiritual connections of one individual to the others, and also to the supreme beings**. The nervous system, the pituitary gland, and the brain glands are some of the vital glands connected with the crown chakra.

When there is a good balance of the crown chakra in the body, an individual can have great capabilities like performing miracles, knowing the right and the wrong, interpretation of hidden things and doing many other extraordinary activities.

Final Words

In conclusion, when everyone realizes the essence of the seven chakra colors, we can consider the effective techniques to keep them balanced all the time. It will enable us to stay fit emotionally, mentally and spiritually.

