

Metaphysical Anatomy:

HOW TO PROTECT YOUR AURA

Shield & Field Guide
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☯ Protecting Your Aura Info Sheet

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Can be used with Metaphysical Anatomy Course*

↳ Introduction

Everything we do is life giving or life taking, despite the fact that we can transcend duality, we are still navigating a 3D realm where we can feel it in our energetic field and see when the poles are out of order. You ever feel like a shadow of yourself? Your aura is the energy field that surrounds you, and it can be affected by various external factors such as stress, negative energy, and emotional turmoil. Protecting your aura is essential for maintaining your well-being and spiritual health. This info sheet will guide you through easy basic techniques like Shielding Visualization and creating a Bubble of Light, and a few others I've found to be helpful along the journey.

● Shielding Visualization

What is it?

Shielding Visualization involves imagining a protective shield around you that blocks out negative energy.

How to Do It:

1. Close your eyes and take deep breaths.
2. Visualize a shield of light enveloping your entire body.
3. Imagine this shield as impenetrable, blocking out any negative energy or influences.
4. Hold this visualization for a few minutes.
5. When you're ready, open your eyes and carry on with your day, knowing you're protected.

● Bubble of Light

What is it?

The Bubble of Light technique involves imagining a bubble of radiant light around you that serves as a barrier against negativity. Strongly recommended to incorporate **Qi-Gong**, and enhance **Piloerection** capability for deeper effects.

How to Do It:

1. Sit or stand comfortably and close your eyes.
2. Imagine a bubble of bright, glowing light forming around you.
3. Visualize this light as pure and cleansing, capable of repelling any negative energy.
4. Hold this image in your mind for a few minutes, feeling the light's warmth and protection.
5. Gently open your eyes and proceed with your day, enveloped in your protective bubble of light.

● Tips for Both Techniques

Practice regularly: The more you practice these techniques, the more natural they will become.

Set an intention: Before starting, set a clear intention for what you want to achieve, such as "I am protected from negative energy."

Be mindful: Pay attention to how you feel before and after the exercise to gauge its effectiveness.

Conclusion

Protecting your aura is an essential practice for maintaining your emotional and spiritual well-being. The Shielding Visualization and Bubble of Light techniques are simple yet effective ways to safeguard your energy field. Feel free to share this info sheet with anyone who might benefit from these practices.

I hope you find this info sheet useful! Feel free to print it out or share it digitally with others who might be interested in protecting their aura.

Additional Thoughts...

Our subtle energy body, or aura, can be vulnerable to outside energetic influences that can be draining, distorting or cause disharmony. Being mindful to protect the aura is an important part of maintaining holistic wellbeing, personally I believe this is something that should be taught in schools from an early age simply because it ties in so many areas of our lives, its not exactly an optional thing, people are either just conscious of it and receive the benefits, or unconconscious of the impacts, and often become 'hijacked'. When a person becomes hijacked they may appear as an empty vessel, or exhibit strange personality traits that feel unnatural. Often a hijacked person loses touch with their sense of self and may have a much harder time developing their potentials. **I cannot stress this enough.**

Why Protect the Aura?

The aura contains the chakras and spiritual blueprint of our soul. When the aura is damaged, fragmented, or clouded it creates problems like:

- Low energy and vitality
- Disconnection from purpose
- Limited intuition and spiritual perception
- Disrupted flow of thoughts, emotions, and manifestation abilities
- Susceptibility to illness from weakened immune system

Keeping the aura protected preserves the integrity of your spiritual being and supports optimal functioning.

For busy people, you can easily remedy many of these with [Quantum Biofeedback](#). Self administered self healing is becoming increasingly popular as we are collectively evolving and learning from our past each year. If you want to learn more about Quantum Solutions for you or your business, get in touch with me kamau@lightbodybalancing.com or go to [Light Body Balancing](#) for consultation / reading / session information.

Risks & Solutions

▸ External Energetic Threats

Negative energetic influences that can penetrate the aura include:

▸ Electromagnetic Fields

Manmade EM fields from wifi, cell phones, and other electronics disrupt the body's natural frequencies. Long-term exposure can throw off auric harmony.

▸ Other People's Energy / **Energy Vampires**

Being around toxic people, negative beings, and places that are filled with anger, judgmental or draining energy can infiltrate your aura, lowering your vibration and causing you to go off path (often without you even noticing right away).

▸ Thought-Forms and Entities

Disincarnate beings or accumulated psychic debris can attack weaknesses in the aura and feed off your energy. Its important to do these centering techniques to realize what is truly you and what is attached to your energy.

▸ Psychic Attack or Ill Intent

Deliberate psychic harm sent your way can pierce holes in the auric field, allowing in negative influences. Be careful of many spiritual gurus, false prophets, and people who may have ulterior motives, often disguised as light workers or religious leaders. While this can also be a person who is projecting negative energy at you from a distance, it is important to send all this energy right back to the sender and limit engagement by setting strong boundaries, building discernment and awareness through proven energy awareness practices.

▸ Geopathic Stress

Disrupted earth energy from ley lines, underground water, and other anomalies can penetrate the aura's defenses. The ancient druids used to study the Earth Grids for this reason.

Techniques for Protection

There are many effective methods to keep the aura shielded and clear:

▸ Visualization

Imagine a cocoon or sphere of brilliant light surrounding your body, protecting from all sides. Use white, gold, or violet light. Affirm it is impenetrable.

▸ Shielding Crystals

Black tourmaline, black obsidian, labradorite and other crystals like Shungite can form an energetic shield around the aura when placed strategically in your environment.

▸ Shielding Sigils

Some draw or visualize sacred geometric shapes or divine symbols around yourself to form protective barriers. While I do not recommend doing this unless you really know what you are doing, many claim the 12-sided star tetrahedron is ideal because it represents the perfect building blocks of creation in our side of the universe. While they are not Sigils, you can learn about something similar in the Ancient Science of Biogeometry and Radiesthesia by Dr. Ibrahim Karim who has written some amazing books you can find on my easy Amazon recommendations list [here](#). Biogeometry has been shown to be one of the most effective and intriguing balancing methods that has been shrouded in much mystery and high regard. It is used for space clearing, crops, animals, people, and pollution. Worth a dive.

▸ Auric Brushing & Clearing

Use your hands to make “brushing” or sweeping motions around your body to smooth, balance and clear the aura’s energy. Activities that work with our primal life force like Qi Gong, Tai Chi, Torus meditation, and some forms of dance can also bring this to a new level.

▸ Protective Accesories

Use clean energy spiritual items to invoke divine protection against harmful energy, and help with clearing. While there are too many to name, check out the **Cosmic Clock** and the **Vector Equilibrium** at [Secret Energy](#) for non-dogmatic safe mental, physical, spiritual protection that has been scientifically tested and made with pure intentions.

▸ Energy Clearing Rituals

Sage, Palo Santo, sandalwood, chanting, drumming, rattles—use sound, smoke, and intention to clear stuck energies from the aura. Sometimes you may need to create your own ritual, as Bobby Hemmit once said, ‘the best ritual is the one you make for yourself.’ You may need to move, dance, or vocalize in some way to move the energy through, so making sacred space and time to do this is essential to real success.

▸ Align the Chakras & Hara

Keep aura flowing freely by aligning the chakras. Grounding the central vertical column hara line fortifies your connection to the planet and higher self. A great way to do this is through **Qi-Gong!**

▸ Set Positive Boundaries

Don’t give your power away. Set firm but compassionate boundaries around your time and energy. Limit contact with toxic people.

With consistent practice using these aura protection tools, you create an impenetrable, luminous shield of positivity that deflects lower vibrations and nurtures your spirit. Your aura stays smooth, spinning rapidly around a clear hara line anchored in the earth. This allows you to vibrantly shine your soul essence!

I hope you find this info sheet beneficial! Feel free to share it with others who might be interested in chakra balancing.

If you have any questions, feedback or concerns, please email hello@lightbodybalancing.com & we are here to help!