

BE EMPOWERED TO PROTECT YOUR OWN ENERGY

To keep yourself energetically clear as often as possible, take good care of yourself!

- Get enough sleep
- Drink tea & lots of water
- Eat healthy, living food
- Meditate
- Do your practice
- Walk with bare feet on the Earth
- Ground yourself
- Listen to Healing music
- Smudge yourself and your home
- Surround yourself with peaceful and empowering friends
- Choose wisely how you spend your time

Essentially, make good choices that align with the highest version of yourself. That way, when challenge comes, it is easier to face it because you've already been keeping your vibration high.

When you're ready to go deeper, some next level practices are:

- Releasing your emotional burdens to the Earth... let it melt away – and give gratitude in return. The feeling of gratitude will not only give nourishment to the Earth energetically, it will also fill you with a powerful healing frequency. The vibration of gratitude is healing on the deepest levels within our bodies, and it helps to tune us into the manifestation of our dreams.
- Ask yourself: Where are my **BOUNDARIES**? What am I willing to put up with... *and what am I not?! Can I be brave and compassionate enough to create FIRM AND LOVING BOUNDARIES in ALL the places where I truly need them? Be your own best friend. Say YES when it's a yes. Say NO when it's a no. Be aware within yourself and CHOOSE where your time and energy go; you have a choice about what you let into your life and into your energetic field... and what you don't.*

NOTE:

With boundaries it's great to know that there is a difference between being NICE and being KIND. Being nice means saying YES when you actually want to say NO. Being kind is saying NO when you want to say NO, but doing it from a grounded place in your heart. This does not mean sugar coating your words, but it does mean choosing powerful and *emotionally clear* words to express your truth. For example, rather than saying: "I don't want to do this for you because you are a terrible person and I think you stink." ...you could alternatively say: "I am not going to do what you've asked me to do because it oversteps the amount of time and energy that I have to give right now. Thank you for respecting my boundaries." This is still clearly and firmly speaking your truth, but in words that can be HEARD. When we speak mean or nasty words to others, their own protections come up and defensiveness blocks the core truth of what you are really saying. When we speak from LOVE, it can be received in the HEART of the person we are speaking to, and you are more likely to feel like you have been seen and heard.

- We choose our actions and our words. Choose the highest version of yourself. When we choose the lower version of ourselves (acting out of anger, fear, jealousy, etc.), we lower our energetic frequency. When we lower our energetic frequency, it is more difficult to clear ourselves energetically. Things become sticky in the muck of our low vibration. This doesn't mean slapping positive words over heavy feelings. That is called "Spiritual By-Passing" and it may lead to denying the truth through a positive shield upon the surface. So, rather than by-pass it, **CLEAR IT OUT AT THE ROOT!** Write it down! Dance it out! Smudge yourself! Have that conversation you've been putting off. Take the action you've been procrastinating on. **TAKE ACTION AND TAKE CHARGE OF YOUR OWN LIFE!** Choose to be in your power. When you acknowledge your darkest truths, face them head-on and make peace with them, your highest self naturally shines forth.
- Visualization can be an advanced practice of protecting yourself energetically. Ground yourself into the earth through your roots, and open your crown into the sky. Visualize a golden light all around you and within you. Hold this visualization throughout the day and especially in times of challenge. Remember, visualization helps, but it is ultimately the moment-to-moment choices you make that will create the biggest influence on you emotionally and energetically. Being true to yourself, listening to your heart, speaking your truth to others, and taking actions that align with who you really truly are inside are often what raise our own personal vibration the most, which protects us from being affected by lower energy frequencies and can lead us into serendipitous moments of wonder and joy. Deep down, every single human being knows the truth of what they really want in each moment. Most people are too busy to hear it, or too afraid to act upon what they do hear inside. However, through our practice, we become more and more quiet, so as to hear those whispers from within. We become stronger in our bodies and more brave in our hearts so as to find the courage to take action on what we already know to be good and right and true. It's never too late to begin to listen to your heart. You can even start right now.

I believe in you.