



*Simple ways to*

# PROTECT YOUR ENERGY

LEARN HOW TO PROTECT YOUR  
ENERGY FIELD

# PROTECTING YOUR ENERGY

Your energy field, or aura is like an invisible bubble around you. It is influenced by your thoughts and emotions and by those around you. Protecting your energy is essential for maintaining your physical, emotional and mental wellbeing. Read on to learn more!



Hi, I'm Amanda, an Angelic Reiki Master Teacher, Holistic Therapist and Spiritual Life Coach with over 20 years' experience in self care and well-being, both for myself and my clients. Protecting your energy is becoming more and more important as we become more self aware of ourselves and how others affect us.

*Love & light*

*Ax*

ANGELIC REIKI MASTER & SPIRITUAL LIFE COACH

# *Understanding* YOUR ENERGY FIELD



Your energy reflects your inner balance.

When it's depleted or misaligned it can leave you feeling overwhelmed, exhausted or anxious.

Protecting your energy will help you stay focused and build your resilience to what affects you, and can help you form meaningful connections without becoming drained or overwhelmed.

As you become aware of your own energy you can better protect yourself from the energy of others which could feel negative or heavy.

Take a few minutes each day to tune in to your energy and how you are feeling. Are you tired, happy, tense? This will help you recognise when external energies are affecting you.

# Energy CLEANSING TECHNIQUES

Try these different methods for cleansing your aura and your space.

1



Self care - making sure you take time for yourself, to recharge and rest when needed, to recharge your physical and mental batteries.

2



Cleansing shower ritual - when you are in the shower, visualise the water washing away any negative energy and see it going down the plug hole, leaving your aura sparkling and fresh.

3



Declutter - decluttering your space helps to clear your mind and your energy. Get rid of anything you no longer need and perhaps regift items and donate to charity to help others.

# Energy CLEANSING TECHNIQUES

Try these different methods for cleansing your aura and your space.

4



Smudging - use white sage or Palo Santo to cleanse the energy around yourself and your home or workspace. Visualise the negative energy leaving you and sweep it out of a window.

5



Aura sweep - use your hands to vigorously sweep through your aura from your head to your feet 3 times, visualising any negative energy being released.

6



Salt bath - add a cup of sea salt or Himalayan salt to your bath and imagine the water washing away any negative energy or heavy emotions as you soak.

# *Set* STRONG BOUNDARIES

*Learning to say no to others and demands that do not serve your purpose or align with your values is perhaps the most important thing you can do for yourself.*

*Setting healthy boundaries is vital to protect your energy field and inner peace. Saying no to others can be daunting, particularly if you are people pleaser and want to keep others happy. But when this is at the detriment to your own health and wellbeing it's not healthy. You are responsible for your own wellbeing so this means avoiding situations that drain you and limiting your time with people who drain and deplete your energy.*

*When you create healthy boundaries it draws an invisible line around you, protecting your energy field from others.*

*Learn to say no to the things that do not light you up or make you feel good!*

“

*It's safe for me to set boundaries and protect my energy*

# *Avoiding* NEGATIVE INFLUENCES

*What you consume through the media can have a huge effect on your energy, emotional and mental wellbeing. Whether it's the news, social media or TV shows, be mindful of what you let into your space and what effect it has on you.*

*Set limits on how much time you spend consuming media, especially if you find it leaves you feeling sad, anxious, drained or angry. Social media can tempt us in to comparing ourselves with others to be really careful about the accounts and people that you follow.*

*Unfollow accounts that trigger feelings of anxiety, comparison or negativity and turn off the news if it leaves you feeling sad and angry, and definitely don't watch it before you go to bed!*

*Look for accounts and programmes that inspire and uplift you, and find good news stories that make you smile.*

# *Visualise* AN ENERGY SHIELD

Visualise a golden bubble of light around you to shield yourself from external negative energy



Creating an energy field is an easy and quick way to protect yourself from absorbing negative or draining energy from others. You can also use this practice to protect yourself before walking into crowded places or stressful situations.

## How to create an energy shield

1

Close your eyes and take a few deep breaths.

2

Visualise a bright white light or golden bubble surrounding you from head to toe. This is your personal protective energy shield.

3

Set the intention that this shield will protect you from any lower or negative energies, whilst still allowing positive, loving energy to come in.

4

Imagine this shield growing stronger and brighter with every breath you take.

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*I am surrounded by a protective shield of light.  
Only positive love can come in and only positive  
love can come out.*

# Grounding PRACTICES

Grounding helps you stay centred and feel connected to Mother Earth

Grounding is a great practice help you feel more stable and release excess and negative energy. Try these simple practices when you feel scattered or affected by the energies around you.

- 1 Grounding visualisation - take a few deep breaths and stand, feet flat on the floor. Imagine roots coming out the soles of your feet and going down deep into Mother Earth. Visualise these roots connecting to the heart of Mother Earth, grounding you and stabilising your energy.
- 2 Physical grounding - go for a walk in nature and be mindful of the sights, sounds and smells around you. Touch the earth or trees with your hands or stand barefoot on the grass. Physical connection with nature calms your nervous system and helps you release stress.



# *Creating* A SACRED SPACE



Having a personal space that feels sacred and peaceful can help to recharge your energy.

Creating a space in your home where you feel safe and calm will help to recharge your energy and bring you peace.

This could be a corner of your home, a meditation space or simply a cosy chair where you feel relaxed.

Fill your space with things that inspire peace, such as candles, crystals, plants, sage and incense, oracle cards, singing bowls and essential oils, and anything else that brings you joy.

Use this space to journal, meditate, read or practice yoga, allowing yourself to replenish your energy.

*In conclusion*

# PROTECTING YOUR ENERGY IS VITAL FOR YOUR WELLBEING

*Putting energy protection practices in place will help keep your energy positive and vibrant.*



If you're seeking further guidance and support on your spiritual journey, I invite you to explore my holistic therapies and coaching options, where I provide deep relaxation, tips, and tools to help you prioritise yourself and cultivate a deeper spiritual connection.

**CONTACT ME ON 07990 970089**

*Together, let's navigate this path of self-discovery and personal growth.*



**Amanda Davis**  
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