



Energetic shielding and protecting

Why do I need to do this?

We are all energy. We are all sentient beings with feelings and emotions. Some of us, especially those in the helping industry, carers, or those who are particularly sensitive are more vulnerable to the bigger energies of others. Imagine you are a sponge and at the beginning of the day you are fresh and clean but by the end of the day you are heavy, dirty and wringing wet. It sometimes feels like we are soaking up the energy of others, which can leave us feeling drained, depleted, exhausted, anxious or depressed. Sometimes it's hard to shake off the feeling and it can even keep you in a heightened state if you feel your safety is at risk.

What can I do?

It is better to face the day protected than to have to clean up the mess at the end of the day. You can do both, but protecting before you face any strong or negative energy is the best way to go.

There are a few things you can imagine – choose one or make up your own:

1. You can imagine you are covered in pure white light energy
2. You can imagine a big bubble around you so that nothing can penetrate
3. You can pop on a Harry Potter cloak of invisibility
4. You can imagine a full body armour for intense situations
5. You can also try imagining a mirror to flick back the energy on to the person or the situation

This shield and protect technique is beneficial and helps you to remain grounded and confident in times of panic or perceived danger. Sometimes the situation calls for a Harry Potter fine mist-like cloak of invisibility or other times may call for the full, battle ready Brienne of T'arth hand-hammered armour. Effective and protective. Try it and see how it works for you. Sometimes a uniform is not enough!

What if I am anxious at night or have difficulty letting go of the day?

1. Lay down, close your eyes and breathe deeply into your belly. Now imagine "I'm relaxing my toes, my feet, I'm slowly releasing my ankles, my calves, my knees," all the way up to your face
2. Try a free guided meditation app like Smiling Mind, Insight Timer, or Headspace
3. Have a shower or bath and imagine washing the day off
4. Try some essential oils like lavender on a cotton ball under your pillow
5. Journal your feelings and emotions to get them out of the body and on the page

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