

4 WAYS to Protect Your ENERGY

Whether you know that you'll be walking into a negative environment ahead of time, or you suddenly find yourself immersed in toxic energy due to your surroundings, there are several valuable tools that you can use to help protect your own energy.

Dr. Joe Dispenza teaches how influential and extensive our unconscious thoughts can be. "Where we place our attention, what we place our attention on, and for how long we place it ultimately defines us on a neurological level," he shares. "Neuroscience has finally understood that we can mold and shape the neurological framework of self by the repeated attention we give to any one thing."

Keeping his insights in mind, these techniques will not only help protect you, but possibly shift the energy in the room too.

1.

When you find yourself in a challenging place energetically—e.g., your spouse is extremely upset and they're taking their anger out on you, your boss is highly agitated and is coming down on your team, or you're in line at the grocery store witnessing someone act belligerent—in your mind's eye, place this person inside a white bubble. By doing this, you are quite literally protecting your own energy from theirs through an impenetrable barrier. Or, you can put yourself into the white bubble; practice both versions and see which one feels like a stronger solution. You or the other individual should be fully encapsulated inside of the bubble, as much as six feet around, to fully protect the energy field. Set the intention that negativity cannot penetrate this bubble.

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2.

Have you ever walked into a room and felt the energy at a visceral level? In instances when you know ahead of time that you'll be entering a highly charged situation with negative energy, pause to either meditate, pray, or say affirmations beforehand. Set your intention that you are protected from negative energy. By proactively taking this one step, you will have a much easier time handling the energy.

3.

In the present moments of witnessing or experiencing toxic energy from someone, in your own thoughts, send them love. Our subconscious tendency is usually to express anger and negativity toward that individual, but because our thoughts are powerful and have a tremendous impact on someone else's state, it's much more productive to energetically send them thoughts of compassion and kindness. You'd be surprised what effect this can have on their vibration and mood in a short period of time.

You don't necessarily need to be in a toxic environment to practice any of these techniques on a daily basis. Showing kindness to ourselves and to others has a positive ripple effect.

4.

It's important to ground yourself once you've left a toxic environment and you're out of the situation. "Cleansing" your energy field will untie you from someone else's energy. You can do this through a short meditation; in your mind's eye, envision that your feet have roots growing out of them. Visualize the roots going deep into the center of the earth, and focus on being present. Another technique to cleanse your energy field is by placing both hands over your forehead, then sweep your fingers downward away from your body and say affirmations such as "I am protected. I am loved. I am cleansed. I am safe."

Mary Beth is a marketing professional, freelance writer, and blogger from Richmond, Virginia, with a devout passion for spreading light.