

## **Protection**

**Do this in preparation for healing practice after grounding and centring.**

Why do we need to protect our aura when we are doing a healing?

We need to protect our own energy field so that we can be sure when we are tuning into our Client we get a clear sense of what might be our own blocks or emotions and what is the client's.

We are placing ourselves energetically in our own little bubble of space which helps us to not be distracted and to not absorb any unwanted or negative energies being released from the Client.

In this way, we are creating our own sacred space around ourselves in which to work. We ensure that we are safe to practice.

### **Ways to protect ourselves:**

Visualise one of these:

A dark cloak of protection being placed around you.

See your aura as a large bubble of light above, below and all around you.

See it edged with gold.

**Exercise:** Practice grounding, centring and protecting yourself. This can be done quite quickly when you are used to doing it.