

## **The White Light Technique**

In this technique, we are going to learn how to place a bubble or shield of energized white spiritual light around us in order to deflect or block otherwise negative energies from entering our field / body.

For the technique below to be successful, your most powerful steps are Step 3 & 4 - especially important is ***the intention*** you send out to the universe. The entire process depends on your strong or unwavering intent. It is a simple technique to follow with these basic 5 steps to follow. Over time this process becomes faster to perform and we get better at doing it. We discuss each step below:

1. Relax
2. Ask
3. Visualise
4. Intend
5. Seal

**1 Relax** - Sit or lie down in a relaxed manner, or meditate if you prefer. By taking deep breathes you will slow your mind and your thoughts. Take a few minutes to fully relax until you feel your mind has quietened down for you to fully focus on the exercise.

**2 Ask** - It helps to invoke your angels or guides to provide protection during the day and night; they happily comply. You can simply say something like, "Angels, please help me to build a strong bubble of light and help to shield me from any energies that are detrimental." If you wish to be shielded from someone or something in particular, include this is your prayer.

**3 Visualize** - Begin to imagine a shield of light around your body. See it growing and glowing around you. It may be translucent at first and grow brighter and more powerful. You can imagine a particular shape but these details are not so important, as long as you can feel it forming and keep this picture in your mind as it forms. You may do this for a minute or for as long as it feels necessary.

**4 Intend** - As you do step 3 begin to focus on your intention. As you imagine your white light shield, intend for it to give protection. List or focus on all the ways you would like it to provide protection. Do this for a minute or for as long as it feels comfortable or necessary (after practice you can become very fast at building this shield, and do so in a matter of seconds rather than minutes.)

**5 Seal** - This step is where you acknowledge that it is built then imagine it sealed and set in place. You now have a white light energy shield.

These steps are all you need to do. You can top up the shield anytime you wish to.