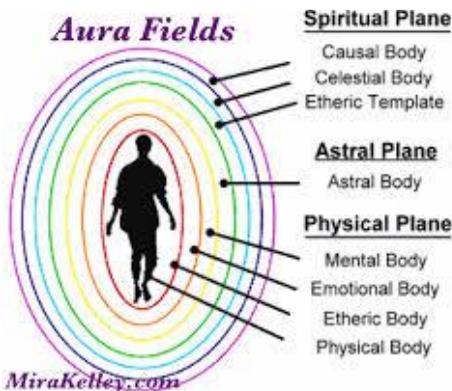


Protecting and Clearing Negative Energies from Your Body



Introduction

In this article, I am going to discuss about how to protect your aura from negative energies and how to cleanse your aura when they affect you. I have always advocated that the presence of negative energy in our body not only exposes us to bad luck but also blocks away any wind of fortune. Worst, prolonged

exposure and accumulation of these unwanted energy residues in our body are likely to wreck havoc to overall health, render us vulnerable to misfortunes and unhappy relationships with other people.

To understand better what negative energies are, we have to be aware that all of us have a human aura - a field of energy that is so subtle yet so radiant that surrounds us. It is an extension of our physical body.

Auras are electromagnetic fields of the human body and serve as a visual measure of our physical, emotional, mental and spiritual states. They envelop our physical body in multiple interlacing layers each with its own vibration frequencies, and are connected to our chakra systems in our body.

Our auras are ever-changing as it's completely affected by everything that we do or think. The aura is also affected by other energies such as the

surrounding environment, the force fields of the solar system, and the energies of other creatures such as humans, animals, plants, etc.

Methods of Clearing Your Aura

- **Salt Bath:** When you take your bath, wrap some sea salt in a piece of cloth and use it to scrub your body. Salt has been traditionally used to counter and cleanse away negative energy.
- **Smudging:** I have recommended in my previous articles that smudging could be applied to cleanse houses and stones/crystals, this method could also be used in sanitizing our body and aura against the negative energies. I favour the use of incense made from sandal wood or agar wood, though they might be a bit pricy.
- **Wearing Stones and Crystals:** I have been recommending stones and crystals for those who crave gambling luck and windfall. In addition to enhancing the luck element, their strong and high vibration also protect us against negative energies. Some of the stones that have both luck and protective qualities are citrine, and tiger eye. For stronger protective purpose, I always favour hematite, black tourmaline and tektite. I remember many years ago, an Italian cook working in the Italian embassy came to me and complained that he suspected his enemy had cast an evil eye spell on him. I gave him a hematite pendant and asked him to wear it. A year later, I met him again and he revealed that he was no longer affected by the black magic and even improved upon his career, running a thriving Italian restaurant with his wife.
- **Charms And Talismans:** Especially those that include images of Buddha, Bodhisattvas, Deva or Deities, they are equally effective in countering those dark energies.

- **Energy Elixir or Spray:** Water is an excellent medium for storage of memory, and they can be made into power elixirs with the right types of stones and crystals. The process of making the elixir involves the soaking of these high vibration stones and crystals to transfer their powerful energies to the solutions. The potency of this treated fluid is further strengthened with mantras and consecration.
- **Daily Meditation:** There is a method of meditation that involves visualizing a beam of white light descending from above and forming a bubble around you. I use this as part of my cleansing and empowering routine for those who come to me for energy consultation sessions, but with some practice you could do it yourself. You may do it for about 5 to 10 minutes in the morning after you have awakened from your sleep.
- **Energy Consulting Service:** Working with an energy healer having the knowledge and expertise in that field can help you clear any blockages you might have. These healers have dedicated their lives to acquiring the skill and knowledge and performing dedicated services. I have been providing such services which include cleansing away negative energies, removing energy blockage and empowering positive energy.

Conclusion:

All the above prescribed methods mentioned above may not be effective if one continue to live unhealthy stressful lifestyle, imbalanced dietary habits and constantly harbors negative emotions and feelings. These adverse factors over longer period will breed more negative energy blockages in our body system and render the attempts to eradicate them a herculean task.

By: Anthony Leong