

## Protection

It is believed that we all have our own spirit guides which have been with us since conception. These guides are here with us to protect us on our [journey](#) on this earth plane. Guides can assist us with our [spiritual](#) journey and help us to understand our true or inner self. That is the self that lingers within us prior to the outside influences that have possibly changed our true selves

With the belief of guides also comes the belief that there are negative forces which are often around us. Unlike our spirit guides these can impose on us and bring much negative energies into our existence.

Negative energies can be generated in a number of ways. This includes that which we create ourselves and that which is created by others. The negative energy created by ourselves is often caused through our current [state of mind](#). This can occur as a result of being feeling pressure in our work, family life or simply being in an environment which perpetuates negativity.

We have all experienced this type of negativity especially that which is created by others. How often have you entered a room and have thought to yourself or even commented to others that the air is thick enough to cut with a knife? An old saying indeed but accurate. We often experience the sensation of negativity and we know instinctively if a loved one or close friend is feeling down or unhappy. We also have all experienced the feeling of becoming depressed around those who are feeling unhappy although our own lives are happy and fulfilling. In recent years it has become quite apparent that many of us are feeling the stresses of modern society even though we may feel happy and content within ourselves. Psychic Medium, Clairvoyant Gold Coast, Queensland

It is apparent that negative energy lives around us and we need to find ways of dispelling it from our everyday lives. For some they use other spiritual techniques such as prayer or [meditation](#) to assist them with eliminating it out of their lives.

Begin by oiling the candle if you desire and commence visualising your desire to eliminate the negative and protect you and your family from any harm.

Firstly:

1. To assist with protection you need to light at least three or more white candles. The colour white represents enlightenment of the soul, protection and it is also seen as the purest colour which vibrates at the highest possible level.
2. Be sure you are seated comfortably with no interruptions and clear your mind of any thoughts. To assist in the process you may wish to use some mediation techniques and concentrate on breathing slowly and fully for a few minutes. As you mind becomes clear and you focus on the burning candle try the following exercises to assist with your protection.

These exercises will assist you in eliminating negative energy and protect your environment you may wish to practice any of the following exercises:

Begin by using a short [prayer](#). This can be directed at whom ever you believe in depending on your religious or non religious beliefs. You may wish to pray to the ultimate power, [Jesus](#), God or any of the saints. Be sure to ask that you are protected. Now imagine a bright white light encompassing you then your room and your home.

As you are focussing on the candle to evoke the power of protection you can image the white light surrounding you and your home and thus filling and encompassing you with protection.

If you find it difficult to remain focussed on the candle or use your imagination clear your mind again of all thoughts and commence the candle burning ritual again. Finally: Continue to focus on protection as long as you feel is necessary and the time required will vary amongst individuals