

Protect Your Main Energy Source

by Jo Ann Utley

Every interaction is an energy exchange. We compete for energy while we are engaged with each other. It is crucial that we all take responsibility for our energy and be more aware of how we interact with others. We have a main life force energy source that must stay full in order for our bodies to function properly and for us to be happy and positive. If this main source becomes depleted the energy utilized to keep your body functioning will come out of your body instead and disease can set up in these areas of weakness.

Think of your main energy source as a well of water. Everyone has one but they all have different amounts of water in them depending on how that well is fed or if it is fed. Our energy well needs to be fed internally like an underground stream. The more connected we are to God, ourself, and nature the stronger the flow of energy to us. Also, we may experience an outpouring from other humans who give us energy, hopefully from the overflow from their energy sources. We can engage in activities to build up this energy well. There are too many to mention here. Find the ones that work best for you.

It is important to share with others when you can but only from the overflow of your energy well. Do not allow the well to be less than full when you give your energy to others or it will cost you in the long run. Others will come and try to get energy, if you have an overflow then share, otherwise help them to develop their connection to Source so that their well is fed internally. If you do not have it to give then say so. People are very resourceful, they will find another well. I am not guaranteeing they will be initially happy with you though.

I have heard of many ways to protect energy and to help with not being as effected by inappropriate energy. I have a quick meditation I do every morning and teach my students to do to protect and purify energy. If this appeals to you try it for a few days. This meditation is to help protect your energy source, it will not prevent you from giving away energy. That is something you must develop a responsible approach for.

PROTECTION MEDITATION

It is suggested that this meditation be done once in the morning and once at night. It may be followed by a treatment on the self. In this meditation we call on Saint Metatron and Saint Germain, who are the Keepers of the Violet Flame. The Violet Flame transmutes and purifies all misqualified energies. We also call on Saint Michael, who is often depicted as the slayer of the dragon. Saint Michael represents a league of angels whose role it is to assist us in destroying our own inner enemies, that is, all lower tendencies that prevent us from experiencing our own divine nature. 1. Begin with your arms outstretched and your feet shoulder width apart. Take a slow deep breath in through your mouth and out through the mouth. Say "I ask that God fill me with love and light." Imagine every molecule of your body drenched in a golden light. 2. Take a deep breath again and on the exhalation see this golden light radiating from every pore of your body and filling a space around you. Say "I am now standing inside of a golden mirrored ball. I am cocooned within the love and light of God". 3. Stand with feet together and hands

together at your heart. Say "I call on Saint Germaine and Saint Metatron to envelop me in their violet flames. I ask them to protect and purify me and to protect my Main Energy Source". Imagine your body enveloped in the healing and transforming violet flames of protection and love. 4. Again, stand with legs and arms outstretched and picture yourself again standing within the golden mirrored ball. Imagine Saint Michael approaching you and placing his silver sword at the top of your golden ball (at 12 o'clock). Slowly, he traces it counterclockwise, (from 9:00 to 6:00 to 3:00 to 12:00 again) and as he does, the gold turns to silver. Say "Now I am standing inside a silver mirrored ball. Nothing that is not of Light can penetrate this globe of protection. I radiate only Light and Love and attract only the highest. Anything that is not of the Light is reflected back to its source". 5. Then back to standing with legs together and hands together at your heart and give thanks to God, St Germaine, St Metatron, and St Michael.