

# *Protective Bubble*

*“Ask for Protection, Healing and Empowerment across all levels:  
Physical, Mental, Emotional, Spiritual, Psychic, Social,  
Professional, Financial, Relational, Environmental, and Technological.  
All beings must come together as one for humanity.”*

— Archangel Michael

The Archangels teach us to protect ourselves and keep our energy clear. The best way to protect your energy is to create a protective bubble around yourself. Imagine yourself surrounded by a dynamic shield, one that is malleable and consistently replenishes itself.

1. Close your eyes and imagine, visualize, or think about your aura, the energy field in and around your body.
2. Imagine standing in a magical waterfall of rainbow light. Allow it to surround you with any colors of light your body needs. Let yourself completely fill with the bright light.
3. Place a glowing ball of light inside of you, wherever it feels right. Allow this ball of light to grow until it fills your entire being.
4. Create a dynamic shield on the outer surface of your aura, about three feet from your body. Imagine this thick-walled malleable bubble of light moving with you as needed.
5. Fill this protective bubble with a warm, calming, and comforting fluid-like light.
6. Place a shiny reflective coating over your aura, like a soap bubble, a silvery sheen, or glistening mirror to deflect and transmute anything negative.
7. Add a high-pitched hum on the surface of your protective bubble to distract any low vibrational energies.
8. Imagine a smokey violet flame surrounding your aura, enfolding you in a soft glowing light of protection.

Practice this spiritual self-care exercise daily to keep your energy well protected. Before you drift to sleep, ask the angels to protect you.

