**Aura Cleansing and Protection:**

There are **many different types of cleansing, protection and replenishment** so choose which one feels right to you or try out a few and then choose the best or use different protections for different circumstances.

**Cleansing:**

1. Ask to be washed in a shower of **holy water, sage and salt**. Imagine you are scrubbing yourself all over with this mixture and that it washes away negative energies, psychic rubbish and as the guides and angels take away any negative entities and these are cleansed bound and raised to the white light of the source.
2. Ask for the **energy of the 8th ray** which is a **purple and green colour** to wash over you and cleanse your aura that it washes away negative energies, psychic rubbish and any entities are cleansed bound and raised to the white light of the source.
3. Ask for a **sonic shower** to be placed over you and that it clears away any negative energies, psychic rubbish and any entities are cleansed bound and raised to the white light of the source.
4. Image you have a big container next to you and put into it what- ever **essential oils** you want or feel you need at the time. I like to put in sage, lavender, juniper, frankincense, lemon and lime and pine needles. Imagine you have a **big scrubbing brush** and you use it to wash all around you and your aura **to about arms width out from yourself** so you **wash all your subtle bodies** ask that it washes away negative energies, psychic rubbish and any negative entities are cleansed bound and raised to the white light of the source.

**Protections**:

1. Put yourself in a **bubble of white, silver and gold light** put this in layers around yourself starting with the white light.
2. Imagine you are inside a **sleeping bag and zipping it up** even around your head. Make the sleeping bag whatever colour you like even **rainbow colour** is good and ask that it keep you safe and protected at all times.
3. Place a **pink and golden crystal pyramid** around yourself and or your house or animals
4. Imagine you are standing inside **a shining blue star of David**. The top triangle then points upwards to protect you **mentally and spiritually** the 2 side triangles protect you **emotionally and physically** and the bottom triangle **connects you to the earth** and protects you from the **underworld**.
5. If you are feeling very unsafe you can imagine being surrounded in a sphere shape **by something solid or metallic like titanium or brass** or **stone** or anything you can imagine that will protect you, this might not make you many friends but will keep you more safe.
6. If you feel **someone is sending you negative energy** you can surround **yourself with mirrors** that are facing outwards so they reflect away any negative energies being sent to you. **Remember to put mirrors above you, below you, left, right, front and behind you**. Ask any negative energy being sent to you is dissolved away into the light.
7. Around all the above protections you can ask that they are to be surrounded by the **silver and violet and white transmuting flame** and **St Germain** watch over this and make sure it is working at all times and that it clears away any negative energies, psychic rubbish and any negative entities are cleansed bound and raised to the white light of the source.
8. You can **programme a crystal/s** and place them in your pocket or handbag or place crystals in a small bag and safety pin to your clothes. Some good crystals that help keep you **grounded and protected** are blackonyx, black tourmaline, haematite and Smokey quartz.

**Replenishment:**

1. Imagine a **paint pot of each colour of the rainbow** above you. Start with red and move through to violet. As you pour the paint over you imagine you are **breathing** the **colour through you and out into your aura** asking the colour to **replenish** your being and keep pouring the colour over you till you feel you have had enough of it.
2. Go to a crystal shop and buy a **small crystal** for each of the **seven chakra’s** and then lie down and place them **on the appropate chakras** for **20 minutes** or more asking that the crystals cleanse and replenish your chakras (remember to **cleanse** the crystals the first time you use them and always after using them.)

**My favourite cleansing** and protection that I use is very elaborate but works well for me and you can try it is:

* I have the **energy of the 8th ray** which is a **purple and green colour** washing over me to cleanse my aura and wash away any negative energies, psychic rubbish and that my guides and angels take any entities away and these entities are cleansed bound and raised to the white light of the source.
* I hold put my hand and ask to receive **the pink rose of unconditional love** to be placed it my hand when I feel it is in my hand I then **place it in my heart** to help remind me to give and receive unconditional love
* I ask to have a breast plate put over my chest with the **yin and yang symbol** on it and to be balanced in myself with these energies
* I put on my **rainbow coloured shoes** which helps me to walk on all levels in spirit.
* I put on my **purple trousers and green top** to represent the **8th ray** energy
* I add my **teleportation belt** so I can go anywhere I want to go.
* I ask for my **diamond necklace** to be put around my neck to give me self confidence and self-esteem.
* I place a **turquoise scarf** around my neck to help with communication on all levels.
* On my head I put a **diamond tiara**- give me protection and to assist with leadership abilities.
* I ask to have my **emerald staff** with me -gives me power in the spirit world to put my ideas into action. (you can make your own staff with whatever crystals you like)
* I ask to be surrounded by a **golden sphere of light** and this sphere is watched over and kept in place by **Arch angel Michael and his twin flame Faith**
* I ask to be surrounded by the **silver and violet and white transmuting flame** and **St Germain** watch over this and make sure it is working at all times and that it clears away any negative energies, psychic rubbish and any negative entities are cleansed bound and raised to the white light of the source.
* I ask then to be surrounded at all times **by 10 guardians, 10 angels, 10 devas** but if I need more at any time more of these being will come to be keep me safe and protected on all levels of my being at all times.
* I ask to **energise this protection** to **1 million percent** and take 10 deep breaths in and out to energize the protection and ask that my guides and angels and God watch over this protection and make sure it says in place and is working at all times for the next 24 hours.
* You **can use any** of these **cleansing, protection, replenishment** over you self, children, partners in fact anyone, animals, financial affairs, business, house and section, cars **whatever you want protected.**