

PROTECTION SHIELD – Very Important!

When you engage in regular qigong self-practice, you will quickly observe that more negativity will want to attach to you.

Negativity is a form of foreign energy. All types of foreign energy resonate at a frequency that is lower than the energy frequency of an individual who puts effort toward the cultivation of pure chi. At a physical level, foreign energy's attempts to enter your energetic system and physical body is most noticeable as aches and pain in the lumbar spine. Foreign energy prefers to enter other energetic systems through a "back door", instead of head-on. Foreign energy also sees entry at night, when "the guards are sleeping", as an advantage.

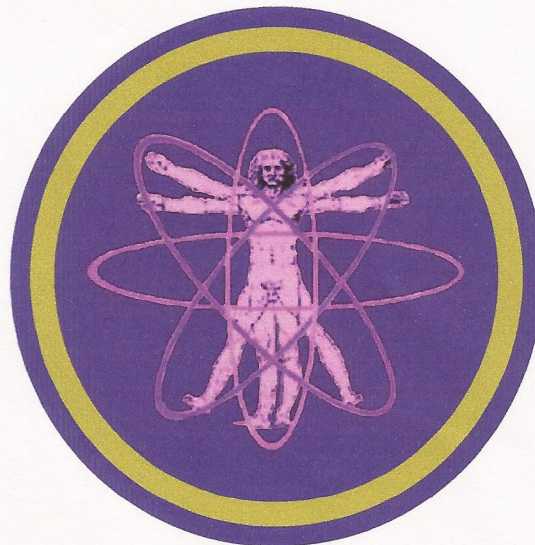
Setting, and reinforcing, a specific, strong energetic field each day, and throughout the day, that completely encases you prevents negative energy, as well as other forms of foreign energy, from entering you. This is a powerful protection mechanism whose value should not be underestimated.

Set Your Purple Protection Shield

Enter a meditative state. From your heart center, set a field of energy 3 to 6 feet completely around you. Be sure to fill this "egg" or "bubble", as densely as possible with deep purple energy. Purple resonates at a frequency that cloaks you from energy that vibrates at a lower frequency than yours. It cloaks you from foreign energy so that it cannot locate you. Be sure that your shell is the same color. Line the inside of your shell with a thick gold barrier. Gold resonates at a frequency that calms and dispels any foreign energy that might leak through your purple shell. Direct the energy in your "purple egg" or "purple bubble" to:

- Allow only that which is for your highest intent and purpose in.
- Be pure, stable, protective, nurturing, healing and aware.
- Replenish itself as its energy is utilized.

Initially, take an internal reading of the strength and stability of your protection shield once every 2 to 3 hours everyday and take a few minutes to reinforce its strength. With regular application of this tool, you can eventually reduce checking with your shield to 3 times daily.



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