

Mirrors

This is a good tool to use if people are interfering with your energy.

You may be picking up their anger, resentments, sadness, or there may be a victim trying to drain your energy, etc.

It is a way of protecting and grounding yourself.

1. Take 3 deep breaths and release any attachments (cords, thoughts, feeling) on your out breaths
2. Fill body with healing light
3. Pull in yellow 3rd chakra (grapefruit)
4. Surround yourself with mirrors facing outward so energy will be reflected back to sender and not attach itself to you