



HOW DO WE PROTECT OUR ENERGY?

Many people in the world visit various spiritual centers and feel great there, but because at home everything goes wrong, they can't wait to return to these centers. Similar things happen after meditations or other kinds of spiritual activities.

People feel great while and after meditation, but then a day or two later they start to feel worse. **These strong fluctuations are a consequence of not being able to protect our energy.**

Energy always balances, it always tends towards the equilibrium and perfection. For example, when we open the door between two rooms with different temperatures, the temperature of both rooms will balance at some middle temperature. Likewise happens after somebody returns from some center or meditation... During meditation our energy purifies itself, our vibration, purity and levels of energy raise. Consequently we feel very well after meditation. **However, our energy after meditations is more open than before which is normal.**

As long as our energy levels are average and we're energetically closed, we mostly don't need spiritual protections. When we start to work on ourselves, we establish stronger energetic connections with spiritual world and we start to receive high energy. These high energies can eliminate our emotional blockages and change our mental patterns, etc., and we start to perceive the world differently and react differently in certain situations.

When an energetically open person with high energy levels comes in contact with a person, who is in bad shape, bad mood, dissatisfied and has low energy levels, etc., due to the principle of energy flow, the second person will become energetically purified through the

first person and the energy will balance somewhere in the middle. Possibly unpurified energy of the second person will also balance, which could cause that the first person will feel worse and the second one better. However, if meanwhile spiritual protections are activated, this energy won't balance and both persons will keep their energy levels. **How do we protect our energy, so it will remain clean, high and only ours?**

Every one of us has a spiritual help, called spiritual guidance. These are spiritual energies which are meant to help us spiritually. When you are in a kind of situation, in which you could lose your spiritual energy or suffer from lowering your vibrational energy, you have to ask your spiritual guidance in your mind to protect you from concrete things that could disturb you. If you at some moment feel well and then suddenly you get a headache, you become sleepy or you start to feel bad, that is a sign that you need spiritual protections. At that time you have to look back to find out who you were with or who you were talking to, in person or on the phone...

You don't have just your own energy, but a part of other person's energy is in your energetic field, so you don't feel as well as before, because the energy has been mixed. In that case ask your spiritual guidance in your mind to purify your energy, raise it and establish appropriate protections.

The way this protection works is, when you have a spiritual protection established on your level, it can hold out a particular amount of energy from other people, who are thinking about you, are burdened with you... When the protection holds more of the harmful energy it's capable of holding, the protection lets loose and suddenly you feel all this energy which is different from yours and therefore you start to feel bad. That's why it's necessary to renew protections constantly.

After you'll use spiritual protections for a while, this protection will become automatic. However, later you'll need protection from something else. That's how our spiritual evolution goes on...

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