



Protection from negative people

THE INDEPENDENT FORUM FOR YOUR WHOLE LIFE

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Happy Holidays!

There's snow on the ground here at the Open Grove as we continue to make our holiday preparations. We have received a lot of positive feedback regarding our Mini newsletters. Based on this feedback, we plan to continue this format into the new year. Let us know what you think!



Protection from Negative People

It happens to everyone, especially at the holidays. Even when you make every effort to include only positive people in your life. Even when you practice thinking loving thoughts toward everyone around you. Even when you are responsive to your own thoughts and keep them positive. There are times when you are stuck: sitting between your psychic vampire aunt, your boss' bitter wife, your mother-in-law's favorite (and mean) sister, and your martyr cousin. Each person spends the entire meal vomiting up the gory details of her miserable existence as if they were competing for the "worst life" award. It's enough to make anyone want to stay home this holiday season.

This newsletter is dedicated to dealing with those people that, for whatever reason, simply make us uncomfortable.

We like to think of ourselves as open minded, easy going and not prejudice. Still, there are some people who simply drive us crazy. Sometimes the people who bother us the most are reflecting a behavior, attitude or thought process that we don't like about ourselves. Other times, we simply do not like someone for reasons we cannot define. Psychic John Edwards, in *Developing your Psychic Powers*, suggests that our individual energy simply clashes with the other person's energy. Your energy is unique to you. Therefore, your partner may love your aunt, while you find your aunt to be toxic.

Whatever the reason, some people impact us negatively. Most of the time, we can avoid being around these people. The next section has some ideas to help you when you simply cannot avoid being around "those people". ❄️



Under the Arbor - practice Section

In general, there are two types of protection from people's energy. One is to focus on creating a strong energetic barrier around you and the other is to quickly remove other people's energy from your mind and body. Learning both methods will help you stay clear in any situation.

Creating an energetic barrier: Practice this simple meditation before, during and after you meet with negative or toxic people.

1. Visualize at once (an) ellipsoid of intense bright blue (8 inches) around you, and within it's apex, just above your head, (a) brilliant white sphere of light of your higher self.
2. Aware of the brilliant globe over your head, aspire to the highest good you are capable of conceiving; realizing, though this globe is a visualized symbol, it represents a part of true divine force.
3. See that dazzling sphere sending down a glittering white light. This light, filled with silver sparkles, floods (the eight inches from your skin) at the same time completely permeates you, coursing vibrantly through you. See the sharp blue outline of your (own bright blue) shell.
4. Keep this visualization for as long as the need lasts or as long as you reasonably can. – from *Psychic Self-Defense* Denning & Phillips, (p.49)

Letting go of other people's energy: There are two simple exercises to help you release other people's energy.

1. Begin by focusing on your breathing. Count to five while you breath in, then count to five while you breath out. Pause in-between breath.

2. Imagine that with each breath in you draw in the positive energy of the universe. Some people literally imagine (+) signs entering with each breath.

3. Imagine that with each breath out, you let go of any negative energy stored in your body or psyche. Some people literally imagine (-) signs exiting with each breath.

4. Continue this meditation until you feel as if you have let go of all of the negative energy, thoughts, and feelings stored in your body.

Clearing negative energy: Another simple way to clear other people's negative energy from your mind, body and psyche is to simply take a shower. Pay particular attention to allowing the water to release all negative thoughts, feelings, and energy. Some people imagine the water as a bright white light literally washing through you pushing the negative energy down the drain. ❄️

Clarity = protection

Claudia caught up with spiritual teacher and psychic Gary Quinn to ask him what tools he recommends when dealing with negative people. He encouraged us to focus on three points: 1) defining who we want to be, 2) analyzing what we do in terms of "does this move me forward?", and 3) expect the result you would like going into a situation.

Click here to listen to Gary!

Putting it together

Let's say you practice the tower of light meditation. You clear the negative energy from your mind and body as soon as you are able after you have been around negative people. Yet you still feel blue after hanging out with your depressed friend or controlling aunt. Face it. Some people impact everyone that way. Get some exercise. Drink lots of water. Breathe. Tomorrow is another day. Be grateful that you get to live in your own skin. ❄️

the
Open Grove

PO Box 18217, Denver, CO 80218

Phone: (303) 393-0234

Email: info@opengrove.com