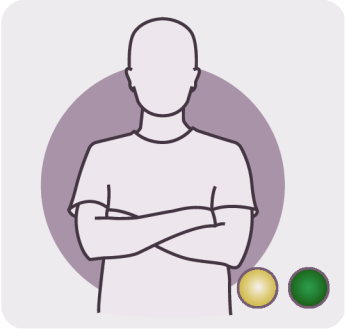


Self-reflection: Applying self-reflection to strengthen and protect your aura starts with examining your own role in energy exchanges. Take a moment to reflect on the patterns you attract and why you allow certain energies into your life. Often, this comes from unconscious behaviors, such as not setting boundaries, the desire to please, or a lack of self-worth. By becoming aware of these patterns, you can adjust your own energy and behaviors to attract healthier energy exchanges. A useful way to gain more insight is by using a self-reflection questionnaire, which helps you explore which behaviors and beliefs are influencing your energy field.



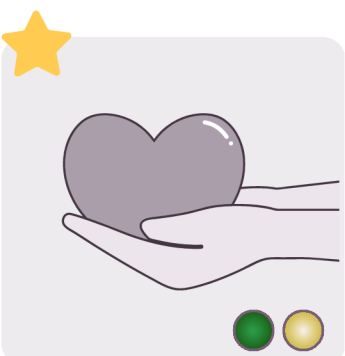
Posture: Do you feel that someone is consciously or unconsciously draining energy from you? Then adjust your posture. When you sit with your legs and arms open, your life energy can be more easily siphoned off. Place your legs together, cross your arms, and clench your fists. This way, your energy field around you shrinks. It becomes more compact, and you are literally and figuratively more closed off. Posture is an important method to protect yourself from others' energies, a technique that many people instinctively (and unconsciously) use. A strong, closed posture can boost your self-confidence and provide a sense of safety in uncomfortable situations.



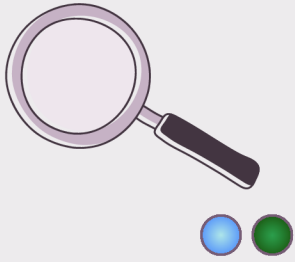
Returning Energy to the Original Sender: It can happen that a difficult situation, feeling, pain, or mood from someone else is (unconsciously) projected onto you. You then absorb this energy, and the feeling often arises unexpectedly. You experience a sudden mood change or uncomfortable sensation that preoccupies your thoughts and feelings. If you notice such a feeling overtaking you, you can send it back to the original sender. Visualize or state the intention: "I send this energy back to the original sender," thereby releasing it. This way, the energy returns to the person who can do something with it. Remember that energy can be transferred through multiple people, so it's important to always send it back to the source.



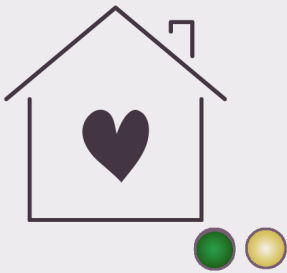
Mirror Exercise: If the energy of a person around you is particularly persistent, try visualizing a mirror between you and the source/person emitting negativity. This mirror is positioned so that the person can see themselves, reflecting the negative vibrations they emit. This may unconsciously force the person to face themselves and become aware of their energy. This exercise helps you protect yourself and can influence the behavior of the other person, especially with unconscious reactions that reveal their deeply ingrained patterns. This prevents low vibrations from traveling further or reaching you. Remember to always remove the mirror when you leave, creating space and peace.



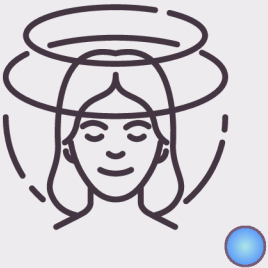
Not Giving to Get - Open to Receive: Sit quietly and take deep breaths in and out. Visualize a gentle flow of energy between you and the other person. Say to yourself: "I give from my heart, without expectation, and I am open to receive." Let go of the need to control the outcome and trust in the natural flow of energy. Receive compliments or help without resistance, without having to give anything back or say anything. Let go of your own ideas, allowing an authentic balance to emerge. Try not to direct your communication and behavior to achieve a desired result, but let yourself be guided by your feelings. This way, the interaction can grow in an authentic way. There are also meditations available such as "Open to Receive" to deepen this experience.



Investigate the Source of Negativity: Try to explore the source of the negative energy you are experiencing from within your protective energy bubble. Identifying and concretizing this negative energy causes it to become smaller and less threatening. Is it an object, a person, or a specific group that negatively influences you? Or is it a personal fear triggered by someone's presence, behavior, facial expression, or language? Once you recognize the source, you can consciously choose how to best approach the situation, which enables you to address and cleanse the underlying cause more effectively.



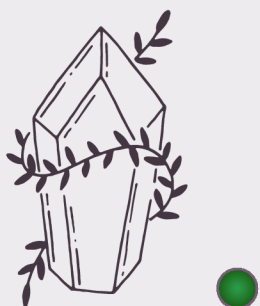
Creating a Safe Space for Energy Exchange: Creating a safe space is essential for positive energy exchange, especially during emotionally charged conversations. Start by setting up the environment: ensure a tidy, peaceful space with soft lighting and comfortable seating. This promotes a sense of relaxation and openness. To keep negative energy out, you can use salt. For example, place a salt shaker or sprinkle salt grains near the door with the intention that all negativity remains outside. This creates a protective barrier. It is also helpful to have a personal talisman or protective symbol in the space, reinforcing the intention of safety and harmony.



Cleansing Energy Connections: Ensure you are grounded and your breath is balanced. Sit comfortably in a chair and visualize the person from whom you wish to reclaim your energy and to whom you want to return their energy. Between you and the person, visualize a large burning fire, a purifying fire full of light that transforms negative energy and tension. Behind yourself and the other person, visualize a large magnet. Ask for your energy back from the other person, and allow the magnet to assist. Let your energy, which was with the other person, pass through the fire. The energy is purified, as mixed energy is no longer pure, and it's important to distinguish what belongs to you and what belongs to the other person. Do the same for the other person's energy still present with you. Repeat this until you feel that all energy between you and the other person has been exchanged.



Visualization (imagination) is a powerful technique for manifesting intentions and can also be used for protection, especially in energy exchanges between individuals. You can decide how you want to represent this protection visually. Some visualization exercises that provide protection against unwanted energy blending include: visualize the energy cord and cut it mentally, or visualize a protective symbol between you and the other person that purifies the energy. Another example is to imagine that you are sending out a clear blue light beam that purifies the energy between you, allowing only positive and harmonious energy to flow. This way, you enhance the quality of the energy exchange.



Protection Symbol or Stone: A powerful tool against energy blending is visualizing a protection symbol or a protective gemstone between you and the person in question. This symbol or stone can always be the same but may also vary. The power of the symbol or stone is enhanced when you regularly bring it to mind and reflect on the protective energy you wish to impart to it. Using a protection symbol or gemstone can help you become more aware of the energy you emit and receive, enabling you to better protect your personal space. You can also carry a protection symbol or gemstone physically with you, such as in the form of jewelry.



Ask for help from the Universe, God, your guides, or the Source. This can be done through visualization, prayer, or simply speaking it aloud. Ask for clear signs and guidance, especially when you are uncertain about your next step or when there are tensions in communication and connections. Let go of the outcome and remain open to the path you are being guided toward. Repeat the intention: "I open my heart to the guidance of the universe and allow myself to be led by the signs I receive." Trust in the synchronicity that may occur: chance encounters, words that resonate with you, or situations that catch your attention. Pay close attention to these signs and how they can provide you with insight. The more you remain open to these signs, the stronger your intuition will become. This exercise helps you trust the process and offers clarity in your choices.



'Yes' and 'No' Framing Exercise: Think of a situation where you felt uncomfortable because you said 'yes' when you actually wanted to say 'no.' Visualize that moment and reframe it in your mind: "Next time I am in this situation, I will choose 'no.'" Practice this reframing several times and imagine what it feels like to assertively set your boundaries. Take the time to practice in a safe environment, for example, with a friend or in front of a mirror. This exercise is designed to boost your self-confidence in setting boundaries. By preparing yourself for the moment when you need to say 'no,' you develop a mindset of assertiveness. The more you repeat this exercise, the easier it will become to set boundaries without fear or guilt.



Genuine Compliments: Practice giving sincere compliments, both to people you know and to strangers. Focus on the positive qualities of others and offer specific compliments such as, "You have a wonderful presence!" or "Your contribution is valuable." Notice how the other person responds and feel the energy that forms between you. Also, stay open to receiving compliments without feeling the need to say something in return or downgrade yourself. How do you feel in this moment? Recognize the balance between giving and receiving and ask yourself, "What can I take away from this for myself?" Receive each compliment with love and recognition, knowing it strengthens both the giver and the receiver.



Anchor Exercise - Boosting Self-Confidence: Think of a situation where you felt strong and self-confident. Visualize this moment as vividly as possible, paying attention to the specific details: what you saw, heard, and felt. Link this powerful memory to a physical anchor, such as squeezing your hand or tapping your heart. Repeat this action while evoking the positive emotions. Practice this technique regularly so you can use the anchor when you're feeling uncertain or vulnerable. By activating this anchor, you can realign yourself with powerful energy during challenging interactions. This exercise helps you boost your self-confidence and set boundaries more easily. The more often you apply this technique, the stronger the anchor becomes.



Heart Chakra Connection Exercise: The heart chakra, located in the center of the chest, is the center of love and connection. To enhance energy exchange, close your eyes and take a few deep breaths. Visualize your heart chakra as a radiant, golden light expanding. Set the intention to send this warm energy to the other person with the thought: "I send my loving energy to you." Feel the connection that forms and allow any emotions that arise. When you are ready, bring the energy back into your heart chakra to regenerate. This exercise strengthens the emotional bond and promotes deeper interaction. Regularly practicing this connection improves the quality of your relationships and enhances energetic harmony.