



End Chronic Fatigue with



Energy Protection



Energy Protection



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The Significance of Energy Protection

Energy protection is the conscious practice of shielding your personal energetic field from unwanted external influences, preventing **energy leaks** and preserving your vitality. In spiritual and holistic terms, we constantly exchange energy with people, places, and situations — but without protection, this can lead to **chronic fatigue**, emotional drain, mood swings, and feeling "tired all the time" even after rest.

Why you need it:

The main reason is simple: to stop **unintentionally giving away your energy** to people, circumstances, or environments that don't serve you. When your energy leaks, you become depleted, less present, and more susceptible to negativity, manipulation, or emotional overload. Effective protection helps you **retain your life force**, stay balanced, and direct your energy only where it truly matters.

When you need it most:

- In **supermarkets**, malls, or any **crowded places** — where you're surrounded by intense or mixed energies from hundreds of people.
- When interacting with **aggressive**, negative, or **manipulative people** — who may consciously or unconsciously drain you.
- During moments when you suddenly feel **cold**, shivery, or "off" without physical reason — a common sign of energy intrusion or loss.
- Before/after **meditation**, deep spiritual work, or energy healing — to maintain clear boundaries and prevent picking up external energies.

How consistent, effective energy protection can transform your life:

When you master simple yet powerful techniques (like visualization shields or grounding), many people experience profound shifts:

- Feeling genuinely **rested** and energized, even after busy days.
- Growing more **confident** and centered in social situations.
- Becoming **stronger** emotionally and physically, with better resilience.
- Feeling **less vulnerable** to manipulation, drama, or energy vampires.
- Cultivating true **sovereignty** — owning your energy, decisions, and personal power like never before.

In short:

Energy protection isn't about shutting out the world — it's about showing up fully, without **being** diminished by it. Start small, practice daily, and watch how much **lighter, stronger, and more authentic** life becomes.



Simple Energy Protection Technique: Bubble of Blue Light

A Practical Method for Energy Protection:

In today's fast-paced world, maintaining personal energy boundaries is essential for well-being. I'd like to share a simple, effective visualization and affirmation I use daily:

**"May a bubble of blue light surround me.
May its light shield me and protect me from
all negative energies.
So be it and so it is."**

How to use it:

1. Pause and take a slow, deep breath.
2. Visualize a clear blue sphere of light forming around you.
3. Speak or think the affirmation with calm intention 3x times.

Blue is often associated with clarity, calm, and protection as well as safety, and holiness—making it ideal for this practice. It's the hue of quiet strength, vast horizons, and truthful presence.

Use it in the morning, before challenging interactions, or whenever you sense energetic drain. I use it in crowds of people or simply when I am cold. It helps to warm up. I encourage you to try it and observe the difference. I learned this technique at the Ascension Conference held in Paris, organized by the author of the Portal2012 blog. All credit and my heartfelt gratitude for this technique belongs to him.



Other Methodes: Bee Wax Candles

A crucial part of my everyday practice is lighting **bee wax candles**. Each evening, as the day winds down, I take a quiet moment to light a pure beeswax candle. The soft, golden flame flickers gently, casting a **warm, nurturing glow** across the room. This simple act feels **grounding** and intentional—a deliberate pause in the rhythm of daily life. The moment I light the candle, I quietly ask for protection, inviting a sense of **safety** and gentle **shielding** over myself, my space, and those I care about. **Fire** has long been regarded in many traditions as a **purifying and protective** element, capable of warding off negativity while inviting **clarity and peace**. In my own experience, this invocation transforms the lighting into something deeper: not just illumination, but a small ritual of **safeguarding and renewal**.

The candle is made from 100% natural beeswax, ensuring it **burns cleanly** without emitting any harmful odors or toxic substances—unlike many conventional candles made from paraffin or synthetic blends. As it burns, the candle releases a pleasant, subtle **honey-like aroma** that is entirely natural, filling the air with a soothing, comforting scent. To truly embrace these **gentle benefits**, choose candles composed of 100% beeswax—pure and free from additives.

Key benefits of burning 100% beeswax candles:

- Support **better focus** and **concentration** during tasks or quiet reflection
- Help **calm the mind**, ease the effects of stress, and promote **deep relaxation**
- Contribute to **improved sleep** quality when used in the evening
- Provide gentle **relief** for respiratory concerns, including issues with the lungs, asthma, runny nose, and allergies
- Help **refresh indoor air** by reducing mold, viruses, and dust particles (noted in many wellness traditions)
- **Counterbalance** electromagnetic radiation from electronic and electrical devices, creating a more **harmonious** environment

These candles offer more than just light—they invite a sense of **harmony, cleanliness**, and gentle **protection** into the home. Incorporating this small, mindful ritual of lighting a pure beeswax candle, with an intention for safeguarding, has become a cherished way to nurture both body and soul each day. Try for yourself.





Other Methodes: Salt for Protection and Purification

Something truly **special** happened while I was doing a healing session with a client...

During the energy work, I clearly saw **pink salt** pouring down like a gentle, shimmering cascade, followed by the warm glow of a salt lamp. It felt so vivid and meaningful!

Salt symbolizes **protection, purification, and cleansing** — across cultures and spiritual traditions, it's seen as a powerful **absorber of negative energy**, a **preserver of purity**, and a **strong shield** against unwanted vibrations. It **grounds** us, restores **balance**, and even represents preservation of the sacred and the eternal.

And when it comes to pink Himalayan salt (the one that appeared in my vision), it carries an extra layer of gentle magic: its **soft pink** hue connects deeply to the **heart chakra, love, compassion, emotional healing, and self-love**.

A pink salt lamp in particular radiates **calming, nurturing** energy — it's like a little beacon of positivity that **clears the air** (literally and energetically), promotes **relaxation**, and helps release emotional blockages while inviting harmony and warmth into your space.

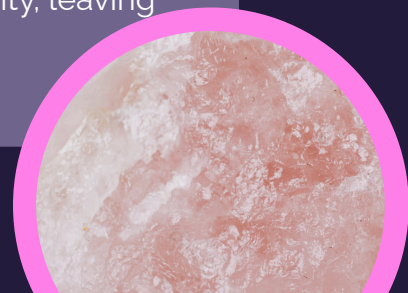
Seeing this during the session felt like my Spirit Guides were reminding me: sometimes the simplest, most ancient elements hold the deepest **medicine**. I just thought I'd share this beautiful sign with you — maybe it's nudging you too? Consider incorporating a small amount of pink Himalayan salt into your daily spiritual rituals:

Placing a modest bowl of it on your altar can help maintain a cleansed sacred space, acting as a simple yet powerful offering or energy stabilizer during meditation, prayer, or intention-setting practices.

A **Himalayan salt lamp** in your room provides a gentle, warm glow while purportedly releasing negative ions to purify the air and foster a calming, harmonious atmosphere that supports relaxation and spiritual clarity.

For a more restorative approach, try a quick **cleansing foot soak** by dissolving a handful of the salt in warm water—this not only grounds your energy after a long day but also draws out tension and negativity, leaving you feeling refreshed and reconnected.

You never know how much light and protection it might bring!





Other Methodes: Rose Quartz for WiFi "Smog"

Our homes are constantly humming with **invisible frequencies** — WiFi routers, phones, laptops — and while we can't see this energetic "smog," many sensitive people can **feel it**: restlessness, mental fog, or a subtle sense of unease when spending long hours near our devices.

Rose quartz is known as the stone of the **heart** — gentle, loving, and **harmonizing**. I personally keep a rose quartz pyramid resting right on top of my WiFi router, and a rose quartz sphere sitting in front of my computer screen. It's a small, simple shift, but it feels like **softening** the energy around me before it even reaches my field.

There are also specific devices made for this purpose, designed to help neutralize and harmonize the electromagnetic frequencies in your space. If you're curious about this, I personally use and love a **silver disk** that works wonders for **deep, restful sleep** — I don't sell it and I'm not affiliated with the brand, but if you'd like my recommendation, just reach out and I'll happily share what I use.

Other Methodes: ATVOR Healing Ray

If you're reading this, chances are you know the feeling: waking up tired even after a full night's sleep. Powering through your day on empty. Feeling drained after being around certain people or places, and not really understanding why.

I know this feeling intimately, because I lived it. And I also know what it feels like on the other side — waking up **rested**, feeling **protected**, moving through the world without absorbing everything in it.

The ATVOR Healing Ray is the most **powerful** tool I offer for exactly this. Unlike the techniques shared in this guide — which help you **protect your energy** in the moment — ATVOR works to create a **permanent** energy protection field around you. It's not something you have to remember to do every day. It becomes part of your **energetic foundation**.

If you're ready to stop feeling drained and start **feeling like yourself** again, I'd love to help. I create **personalized healing plans** — completely free — so we can look at exactly what's going on for you and find the right path forward together.

👉 Book your free personalized healing plan -
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