

THE ENERGY SHIELD OF PROTECTION

Questions and Answers

Are there any methods or techniques with which the person can, if not restore its aura, but at least stop its destruction?

First of all, it is necessary to change the attitude to the world and people who surround us. You have to stop criticizing and condemning your life and people and your Creator, who made this world and brought you here. There are many forms of power protection.

I'd like to introduce you to some simple and accessible ones that can help you feel comfortable and relaxed at your home. You will feel good after meeting with friends and relatives instead of being irritated and tired. For this purpose it is necessary to watch the correct current of Energy at your home and body.

Having worked with different kinds of Energy since 1990 and observing how they influence our lives, health and relations with our loved ones, I noticed that the dirtiest energy is at a distance of 30-40 centimeters from the floor. When we put our bag on the floor it guarantees us that money and success will be far from us and we won't have any luck in life. Chinese, Japanese and some other nationalities usually remove footwear behind the door otherwise the negative energy from the street will be brought in the house. That's why you should change your shoes for home slippers.

If you came home from work and there was no necessity to go out again, take off your clothes and take a shower. Don't be lazy; you are doing it for yourself! During the day we run into different people, and part of their negative karma or Destiny can be passed to us. And with this "cargo" we come back home angry and tired, not because of work, but because we caught somebody's dirty energy. I mean that someone's negative thoughts stuck to us and we brought them home. Then we share this negative "cargo" with our family and it is like snow ball.

I feel sorry for kids because when we touch them or kiss them at the end of the day we put this negative “baggage” on them too. Then we get surprised why they don’t listen to us and become rude. It is just their self-defense reaction to protect themselves from our negative energy which we collect during the day.

Let us talk about a very common situation: someone tells you a compliment but you feel that you don’t have the best look today (went to bed too late, didn’t sleep well and didn’t want to get up in the morning. After such “rest” you have bags under your eyes, you don’t have time for breakfast and just rush to work or to do your errands). And when someone is giving you a compliment, you start trying to make excuses for yourself and explaining that you didn’t sleep well and didn’t have breakfast, and so on, until we believe that we really look awful and everybody around us starts thinking the same about us. At first sight it looks innocent but in reality when we make excuses and degrade ourselves we open our heart chakra. And I explained in my previous articles that chakras are like receivers and drivers of universal energy and they are like extremely fast rotating forces of thin energies where exactly all the negative energy goes. We notice that everything around us irritates us and we are in such a bad mood that we want to ruin other people’s mood too, but we are so caught up in our negativity that we don’t have enough energy to do this. Because of this, we often feel pain or discomfort around our heart and our old health problems somehow seem to come up too. But we can easily avoid this.

The Russian word “thank you” consists of two parts which mean “God, save!” With time, these 2 words merged together and became one word. But the vibration of the sounds in the air made by this word didn’t change and it worked like a gentle wrapping shield around us. It means that when we pronounce this small and seemingly unimportant word we become protected with its strong energy. From this moment we shouldn’t be afraid of any damage. See how easy it is! We are given this saving word and there are some other things like this. We either don’t know or just forgot about them because of our busy life. But if we remember these things we don’t need to worry that a friend, or a relative, or a stranger can damage us with a compliment.

We can’t live without socializing with people because we are all pieces of the same chain which we call life. So if somebody praises you, don’t argue but thank this person and smile. And the more often you use

“thank you” during the day the better the shield of protective energy around you. So enjoy talking to people and smile to them!

I'd like to discuss telephone talks with you too. Very often after talking to someone on the phone you can feel some change in your mood and physical condition. Though you had quite a pleasant conversation you can get a headache or a raise in blood pressure after it. We don't know what kind of energy is coming from the person on the phone and he when he could pass his negative mood on us.

We often mix up two different feelings - compassion and sympathy and sometimes it causes some problems. For example when your friend shares with you some unpleasant events in life, try to calm her/him down and release some stress with your compassion. But don't try to put her/his emotions on yourself and don't aggrandize the problem to a higher level, otherwise you will make the situation much worse. People don't want to feel miserable. They need some help, nice words and your compassion. Support this person and remind him/her that God gives us as much challenge as we can handle. Bible says – “Don't create an idol from somebody!” and if we follow this statement in life we shall avoid many problems.

And now I want to give you some helpful tips (prompts): When you are talking on the phone or you are at a meeting, cross your legs and hands the same way as our politicians do while on important talks. Take a look at our politicians and you notice that usually they cross their hands (lock them). It means that they block their energy and are not reachable for the outside energy.

If you came home tired but you still have to go somewhere or just want to take a walk and you don't have an energy to do it, try to rinse your legs from your knees down with water and after that wash them with soap. You'll feel as if 100 lb fell from your legs. Besides, don't forget to take a shower when you come back home and don't plan to go out that day. You'll wash away the energy dirt and won't carry it into your bed.

If you prefer to take a bath it is ok too but at the end you still have to rinse with running water. You have to do it because you caught some of negative energy from the people around you, bringing their problems and some of their bad fate on yourself. If you don't do it you will awake in the morning tired of this “baggage”.

You have to check the direction of your bed in the bedroom: if your head or legs are directed straight to the window or door, you will face many problems in your life and health. This is very well explained in the book on Feng Shui: our energy leaves from the door or window even if they are closed.

It is too bad if your mattress is right on the floor, I mean that there is no air and energy layer between your bed and floor. You won't have success, good health and good relationship even if at the beginning you didn't have any problems.

Everything I mentioned before is like safety tips in our energy world. If you follow these recommendations you can avoid many problems and live in happiness and harmony with your spirit and body

I don't want to forget to mention our pets. There are some nuances here too. You probably noticed that our pets prefer to be on the couch or an armchair but not on the floor. They just feel different energies and don't want to be on the floor because it is not a good environment there. It is good for them to sleep with their owner but unfortunately it is not good for the owner himself. If you have your pet sleeping with you in your bed, your intimacy with your partner will get worse and worse by the day. Finally, you will decide to sleep in the separate rooms. It means that your pet brought chaos into your energy field.

A female has a piece of male energy inside and correspondently a male-some female energy. But because these pieces are too small we want to compensate them and it leads to the mutual attraction between men and women. When a man and a woman sleep together, even under the separate blankets, their energies regenerate. It happens even without intercourse, automatically. As a result, there is a balance between each other and it feels good for both. Don't rush in the morning! Remember that you shared the bed with a person with whom you exchanged your precious living energy. Hug your partner and you'll feel a fresh surge of energy which you received at night. But if there is a pet in your bed too, it will destroy everything because its energy has different vibrations. Unfortunately, though we love our pets dearly, we can't change nature. Besides, we put our stress and diseases on pets and they get sick because of it.

By the way, we should be grateful to our pets because they are like our doctors. When we pet a cat it normalizes our blood pressure, and if we have a back pain or our kidneys hurt it senses our pain and lies down on the

affected area. After this “session” the cat just throws away our negative energy and it feels ok. It is not a problem for pets to do it during the day time but not at night. At night they absorb all our negative energy. So let them sleep at their places at night and don’t pass your stress and diseases on them.

I would like to add a few words about a situation when we send our partner to another bedroom to get our “night comfort”. Of course in this case there is no energy exchange between us. An opposite feeling occurs. When the aura of your partner approaches you in the morning it feels like it comes from a stranger and your own aura sort of shrinks and tries to resist this unknown one. It makes you feel angry and irritated. Because when you were sleeping separately you didn’t receive what your body expected the whole day: you didn’t let your extra energy go and it didn’t let you sleep and it even raised your blood pressure. Without exchanging our energies we lose our tender, flexibility and understanding of other people because we become oriented only on ourselves. Another side of this is that it will also cause some communication problems and gradual health problems. It will continue in a repetitive process. So before going to separate bedrooms, you have to think about the consequences.

But if your partner is seriously ill or snoring badly and you have to sleep separately, try to exchange your energies before you go: hug and kiss each other. Because this person shared and devoted his/her life with you and you have to appreciate it. Keep these precious moments in your heart and you’ll get paid back.

If you had questions, you can call on ph. (408) 730-4586.

**Peace to your Home!
God bless you!**

**Yours faithfully,
Tatiana Trofimowa**