

# Sealing The Field

At the end of every session it is important that you close down or seal the person's energy field and your field before going back out into the world. This seals the energy around the person to protect and maintain their newly rebalanced aura. Sealing our field protects us from negative energy from other people and environments.

1. Wash the person in white light.
2. Layer the color with a sphere that is most needed around the person, such as yellow for courage, pink for unconditional love or green for integration of healing. Then place a blue sphere of light around their entire energy field for protection with another layer of diamond light for even greater protection. You can also surround them with Golden Liquid Light to strengthen their auric field.
3. Visualize and state out loud "I seal the field with 1, 2, 3 golden rings. These golden rings are like hoops going over the crown chakra down around their aura and into the earth.
4. Now repeat the same steps for yourself.
5. Thank your Higher Self, their Higher Self, all the beings of Light who assisted and the client. Now your session is complete.