

## Visualization Process

(this can be done for yourself or around loved ones or pets – anyone that cannot do it for themselves)



Close your eyes and imagine a beam of white light surrounding you. Think of it as a force field that surrounds your body.

Notice in this example the light surrounds you and precedes you like you were walking down a path. As you walk or sit the white light leaves a trail behind you so nothing may penetrate your personal, protected space.



Another method is to imagine the light as a bubble around you. Make the bubble as large as you need. Circle it around you, your bed, chair etc. Nothing can penetrate your personal space.

You can also imagine it as a spotlight shining down on you that encompasses your entire body. The light follows you wherever you go.



Make the white light larger than your body and extend it out as far as you'd like your personal space to be. As the light flows on you and around you imagine that it is washing away any negativity and cleansing you, bathing you in purity and good. Protecting you.

Say your protection prayers and say your intention out loud. Verbalize that this is your personal space and no one, no energy or entity may pass through your protection circle. Repeat your protection prayers at this time. You should do this whenever you feel the energy or entity is getting too close to you. Say your intention forcefully but do not challenge.

You should do a similar protection circle around your bed at night, making it larger than the bed. This can be done around any space, including your house or apartment in addition to yourself.

Any time you feel something has encroached on your personal space make sure you tell it that it does not have permission to be in your personal space and redo your visualizations and prayers again.

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### Using the light as a force field to cleanse and seal

Close your eyes. Relax. Ask for divine help to cleanse the location of any negative energies or entities. Say the prayer to Saint Michael or similar prayers to assist you. Indicate you are doing this with God's assistance and protection. Perform these visualizations in your mind's eye as if you were physically going throughout the location.

Now imagine the cleansing light like a huge flashlight or spotlight. Everywhere it touches it cleans and pushes the negative energy out. Move the light around the area cleansing and pushing the negative energy/entities.

You can clean each room individually or collect/push the energy through the entire space before pushing it out. (I prefer to do my cleansing in 2 passes. The first pass I go through each room pushing the energy out any windows etc., sealing each window before moving on to the next room and then a second pass throughout the entire space to pick up any negative energy left and pushing the energy out at the end.)

Use the light to collect the energy around the entire room, closets, under beds etc (house) and then push the negative energy out the windows (doors). I imagine the 'push' like a blast of light pushing the negativity out the window/door forcefully. (In your mind's eye imagine if you were outside and saw a light flash coming out the window. That light flash would 'blast' the negative energy out.)

Using the light to trace around each window, door or opening imagining that you are sealing that window etc. I imagine the light like a welding torch putting a seal of burning light around the opening. (do this to any window, door, crawl spaces, attic door any opening) Continue throughout the entire location until all rooms and opening have been cleansed and then once the entire space has been cleansed seal the last opening.

If you do your cleansing in 2 passes do not seal the last opening until the last and final pass. I still do the 'blast' out the last opening in my first pass and then begin my second pass. In the second pass you should imagine leaving the room sparkling white and clean.

Remember to seal each room's door on the second pass to prevent the negative energy from having an opportunity to hide. The windows do not need to be done on the second pass since these were sealed during the first pass.

If you cleanse the entire space in one pass then make sure to seal both windows and the room door as you leave so the negative energy cannot reenter that area. Keep pushing and collecting the energy and then push it out the last door or window and seal that one.

### **An alternate method**

Another method is to collect the energy from each room like a vacuum, sucking all the bad energy in the vacuum.

Seal each window, door or opening as indicated above.

Collect all the energy then at the last opening reverse the process and push it forcefully out the last opening. Seal that last opening as indicated above.

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