



Soul Health Soul Protection

Session Handout Psychic Spheres of Self Protection (Physical Plane)

Protective Spheres are vibrations that surround us and keep our physical & subtle bodies protected in sacred space. They also keep out vibrations that resonate lower than us, including negativity projected by others.

Vibrating in the D# tone of the second octave above middle C, they share the sacred tone created by burning sage, sea salt, the 3rd eye chakra, & the sound of “om”.

We gain protective spheres on the outside edge of our aura (sometimes referred to as shields) over lifetimes of light work, practice and learning. Each sphere is 13 inches thick & can be earned or lost one inch at a time, or spontaneously at once. They are often lost through psychic attack, a personal belief in victimization, negative forces around you, or through an allegiance with negative forces. They are often lost during traumatic experiences, either personal or witnessed. They can also be given away with the highest of intentions to heal or save another. They are highly charged and contain Life Force Energy. They are maintained by our physical/subtle body system electro-magnetically and by cosmic forces outside of our understanding. Our awareness of their presence, a strong physical body and loving, positive Intention strengthens them.

Once all blocks & restrictive energy is cleared away in your Soul Perspective Session, 6 full spheres are placed beyond your Aura and Golden Web, inclusive of all your subtle bodies, during a level 1 clearing & realignment of your energy. You may have been born with some of this energy, and may have retained or lost it during this lifetime, for various reasons, or come into this lifetime without any.

Name: _____ Date: _____

You have had a Soul Perspective Session with The Inner Realm. It is noted at this time that your personal psychic spheres of self-protection are as follows: (This information may be sent separately to you).

Spheres at birth	Spheres at session	Spheres placed by practitioner

It is recommended that you view your spheres each day to empower yourself, honor your divinity and move forward confident in the protection you have around you. Recommended process:

1. Hold your arm out fully stretched in front of you. This is where your subtle body ends and the spheres begin.
2. Visualize your physical and subtle body space as pure white light. You are now within an orb of divine creator light.
3. Visualize 6 rings spinning beyond this white orb of light (you!). They extend in circles around you, spinning in all directions, above, below, behind, and beneath you. They can be any color, move in different directions and velocities. They may have a sound. They are infused with pure, positive, perfect Divine Universal Love Light and Truth. They allow Love to pass both ways so you can freely give and receive. Often they have a violet glow and peacekeeping angels will appear within them.
4. Smile and hold a thought of joy, gratitude to the Creator and self-love as you breath in and out in long even breaths.
5. Keep track of when/how they change or don't change. They are yours.
6. Visualize them as often as possible. It is recommended to start each day with this exercise before you get out of bed, or in the shower. You can also perform this meditation at any time during the day if you feel out of balance or under attack from negativity.
7. Condensing the spheres is not recommended, unless done after careful consideration by a teacher trained to do so. Some soul groups benefit from this, others do not.