

mindbodygreen

How To Protect Yourself From Negative Energy

By Olessa Pindak

June 11, 2019



We not may be able to explain it, but we all know what it feels like to be surrounded by negative energy. [Jill Blakeway](#), a doctor of acupuncture and Chinese medicine (DACM) and a licensed and board-certified acupuncturist (LAc), has been practicing energy healing for over 20 years and joined me on the [mbg_podcast](#) to share her thoughts on protecting yourself from negative energy, creating healthy boundaries, and her own exploration into the scientific explanations of energy healing.

Jill first recognized she could affect people's energy fields with her hands after helping a patient heal from prostate cancer through energy healing modalities such as [acupuncture](#) and hands-on healing without the needles. She doesn't credit their work alone with his recovery but says it was part of the equation. She explains that we all have a [healing energy](#) that flows through us called source energy, and by tapping into this, we can affect the energy around us.

To connect with our healing power and separate from unwanted energy around us, Jill recommends an exercise that helps us get grounded in our own light. Here, she leads us through the exercise so we can feel centered and strong even amid negativity:

- 1 Imagine a big cord, like an anchor chain of light going from the top of your head down into the earth. Feel yourself getting heavy, straighten your spine, and imagine an opening in the top of your head. This is your crown chakra pulling your own spiritual light into your body and your connection to source energy, aka, who you really are.
- 2 Pull the light all the way through your body right down to the tips of your toes, and then push it outside your skin a little bit, so you're surrounded by your own light. This light has come from inside of you. Just imagine about an inch of beautiful sparkling light; that is your spirit.
- 3 Bring your hands together and move them apart about 6 to 10 inches so you can start to feel your own energy. For some people, this may feel tingly or warm.

"You don't need to wrap yourself in anything; you just push your own light out," Jill explained. "Just that exercise floods you with wisdom." By connecting with your inner light, you may find answers to questions you've been asking. If someone around you could also use some healing energy, with their permission, you may put your hands near them to share the healing light. This soothing transfer could help them to feel more aligned with who they are at the core and [ease their anxiety](#).

We cannot always choose which energy we want to surround ourselves with, but this type of practice teaches us to stay grounded in ourselves. Jill's experience with energetic healing and a deep understanding of how humans relate to one another is invaluable for those looking to heal themselves and improve their relationships with others.



The mindbodygreen Podcast

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