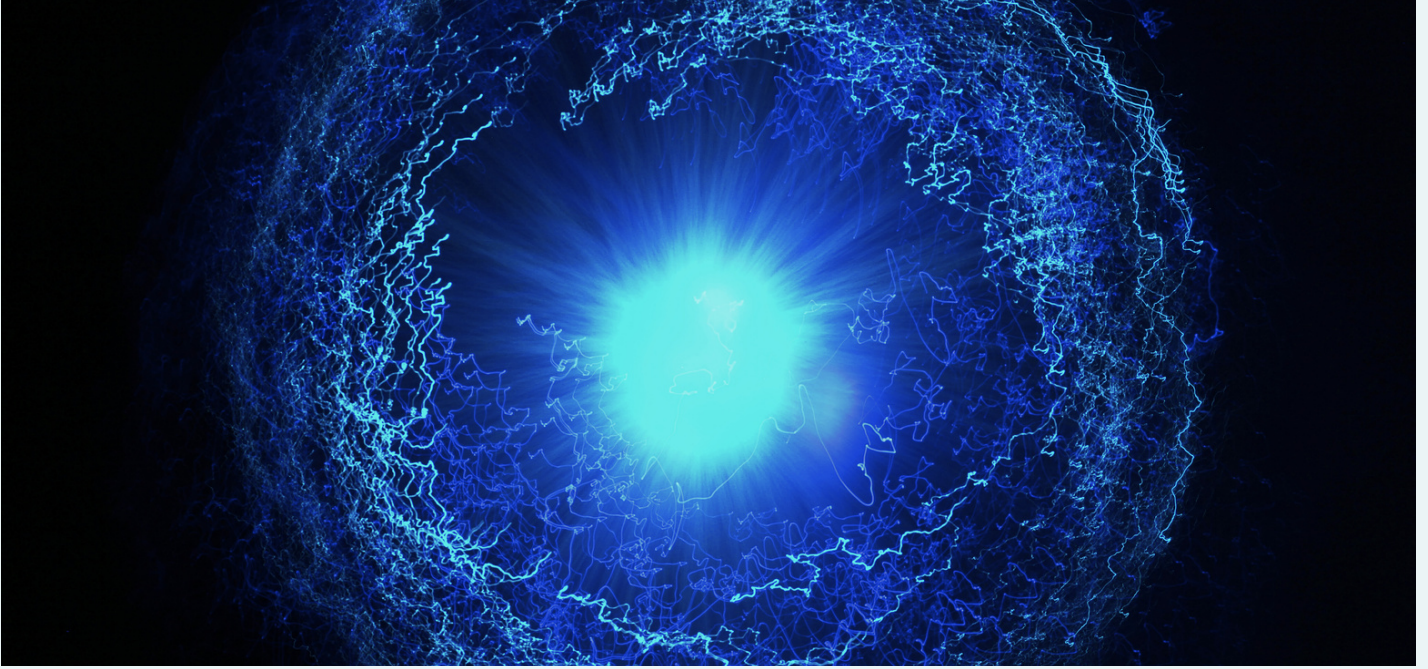


RITUALS OF PROTECTION

PART 2: THE LIGHTNING & THE FLAME

DISCOVER

*methods to
strengthen your
energy.*



The Ritual of the Blue Lightning is a beautiful way to cleanse space and elevate your own energy. Remember that spiritual practices are individual, and it's always worthwhile to adapt them to your beliefs and needs. Here is a modified version of this ritual:

1. **Light the Candle:**

- Choose a candle in the color blue.
- As you light it, focus on the flame and say: "Miraculous Element of Fire, I ask you to absorb and burn all low vibrations with which I am in contact."

2. **White Sage:**

- Take white sage in your hand, symbolising purification.
- Pray to the Spirit of Sage for purification and removal of any impure energies.
- Smudge yourself, other beings in the room, and the room itself, directing your intention of purification.

3. **Relaxation:**

- Sit comfortably and enter a state of relaxation.
- Breathe for 5 minutes at a pace of 6 seconds inhale, 2 seconds exhale, increasing your alertness and raising your energy.

4. **Prayer to Archangel Michael:**

- Pray to Archangel Michael to burn everything that does not serve.
- Ask for the guidance of unfavourable energies to the Source so they can continue the evolution of their soul.

5. **Visualisation of the Blue Lightning:**

- With each breath, visualise the Blue Lightning of Archangel Michael filling you with its energy.
- Spread it throughout the entire room and yourself.
- Thank Archangel Michael for this protection and power.

Remember that the key elements are focusing on intention, emotional involvement, and a deep belief in what you are doing.

The **Ritual of the Violet Flame** is a beautiful way to enhance protection and balance energy. As always, feel free to adapt this ritual to your personal beliefs and needs. Here is the transformation of this ritual:

1. **Light the Candle:**

- Choose a candle in the color violet.
- As you light it, say: "Miraculous Element of Fire, I ask you today to radiate protective light and strengthen my aura as well as the aura of this place."

2. **Palo Santo Wood:**

- Take Palo Santo wood in your hand, symbolising balance and energy reinforcement.
- Pray to the Spirit of Palo Santo for balancing and strengthening energy.
- Smudge yourself, other beings in the room, and the room itself, with full commitment to the intention of strengthening energy.

3. **Relaxation:**

- Sit comfortably and enter a state of relaxation.
- Breathe for 5 minutes with the following pattern: 2 seconds inhale, 4 seconds hold breath, 8 seconds exhale. This breathing pattern will induce a sense of relaxation and tranquility.

4. **Prayer to Archangel Zadkiel:**

- Pray to Archangel Zadkiel to transform all negative energy into positive energy.

5. **Visualization of the Violet Flame:**

- With each subsequent breath, visualize how the Violet Flame of Archangel Zadkiel fills you.
- Fill the room and all beings in it with this imaginary Violet Flame.
- Thank Archangel Zadkiel for assistance and for the Violet Flame.

Additionally, there are several ways to strengthen your spiritual energy:

- Practice meditation and pranayama.
- Use affirmations about your own strength, for example, "I am a powerful, spiritual being."
- Celibacy and the transmutation of sexual energy into other energies, such as healing or vital energy.
- Elevate energy through physical activities like strenuous exercise, yoga, running, etc.



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