

ADVANCED ENERGY PROTECTION



*New Age
Hipster*

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The Kit includes:

This PDF workbook
The Video Lesson
The MP3 Meditative Journey

Start where you like

Print out the workbook or use it as a guide for your own
journalling

Start with the parts of this kit you feel most drawn to

Come back to the other parts later if/when they call to you

Explore your connection to spiritual protection in any way
that feels good to you!

Use this kit as a guide, always go with your gut and what
feels true to you



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HEART STORM

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think of energy protection. x



ENERGY BASICS

Here are some of my favourite go-to basic energy protection tools:

- ★ **Bubble of light** - close your eyes and visualise a protective bubble of light around your aura
- ★ **Affirmations** - simply using the affirmation "I am protected" before leaving the house or throughout the day (or even saying it in your head when you are in a challenging situation energetically!) can make a huge difference!
- ★ **Crystals** - programming a crystal for protection and wearing it or carrying it can help you to feel more protected. My personal faves are Smokey Quartz + Black Onyx
- ★ **Mirrors** - visualising mirrors around you or between you and someone who you find energetically difficult to be around can help any unwanted energy bounce right off you. Wearing mirrored jewellery or mirrors on your clothes can help too
- ★ **Archangel Michael** - calling on Archangel Michael for protection never gets old. You can call on him for daily energy protection but I find he's especially great for when you're doing spiritual work or dream work

Remember the power is within you. Tools can certainly help you tap into protective energies, but the magic is within you.

ENERGY CHECK-IN

How energetically protected do you feel right now?

What does your current energetic protection practice involve?

What is working? What makes you feel more protected?

What isn't working? Where do you feel you are still letting in energy that isn't yours?

What are you being guided to do or change to help you move into stronger and deeper protective energy?

What are your goals or intentions for working through this kit?

LOVE AND UNDERSTANDING

How do you typically react when someone sends you (or you pick up on) "negative" energy?

Think of the last person who felt like they were sending you negative energy, what did you do in that situation?

Why do you think this person was responding to you in that way or sending you that negativity?

What do you think may have been at the root cause of this negativity for that person?

LOVE AND UNDERSTANDING

Close your eyes and beam love from your heart out to this person now. Write down how you feel after doing this:

What do you feel is the difference between shielding and sending love?

How does it feel to try to understand the people in your life who are "negative" towards you?

How can you send love to people and situations that feel challenging while still staying energetically protected?

WE ARE ALL ONE

How does it feel to think about us all being one?

How would it feel to lower your shields and focus on oneness?

Are there some people this is easier to do than with others?

How can you focus on oneness and unity while still staying energetically protected?

CHOICES

ENERGY PROTECTION IS NOT JUST ABOUT WHAT CRYSTAL YOU
HAVE IN YOUR POCKET

IT'S ABOUT WHAT CHOICES YOU ARE MAKING IN YOUR LIFE

What choices are you making in life that create a vibrant protected aura?

What choices are you making that dull your aura and bring in negativity?

What choices could you make differently so that your energy vibration could be strong and protected?

BOUNDARIES

Where do you have good energetic boundaries?

Where do you lack boundaries?

Who/what do you need to create better boundaries with in order to protect your energy?

How will you do this? What boundaries will you set with yourself?

SELF CARE

IF YOU'RE NOT LOOKING AFTER YOURSELF WITH SELF-CARE
YOUR AURA BECOMES REALLY THIN

How does your self care affect your energy and your energy protection?

When you are looking after yourself how do you feel energetically? How protected do you feel?

What do you need to do or change so that you are honouring your self care and building a vibrant aura?

SELF WORTH

MOST PEOPLE WHO STRUGGLE WITH ENERGY PROTECTION ALSO
STRUGGLE WITH THEIR OWN SELF WORTH

What is the current state of your own self worth?

Where do you value yourself the most?

Where do you value yourself the least?

How can you begin to build and grow your own self worth?

SPIRITUAL PROTECTION

Do you have any fears that are holding you back from fully opening up to your spiritual abilities?

What do you think could be the root of those fears?

What are you doing currently to protect your energy when you do spiritual work?

What needs to happen in order for you to feel safer as you do your spiritual work?

YOU ARE IN CONTROL

You get to decide what comes into your energy fields and what you send out.

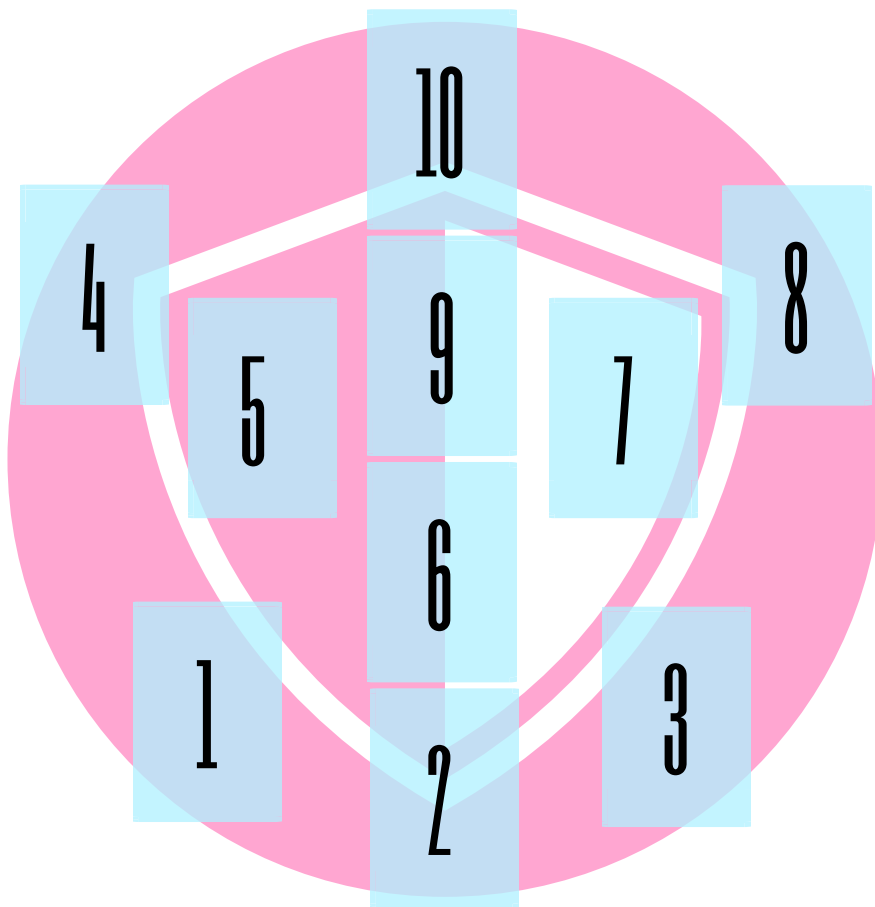
Where do you feel you are in control when it comes to your energy and spiritual work?

Where do you feel you are not in control?

What needs to happen so that you feel more in control?

Create some affirmations or phrases you can repeat or use to help you remember that you are in control of your own energy, no one and nothing else:

ENERGY PROTECTION SPREAD



1. You are here - your current energy
2. Where can you take more responsibility for your own energy?
3. Where do you need to have stronger boundaries so your energy can be stronger?
4. How can you be more understanding and loving of others and energies you find challenging?
5. How your current life choices are affecting your energy
6. How your own self-love affects your energy
7. How your self-worth affects your energy
8. How to protect yourself during spiritual work
9. How can you safely see others with a sense of oneness?
10. How to stand in your power and take back control of what you send out and what you allow in

WHAT'S NEXT?

- ✓ If you enjoyed this kit and found it useful, please tell your friends about it and The Circle. As a small business word of mouth helps so, so much!
- ✓ If you are in The Circle please come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!
www.newagehipster.co/the-circle
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions - vix@newagehipster.co
- ✓ If you would like to work with me one on one to dive deeper into this month's topic you can grab a soul reading or spiritual or business mentoring session.

ABOUT VIX



Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through the Fully Lit Mastermind, one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.