

In session we are often asked, "How can I protect myself from negativity in my environment and when I am around negative people?" or "What malas or crystals will help protect me from negativity?"

True protection can only come from within by claiming your divine personal connection and commanding your space. Malas, angels, crystals and oils carry highly refined essences that help the spirit in many ways, including protection from negativity. The catch is, if you don't command your spirit in your space first, the refined essences don't have the opportunity to work as they are graced. Commanding your space means you must have spiritual "Attitude", "I come from a space of strength, now!" This commandment is bigger than words and emotions, this commandment is made outside of time and space. No nice asking..... Command your spirit to be tightly integrated within your sacred temple. Your sacred temple is an 18ft diameter of space around your physical body: front, back, top and down. To claim all your light, you must keep your frequencies as low as the Schumann Resonance. (See our website to learn more about frequencies)

There is an internal posturing of power in commanding your space. The internal dialog with your spirit is "I am here, therefore there is only light!" There is also the commanding of your interactions and situations. This is usually vocal & sometimes "Loud" and often appropriate in setting healthy boundaries. But when we talk about "commanding your space", we are talking about a bigger scope than just the management of your worldly interactions.

There are shadow habits we have as a society that instantly make us feel "less than" or "not good enough" Examples of this are:

- Defending yourself and choices
- Justifying your actions
- Pleasing others to say what we think they want to hear
- Needing others to hear us and pushing our "rightness" (granted you may be right! But that need in us tilts us out of our center)
- Triangulating with a situation or person and with fear or lack

We are suggesting that all communication can have a component of grace and unity consciousness, especially in the face of adversity. Often, being still is one of the best steps to keep us from being triggered into one of the "Bad Habits" and reactions. Then in the moment of clarity, the communication

may resume. The reason is, these "Bad Habits" and passive performances raises our frequencies and our spirit "jumps" therefore no longer are we able to command the space, we are just going through the motions.

Choices: "Do you shrink or react in adversity?"

"Do you keep your center, command the space at the lower frequencies and witness others to feel uncomfortable or have their own feelings without absorbing them?"

"I witness you having an emotion." ~ Jenni Prince Morgan

"There is no need for outside protection if you command that only light be with you and in your presence." ~ Jenni Prince Morgan