

# INSPIRING MATERIAL

Learn how to protect your energy



## Learn steps how you can protect your energy in toxic environments

”It’s amazing how quickly your life can change to the better when your attitude about life changes”

- Andreas Eder

**Learn how to be more unaffected by others around you who are in anger, in sadness or in stress.**

How to protect your energy and wellbeing when someone, your boss, spouse, lover or just a stranger, are taking the anger out on you, projecting this to you by reacting, blaming or judging.

Have you experienced to entering a room for example and you notice some kind of toxic energy due your surroundings? Maybe a couple have just fought, or an employee had a very disappointing meeting with the boss just before you entering the same room. You just feel that something negative is in the air.

Here are 4 ways how you could start protecting your energy, not loosing your power, and staying in your stabile inner Center. I hope these steps can inspire you and helping you to manifest a more fulfilling everyday living.

*”Pay attention to your patterns.  
The ways you learned to survive may not be the ways you want to continue to live.  
Heal & shift!”*

*Read more on the next page...*

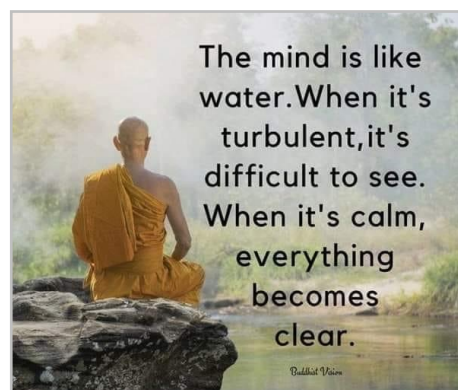


## 4 WAYS HOW TO PROTECT YOUR ENERGY IN TOXIC ENVIRONMENTS

1. When you have a highly agitated person in the grocery store is coming down to your area for example, place that person inside a white bubble. By, doing this, you are quite literally protecting your own energy from their through & impenetrable barrier. Or you can put yourself into the white bubble; practice both versions and see which one feels like a stronger solution.

2. Have you ever walked into a room and felt the energy at a visceral level? In instances when you know ahead of time that you ll be entering a highly charged situation with negative energy, pause to either meditate, pray or say affirmations beforehand in order to Center yourself; landing into your stable inner platform. Set your intention that you are protected from negative energy. With a inner Knowing that you are capable to take care of yourself. You have the power to choose to where you put your power, in the situation or into yourself.

3. In the present moment of witnessing or experiencing toxic energy from someone, or a situation, in your own criticizing thoughts, send them love. Or when you are criticizing yourself; give YOURSELF love and compassion. Our subconscious tendency is to react, to express anger and negativity toward the individual, or ourselves, but because our thoughts are powerful and have a tremendous impact on someone else's state, it's much more constructive to energetically send them thoughts of kindness and compassion - love. Maybe, to be in love is a choice we make, in most of the moments in our daily living?



4. It is important to ground yourself once you've left a toxic environment and you are out of the situation. "Cleansing" your energy field will untie you from someone else's energy. You can do this through saying verbally "I know release the negative energy, you and the situation behind it". Or you can do it through a short meditation; in your mind's eye, envision that your feet have roots growing out of them. Visualize the roots going deep into the center of the earth, and focus on being stable as a oak tree, being fully present. Another technique is placing your both hands over your forehead, then sweep your fingers downward away from your body and say affirmations like "I now let go of the energy that do not belong to me. I am protected, I am loved, I am safe, I am now cleansed. Aho!".

### FINAL WORD

You don't have to be in a toxic environment to practice any of these techniques on daily basis. Showing yourself kindness, and others, has a positive ripple effect. Giving loving kindness to ourselves is not just opening our self-love or self-care you prefer to use that word, it is a great medicine towards a lot of the root problems in our daily suffering.

**I hope this was helpful to you in order to remain centered and powerful when it is stormy around you, or inside yourself!**

*How was it for you to read this? What touches you?*

*Are you curious to start trying some of these points already today? :)*

*Hope this was helpful to you and this sharing help you to start experiencing  
a resourceful, stronger, peaceful and  
a more happier version of yourself!*



If you would like to know more about how you can implement mindfulness in your everyday life & experience a happier & healthier way of living, email me, and we will investigate the possibilities together.

You will also find more inspiring material on my website.

If you want to know more about my coaching or about the True Empowerment Programs I organize yearly, feel free to come on your first call with me - free of charge.

Be well. Stay connected. Be happy.

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