

COLOURS OF SPIRITUAL PROTECTION



WITH ROBERT REEVES

A close-up photograph of several rough, faceted purple crystals, likely amethyst, set against a dark background. The crystals are illuminated from the side, creating highlights and shadows that emphasize their jagged, natural shapes.

PROTECT YOUR ENERGY

As a sensitive, spiritual person, you feel more than most people.

A simple comment made in jest may affect you more deeply.

You may want to hide when surrounded by large groups of people.

And, significant world events can often cause you to feel physical symptoms like headaches, muscle aches and fatigue.

You pick up on different energies and vibrations whenever you interact with someone, read an article, watch the news, or scroll through social media.

You've likely spent a lot of time working on yourself. You've practised meditation, read many books, and maybe even taken some courses.

So, to keep your energy nice and high, and protect all that good work you've done, you'll want to shield yourself.

SIMPLE SHIELDING

One of the easiest (*and most powerful!!*) things you can do is to shield yourself with light.

Imagine yourself completely surrounded by a ball of bright light that covers your aura, and energy field.

Visualise the light above your head, below your feet, in front of, and behind you, completely encasing you in this protective vibration.

Feel this shield of light protecting you and keeping you safe from lower energies and negativity.

While white light is an excellent all-purpose colour to shield with, your situation may call for even better methods.

In this guide, I'll share some powerful colours of spiritual protection that you can use to shield yourself more effectively.



PEACEFUL PROTECTION

When you shield yourself using regular methods, you can not only block out negativity, but you can accidentally block out all the good energies too.

Your spiritual protection may block your angels and guides, or stop spiritual guidance and healing from getting through to you.

I learnt this the hard way.

When I first learnt about spiritual shielding and psychic protection, I immediately included it in my daily practice. I saw the value of keeping my energy protected, and stopping unwanted energies from affecting me.

Every day I would meditate, connect with my angels and guides, and shield. I thought I was doing the right thing.

But... Then I noticed it was harder to hear my angels.



I tried to find a solution, but there was no information available.

And so, after a great deal of meditation, my angels guided me to the process called Peaceful Protection.

This is where you shield yourself from negativity but allow the energies of love, healing and Divine guidance to still come through your shield.

PEACEFUL PROTECTION METHOD

The method of Peaceful Protection is very powerful and much more effective than regular shielding.

One method (there are many!), using a shield of light, is to visualise yourself surrounded by a ball of light.

Sense a bright light completely surrounding your body and aura, protecting you from all lower energies.

Once you feel safe and secure inside this shield of light, I want you to visualise a door on the side of the shield.

This door will only allow the vibrations of love, healing, positivity, your angels and guides, and spiritual wisdom to enter.

I also imagine the word love written above the door to further affirm that only positive energies may enter.

Now your angels and guides have a way to easily connect with you while you stay protected from negativity and fear-based energies.

Hi, I'm Robert and I'd love to help you

For many years I've travelled the world teaching workshops and seminars about spirituality, healing and angels. I've written best-selling books and oracle cards that have been translated into over 15 languages. And I'm excited to share this spiritual guidance with you - in the comfort of your own home.



You'll join students from over 70 countries when you join me for my high-quality online courses. And every lesson feels like I'm talking directly to you as I channel spiritual wisdom to help you change your life.



COLOURS OF SPIRITUAL PROTECTION

I've discovered many ways to shield and protect our energy, and so while white light might be simple, it's certainly not the best solution for every situation.

Whether you are going to visit a friend, heading to the office, going shopping or visiting a spiritual festival, there are different methods you can use to better protect your energy and keep your vibration high.

I go into detail in my Peaceful Protection online course (one of the most detailed and comprehensive programs about spiritual protection in the world) and teach you many ways to shield. I even share techniques you can use to test if your protection is effective and your aura is shielded!

But in this guide, I'll share with you a few colours of spiritual protection and when they are most effective.

So instead of visualising yourself surrounded by white light, you might choose blue, green, or one of the other colours I mention below.

WHITE LIGHT

If you've ever heard anything about shielding, chances are you've heard about white light. It's the colour most people choose when protecting their energy - but sometimes there can be better choices.

That being said, white light is still a very powerful form of protection when used in the right scenarios.

Remember that image of a beam of white light being sent into a prism and transforming into a rainbow of colours? Well, that shows you that white light is really a combination of all the other wavelengths of light.

So when you choose to shield with white light, you are combining a little bit of all the colours of the rainbow into your aura.

White light helps to reawaken the light within you and the light within others. So it can bring motivation and encouragement not only for you but for everyone that you interact with.

White light gives you strength, courage and support.

PURPLE LIGHT

Deep, royal purple light is a fantastic psychic protector and is my shield of choice when attending any kind of spiritual event.

The purple helps you to stay intuitive and connected to your Divine guidance, but also allows any lower energies or negativity to bounce off.

It's great when visiting expos, spiritual seminars, or even when getting (or giving) readings and healings.

The purple light keeps your energy and vibration attuned to the vibration of your angels, and helps you to have faith and trust that everything is working out for everyone's highest good.

It's a great colour to work with when there is any kind of fear energy, for example, anxiety, stress, competition, jealousy, or doubt.

BLUE LIGHT

When you need to communicate with others and find the perfect words, blue light will be your best friend.

Visualise a light blue colour like the sky on a sunny, cloudless day.

There is something magical that happens when you protect yourself with blue light. It gives you the ability to talk to anyone in a way that conveys exactly what you want to say in a loving and compassionate way.

You'll find that you say words you don't normally use, but they are the perfect words that the other person needs to hear. It's like the angels will give you the right words to help someone even if you don't know what they are going through.

It's great when having difficult conversations or when you're nervous about bringing up a certain topic.

Blue light is also a favourite shield when I'm writing and teaching. It keeps distractions at bay and helps you to stay focused.

RED LIGHT

When you need energy, strength and passion, red light will be the best support. It gives you the power to go ahead even when you feel like giving up.

Some people avoid red light as they think it will be too aggressive or forceful (like “seeing red” or a bull charging toward red). However, red can be a wonderfully supportive shield that helps you to handle tough situations.

Red light can be like a blanket of security and safety, helping you when you’re feeling overwhelmed and worried.

GREEN LIGHT

When you surround yourself with a beautiful emerald green light, you welcome healing energy to fill your aura.

This form of protection is excellent when you are in need of healing and comfort. It will help you to find the perfect practitioner and healing path to regain balance.

The green shield also helps activate your natural gifts as a healer and will help you uncover blocks or obstacles to your healing journey.

It also protects you against the fear of others when facing health challenges. Every thought we think is helping to shape our experience, so this shield keeps your mind focused on healing and not on fear.

...AND MORE!

So now you have five different shields to give you spiritual protection in a variety of situations.

There are many other ways to protect your energy, and sometimes there are steps you need to take before shielding to ensure that you don't block out everything, including your angels.

I share lots more inside my comprehensive online video class Peaceful Protection.



PEACEFUL
PROTECTION
— WITH ROBERT REEVES —



ABOUT ROBERT

As a young boy, Robert would see sparkles of light around others and noticed people that nobody else seemed to acknowledge. Over time these sparkles of light revealed their true form and developed into beautiful angels with flowing robes and glowing wings.



As his connection to the angels strengthened, he was guided to include them in his healing work. His clients saw miraculous results and received insightful guidance from their angels.

Today Robert Reeves is a best-selling author, renowned spiritual teacher, healer, naturopath, and angel communicator. Robert's books have been translated into 15+ languages, and his online courses have students from 70+ countries.

He teaches others how to connect with their angels and awaken their gifts. He founded the Academy of Spiritual Development to create a sacred space for online spiritual learning and continues to create new courses and certification programs.