



BLISSFUL LIGHT

BY CRAIG MACLENNAN

ENERGETIC PROTECTION NOW EMPOWERMENT

FREE SELF ATTUNEMENT

BY CRAIG MACLENNAN

www.blissfullight.com

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ENERGETIC PROTECTION NOW EMPOWERMENT

QUICK RESPONSIVE ENERGETIC PROTECTION

The Energetic Protection Now Empowerment free self attunement ([What Are Attunements?](#)) aims to give you a quick and easy way to activate and gain energetic protection when you need it straight away.

Only use this self attunement in times when energetic protection is required immediately. Continuous use of the energies is not the intention of this self attunement. [Excessive use of protective energies](#) may, in the long run, cause energetic harm. The need for excessive energetic protection may be a sign of internal fear which [creates the need for protection](#). In most cases reducing energetic fear and increasing your personal power and vibration is a far better approach to energetic protection.

You might use this empowerment when you suddenly feel energetically under attack and are unable to deal with it promptly. Or in times when you are out and about and come into contact with negative or non-supportive energies.

The energies of the Energetic Protection Now Empowerment aims to offer quick, energetic protection against non-serving or negative energies that may seek to harm or have a non-serving effect on you. This may include deliberate psychic attacks or non-serving energies that you either come into contact with or pick up randomly during your day.

HOW TO USE THE ENERGIES

YOUR INTENTION IS ALL THAT IS REQUIRED

The [five core qualities of energy healing](#) and spiritual development underpin this attunement. These essential core qualities often determine the outcome and effectiveness of any energy healing practices. To get the most out of any energy healing and spiritual practices, I highly recommend that you start by understanding these core qualities.

This attunement is intended to offer quick, energetic protection; however, before you activate the energies, it is beneficial to prepare yourself and the environment if possible. The way you do this will be personal, and I would encourage you to follow what feels best for you. However, a structure can be important. You may find the [How To Structure Energy Healing Treatments](#) article of interest. It gives guidance on how to create a sacred and safe space for your energy healing work.

To activate the energies [use intention](#) and repeat the following statement, allowing the energies to run for a few minutes:

“

Protection ON!

”

It is usually best to activate these energies when in a state of rest or meditation. While in a calm and relaxed space, activate the energies and allow them to run. Try not to control the outcome or force the energies to do something. Just let them flow.

Like all spiritual practices, it requires a lot of hard work and time, and you must actively work with the energies, practice regularly and be open and flexible. [Attunements are energetic support tools, so need to be worked with regularly.](#)

Your intention is more important than the statements provided. Think about what you want to focus on or achieve and feel it with emotion, and the energies will activate in alignment with

your intention. Please [use any language](#) you feel most comfortable in using. You can say the intention statements either out loud or in your head.

YOUR SELF ATTUNEMENT

HOW TO ACCEPT YOUR SELF ATTUNEMENT

You attune yourself to self attunements. Your self attunement has already been prepared and placed in the etheric realms for you to accept whenever you are ready to do so. You do not need to request that your attunement be prepared.

Accepting your self attunement is a straightforward process that aims to connect you with the energies of the attunement. The process requires a few minutes, where you can clear your mind, be calm, relax and have no distractions. How you achieve this space will be as unique as you are; however, the following suggestions may be useful.

Intention

The attunement process need not be complicated. The most important thing is to set your [intention](#) to accept the attunement and have [realistic expectations](#). As long as you wholeheartedly want to accept the attunement and follow the intention statement below, you will receive your attunement.

Create Sacred Space

Creating a calm, peaceful and private space to accept your attunement is recommended to allow for clear intention to accept the attunement, but also make the experience as enjoyable as possible.

Choose a space where you will not be interrupted for about half an hour. Don't forget to switch off any devices that may distract or interrupt you such as mobiles, landlines, computers etc.

You may want to dim the lights as harsh light may be distracting. If you choose to light candles or burn incense, ensure that they are in a safe position.

You may like to play gentle, relaxing music to add to the ambience and energy of the space. If you choose to play music, try and ensure the volume is low and that there are no lyrics. Lyrics will pull you out of your relaxed state, which you want to avoid.

Body Position

Consider the position your body is in when accepting your attunement. You may like to either be seated or lying flat on a bed.

If you prefer to sit, then ensure you choose a comfortable chair that has good back and neck support. You may also like to place your hands on each thigh with your palms facing upwards, although always ensure your hands are in the most comfortable position for you.

If you prefer to lie down on a bed, try and ensure that you support your neck and you are comfortable. Don't worry if you drift off to sleep as long as you have set your intention beforehand to accept the attunement.

It is essential that you are comfortable and relaxed, so the position you are in is a personal choice.

Accepting Your Self Attunement

When you are ready and comfortable, set your intention to accept the attunement (feel like you really want to accept the attunement) and please state the following:

“

I will now connect with the Energetic Protection Now Empowerment Self Attunement and ask that I will receive the strongest energies that I can handle.

”

Set your intention to accept the attunement and relax and enjoy the experience, which will last between 5 - 10 minutes.

If you are visual, you may like to visualise the energies start to fill your being from the inside out. The more you connect with the energies, the brighter your being glows and reaches out of you. Picture yourself shining like a star.

When the attunement is complete, you may feel it come to an end, or you might fall asleep during the attunement and wake up later. If your attunement is shorter or longer than this, don't worry and try and go with the experience. The attunement will be what you need at that moment.

Post Attunement

You are a unique being, which means that your attunement will be unique to you at that time. With this in mind, try not to compare your attunement to others or judge your experience. Sensations, energies and experiences are all subjective and unique to your current perspective.

You may have felt subtle vibrations, warmth and possibly heard ringing in your ears, while some will have perceived nothing at all. This is entirely normal, and your attunement will be what is right for you, so if you don't experience anything, please don't worry. How do I know if my attunement worked?

Remember, an attunement is only the first step. It is now essential that you activate and use the energies as often as you can, at least daily or as instructed in the manual, in the beginning.

If you have any doubts if you accepted the attunement correctly, you may be interested in reading [How Do I Know If My Attunement Worked?](#)

You may also find the [10 Ways To Get The Most Out Of Your Distant Attunements](#) of interest.

If you intend to accept multiple attunements, it [usually is best to leave at least a day or so between accepting each attunement](#).

You can not attune others to these energies. If someone wants to be attuned to the Energetic Protection Now Empowerment Self Attunement, they must follow the instructions in this manual and attune themselves.

WHAT NEXT?

YOUR NEXT STEPS

Attunements are wonderful, energetic tools that may help you discover, heal and move forward. However, the journey doesn't end here. It is important to keep questioning, discovering and moving forward as you grow.

1. SUBSCRIBE TO OUR NEWSLETTER

[Subscribe to our newsletter](#) for informative, thought stimulating healing and self-development articles, support, and encouragement. Join our international community who question, discover, and grow.

2. READ THE ENERGY HEALING BLOG

[Blissful Light's blog](#) is packed with blog posts and articles about energy healing, self-development, and learning to create the life you want. The blog contains articles that cater for complete beginners right up to advanced practitioners. To help you get started, I have highlighted some of the most popular blog posts below.

[New To Attunements? Start Here](#)

[10 Ways To Cut Etheric Cords And Prevent Them From Returning](#)

[What Are Maintenance Attunements?](#)

[Top Energetic Protection Attunements](#)

[7 Tips For Preventative Energetic Protection](#)

[Top 10 Tarot Decks](#)

[Top Angel Attunements](#)

[10 Attunements For Professional Energy Healers](#)

[10 Types Of Energetic Blockages](#)

[How To Use Multiple Attunements In A Treatment](#)

3. KEEP LEARNING AND GROWING

All the attunements that I create raise your vibration to boost vitality and well-being. Additional functions are added to this to focus on a specific goal or purpose. Here are some recommended attunements:

Recommended Attunements:

[Archangel Michael](#)

[Connection Maintenance Attunement](#)

[Blissful Light Reiki](#)

[Divine Cosmic Womb Unity Maintenance Attunement](#)

[Dragons Of Pentagram Protection Maintenance Attunement](#)

[Energy Vampire Protection Maintenance Attunement](#)

[Entity Clearing Maintenance Attunement](#)

[Ethereic Cord Maintenance Attunement](#)

[High Vibration Maintenance Attunement](#)

[Inner Shamanic Warrior Maintenance Attunement](#)

[Magic Spell Removal Maintenance Attunement](#)

[Protection Maintenance Attunement](#)

[Protective Concealment Maintenance Attunement](#)

[Protective Shield Maintenance Attunement](#)

[Remote Viewing Protection Maintenance Attunement](#)

Free Self-attunements:

[Balance, Calm, And Focus Empowerment](#)

[Compassion Activation Empowerment](#)

[Energetic Protection Now Empowerment](#)

[Negative Energy Clear And Cleanse Empowerment](#)

Dynamic Connections Attunements Series:

[Dynamic 999 Energy Connections Maintenance Attunement](#)

[Dynamic Arcturian Connections Maintenance Attunement](#)

[Dynamic Ascended Master Connections Maintenance Attunement](#)

[Dynamic Ethereal Crystal Connection Maintenance Attunement](#)

[Dynamic Mahatma Energy Connections Maintenance Attunement](#)

[Dynamic Violet Flame Connections Maintenance Attunement](#)

Maintenance Attunement Series:

[Abundance Maintenance Attunement](#)

[Akashic Records
Maintenance Attunement](#)

[Ancestral Clearing
Maintenance Attunement](#)

[Angelic Connections
Maintenance Attunement](#)

[Angels Of Energy Healing
Connection Maintenance
Attunement](#)

[Angels Of Hidden
Knowledge Connection
Maintenance Attunement](#)

[Angels Of Shamanism
Connection Maintenance
Attunement](#)

[Animal Healing
Maintenance Attunement](#)

[Archangel Raguel
Connection Maintenance
Attunement](#)

[Ascension Maintenance
Attunement](#)

[Astral Travel Support
Maintenance Attunement](#)

[Attunement Lineage
Clearing Maintenance
Attunement](#)

[Aura Maintenance
Attunement](#)

[Blockages Clearing
Maintenance Attunement](#)

[Brachial Chakra Activation
Maintenance Attunement](#)

[Celestial Objects
Connections Maintenance
Attunement](#)

[Centering Maintenance
Attunement](#)

[Chakra Maintenance
Attunement](#)

[Crown Chakra Activation
Maintenance Attunement](#)

[Dynamic Healing Mandala
Maintenance Attunement](#)

[Ear Chakras Activation
Maintenance Attunement](#)

[Earth Star Chakra
Activation Maintenance
Attunement](#)

[Emotional Maintenance
Attunement](#)

[Energy Channel Expansion
Maintenance Attunement](#)

[Etheric Libraries
Maintenance Attunement](#)

[Feet Chakras Activation
Maintenance Attunement](#)

[Golden Ray Of
Transmutation Connection
Maintenance Attunement](#)

[Grounding Maintenance
Attunement](#)

[Hand Chakras Activation
Maintenance Attunement](#)

[Heart Chakra Activation
Maintenance Attunement](#)

[Imprint Removal
Maintenance Attunement](#)

[Intuition Maintenance
Attunement](#)

[Karma Clearing
Maintenance Attunement](#)

[Kundalini Maintenance
Attunement](#)

[Life Force Maintenance
Attunement](#)

[Mental Maintenance
Attunement](#)

[Meridian Maintenance
Attunement](#)

[Negative Energy Clearing
Maintenance Attunement](#)

[Negative Intentions
Maintenance Attunement](#)

[Negativity Clearing
Maintenance Attunement](#)

[Past Events Maintenance
Attunement](#)

[Past Life Clearing
Maintenance Attunement](#)

[Post Attunement
Maintenance Attunement](#)

[Ritual Reversal
Maintenance Attunement](#)

[Sacral Chakra Activation
Maintenance Attunement](#)

[Sacred Etheric Crystal
Atlantean Cross
Connection Maintenance
Attunement](#)

[Sacred Etheric Flower Of
Life Connection
Maintenance Attunement](#)

[Sacred Etheric Pyramid
Connection Maintenance
Attunement](#)

[Sacred Etheric Star
Tetrahedron Connection
Maintenance Attunement](#)

[Shaman Activation
Maintenance Attunement](#)

[Shamanic Inner Child
Maintenance Attunement](#)

[Soul Family Connection
Maintenance Attunement](#)

[Soul Retrieval
Maintenance Attunement](#)

[Space Clearing
Maintenance Attunement](#)

[Spiritual Name
Maintenance Attunement](#)

[Spiritual Sight
Maintenance Attunement](#)

[Starseed Lineage
Maintenance Attunement](#)

[Stellar Gateway
Maintenance Attunement](#)

[Subconscious Clearing
Maintenance Attunement](#)

[Telepathy Activation
Maintenance Attunement](#)

[Third Eye Chakra
Activation Maintenance
Attunement](#)

[Transitions \(Ready For
Change\) Maintenance
Attunement](#)

[Trauma Clearing
Maintenance Attunement](#)

[Twin Flame Connections
Maintenance Attunement](#)

[Violet Flame
Enlightenment
Maintenance Attunement](#)

Other Attunements:

[999 DNA Activation](#)

[999 Seichim](#)

[Apollo Seichim](#)

[Arcturian Third Eye
Activation Attunement](#)

[Aura 999 High Integration](#)

[Blissful Light Seichim](#)

[Chakra 999 High
Integration](#)

[Dragon Sekhem](#)

[Kundalini 999 High
Integration](#)

[Kundalini Seichim](#)

[Life Force 999 High
Integration](#)

[Meridian 999 High
Integration](#)

[Quan Yin 999](#)

BLISSFUL LIGHT

SUPPORTING YOUR SELF-DEVELOPMENT

Blissful Light specialises in supporting your self-empowerment and personal development goals. I provide courses and energy healing tools such as attunements, to assist and support you as you develop, grow, and seek wholeness in a welcoming and caring environment.

Whether you are on an accelerated path of spiritual discovery or are curious or just starting, I know how challenging each step can be. You may have lots of questions, be confused over what steps to take or are overcoming personal hurdles. While I believe all change occurs due to the hard work you put in, I am here to support you as you learn, grow, and discover. All products, services, and support are offered in a welcoming and encouraging environment.

If you haven't done so already don't forget to [sign up to my newsletter](#) which aims to assist your healing and self-development by providing relevant and unique blog posts, subscriber-only sales, and access to a supportive international community.

Blissful Light's [energy healing blog](#) is packed full of unique and supportive content specifically written to assist you in your healing and self-development journeys. I don't believe in just repeating the same old tired and unhelpful information but instead write from my own experiences and perceptions to help you to discover, grow, and question.

If you have any questions, please do not hesitate to [contact me directly](#).

I wish you many discoveries.

Craig MacLennan

Founder of Blissful Light

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Healing, which may be referred to on www.blissfullight.com, this manual, communications etc., means the process of trying to bring back one's energies and energy bodies into alignment with one's truth ([What Does Healing Really Mean?](#)). It does not promise or allude to any immediate or possible healing in the sense of a miracle. Healing may require change, growth, and alignment both in one's inner and outer worlds, which may require considerable time, commitment and focus and still does not guarantee any outcome.

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