

Protect Your Energy

Embrace the Power of Your Toroidal Field Energy Shield



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ARE YOU READY TO REVOLUTIONIZE THE WAY YOU PROTECT AND ELEVATE YOUR ENERGY?

Do you ever feel overwhelmed by external energies and emotions? In this guide you'll discover a powerful way to protect yourself using a solution that lies within you: your toroidal field.

This incredible bioenergy shield, generated by your heart field and energy centres (chakras), holds the key to filtering out negativity while allowing in the nourishing frequencies of your soul and divine guides.

Traditional energy protection methods such as surrounding yourself with an energy bubble or an egg can seal off your energy completely, and you don't want that because it can stagnate and cloud your energy flow.

The two techniques I share here focus on strengthening your internal energy field while leaving it permeable and clear.

By building your toroidal field from within, you allow nurturing and benevolent frequencies, such as your soul's essence and guidance from divine sources, to flow in while keeping out unwanted energies.

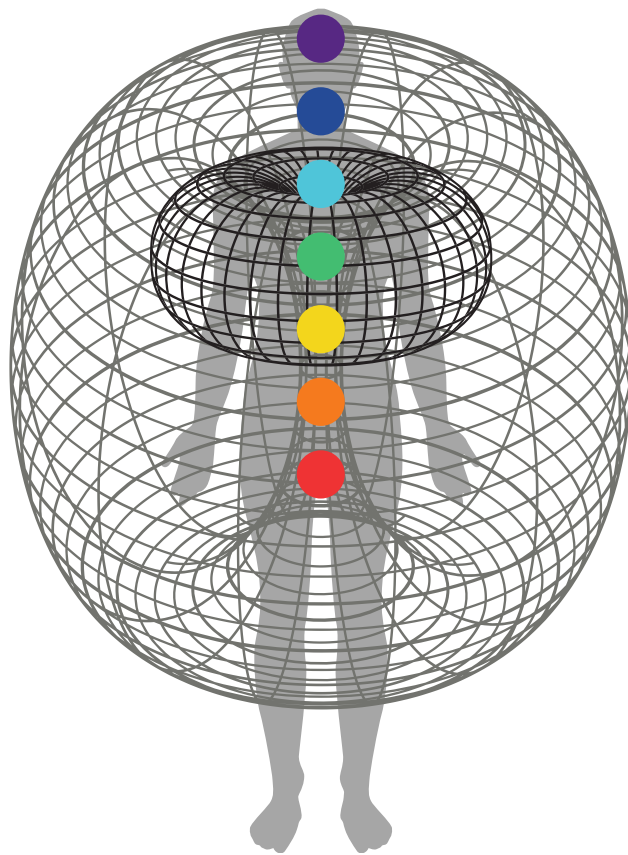
This approach ensures that you remain connected to the supportive energies of the universe while still safeguarding your personal energy space.

WHAT'S INSIDE THIS GUIDE:

- The Toroidal Field
- A Note on the Toxic Side of Empathy
- Why Illuminate Your Light
- An Important Empowerment Reminder
- Two Dynamic Techniques to Protect Your Energy

THE TOROIDAL FIELD

The toroidal field, also known as the torus energy field, is a dynamic, donut-shaped energy field that surrounds and permeates every living thing. It is generated by the heart and the chakras, serving as a protective shield that regulates the flow of energy within and around the body. Strengthening this field enhances your resilience to external influences while allowing in nourishing frequencies that support your well-being. By harnessing the power of your toroidal field, you can protect yourself energetically and cultivate a greater sense of balance and harmony in your life.



Did You Know

It is believed the Akashic Records (the Book of Life) inscribe information based on toroidal fields of all things in existence? We dive into this and more in the Akashic Magic Embodied Reader Certification Training I teach.

TOXIC SIDE OF EMPATHY

Are you an empath who often feels drained by absorbing others' energies, emotions and thoughts? You're not alone. Their chaos can wreak havoc on your body and nervous system. Neglecting to protect your energy from external influences can lead to disease. Over time, this excessive giving can exhaust your energy stores, potentially even shortening your lifespan.

The gift of empathy is often regarded as a badge of honour. However, when you continually give beyond your capacity, you risk serving others from a depleted state, leading to feelings of resentment and eventual burnout. Your energy stores become drained and wobbly, hindering your ability to express your authentic self and share your gifts with the world. This not only affects your own well-being but also deprives the world of your unique contributions.

Protecting your energy is not just about preserving your own well-being. It's about living your own most fulfilled and meaningful life while joyfully serving others.

WHY ILLUMINATE YOUR LIGHT

As a beacon of light in the world, it's crucial to prioritize your own health and joy. By embracing these energy protection techniques, you not only safeguard your personal energy but also amplify your ability to serve others authentically. Remember, your light shines brightest when you're fueled by self-care and confidence.

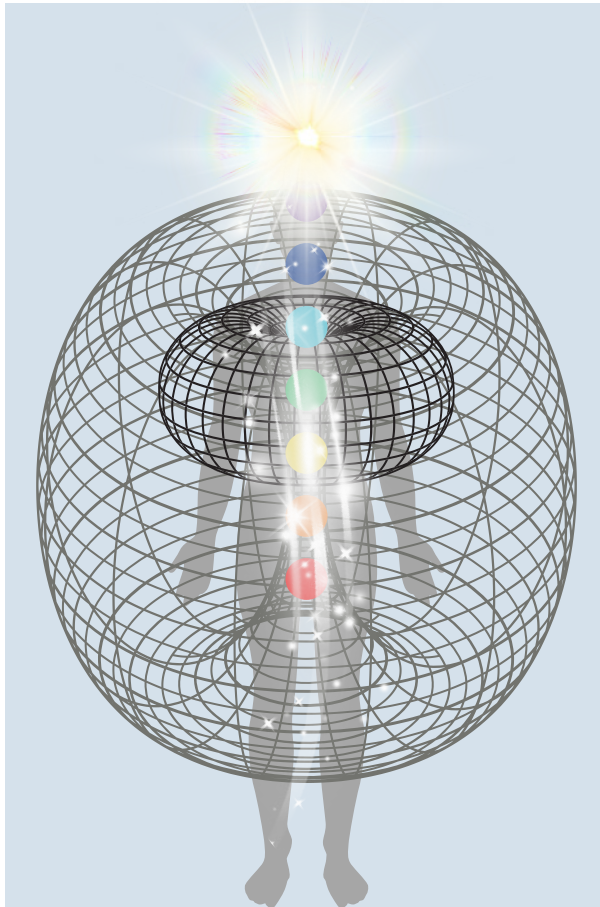
AN EMPOWERMENT REMINDER

These techniques aren't just about going through the motions—they require your full presence and embodiment. As you practice the Soul Light and Rainbow Breath techniques, remember to immerse yourself fully in the experience, allowing your mind, body, and soul to integrate together consciously.

INSTRUCTIONS FOR TECHNIQUE #1

SOUL BREATH

1. Sit comfortably or stand with your feet hip-width apart.
2. Visualize a pure white light above the top of your head. This light represents your Soul frequency.
3. As you inhale, invite this brilliant white light to enter through your crown chakra and flow down through your entire body, settling at your heart center.
4. Feel the unconditional love radiating from your heart center as it fills and nourishes your toroidal field - the energetic donut shape around your heart and body.
5. Repeat as needed for a powerful energy boost.



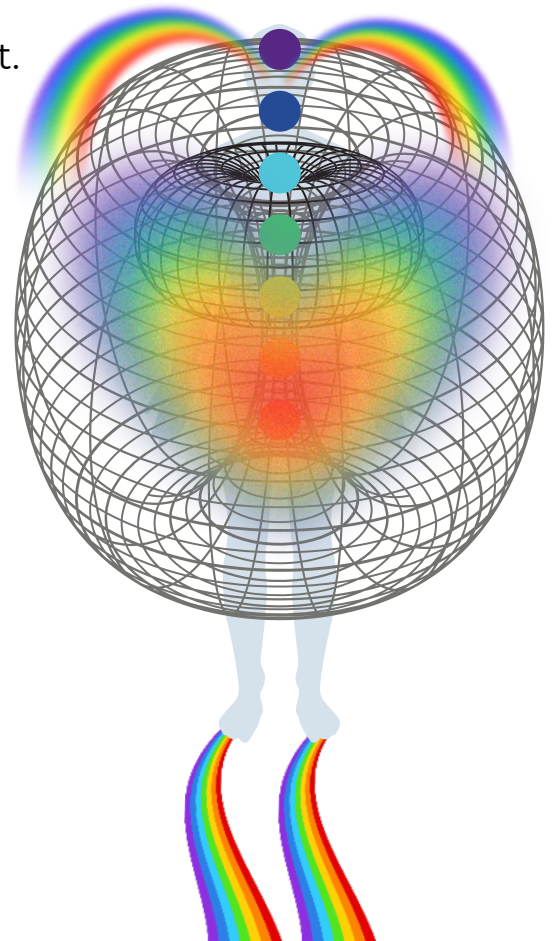
TIP

An easy way to tap into the energy of unconditional love during this exercise is to bring to mind someone or something you love more than anything in the world, such as your pet or beloved relative/friend/person.

INSTRUCTIONS FOR TECHNIQUE #2

RAINBOW BREATH

1. Find a comfortable seated or standing position.
2. As you breathe in, imagine inhaling the most vibrant colors of the rainbow through the soles of your feet, allowing them to fill your body from the bottom up, eventually spilling out the top of your head and filling your toroidal field.
3. With each breath, visualize these divine colour frequencies renewing and filling each energy center (chakra) in your body.
4. Continue to breathe in the rainbow colors until they flow out of the top of your head and your entire being is bathed in their radiant light.
5. Feel the love and healing energy of the divine rainbow frequencies permeating your toroidal field, providing protection and nourishment.
1. Complete the exercise by breathing in the frequencies of precious gold and crystal clear starlight and visualizing these nourishing your field.



ADVANCED TIP

A powerful way to tap into the energy of unconditional love is to imagine that you lose someone or something you love more than anything in the world. Replace the depth of grief you feel at such a thought with the depth of love you have for this beloved pet or person.

WHEN TO USE THESE TECHNIQUES

You can use these powerful techniques for strengthening your toroidal field anytime to ensure optimal energetic protection and alignment. Here are some scenarios in which you might find them particularly beneficial:

1. Morning Routine Kickstart your day by incorporating these techniques into your morning routine. As you awaken and prepare to face the day ahead, take a few moments to strengthen your toroidal field and set the energetic tone for a positive and empowered day.

2. Before Venturing Out Prior to stepping into environments with a high concentration of people, such as grocery stores, malls, or public gatherings, take a moment to fortify your energetic boundaries. By doing so, you create a protective shield that helps you navigate external energies with grace and resilience.

3. During Stressful Situations When faced with challenging or stressful situations that threaten to destabilize your energy, use these techniques as a means of grounding and centering yourself. By reinforcing your toroidal field, you establish a sense of inner stability and empowerment, allowing you to respond to stressors from a place of strength and clarity.

4. After Interactions Following interactions with others, especially those that leave you feeling drained or energetically depleted, take the time to replenish and fortify your energy field. These techniques serve as a valuable tool for restoring balance and vitality, ensuring that you maintain a harmonious state of being.

5. As Needed Ultimately, trust your intuition to guide you in determining when to utilize these techniques. Whether you sense a need for energetic protection, a desire to realign with your inner guidance, or simply a craving for energetic nourishment, honor your intuitive insights and practice these techniques as needed.

BONUS: Conclude either of the practices by invoking the Violet Flame of St. Germain to purify and cleanse your energy field. He was an Ascended Master and his Violet Flame is a potent purifier. Simply visualize and intend for benevolent violet flame all over your body and toroidal field to burn off energies that do not belong to you.



By integrating these practices into your daily life and utilizing them strategically, you can cultivate greater resilience, clarity, and well-being on all levels of your being.



ABOUT KASIA RACHFALL

What lights my soul on fire is witnessing you reclaiming your confidence, self trust and authentic self expression. And seeing your eyes light up as you remember your inherent worth and potential. It's knowing that as you transform you contribute to raising the consciousness of the world.

My journey through postpartum darkness, trauma healing, and personal growth has been my compass in transformation. I understand the nuances of struggling, healing, and becoming. My philosophy is rooted in the belief that you are whole, worthy, and enough. From this place of innate worthiness, we embark together on a journey that spans intuitive guidance, confident choices, and authentic expression.

I'm honoured to be your guide, and I invite you to step into a journey that promises not only healing but also a powerful transformation that ripples through every facet of your life.

Find out more how we can work together [here](#).