HEALTHY NEWS

6 Ways to Deflect Negative Energy around You and Stop it from Affecting You

By bestfolkmedicine · 30/10/2018 · 2 min read

Unfortunately, there is always some negative energy around us and no one is immune to it. This is why it is necessary to learn how to be able to divert it and avert it from causing us more problems in life. This being said, in today's article, we decided to share a list comprised of 6 proven methods that can help you deflect negativity and protect yourself, but your loved ones as well. Read on to learn more…

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How to Block Negative Vibrations

Find the source

First, you need to think about the source of the bad vibrations in your life and then confront that individual. Reveal your feelings and respect their decision to talk or not to talk about this. Be it as it may, what you need to do in both cases is to get away from the source as far as possible and put an end to the bad influence.

Concentrate on potential solutions

In most situations, one should be able to focus on finding a proper solution to an issue, not to the issue itself. A good solution is to divide the problem into smaller aspects that you can easily cope with.

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Be around positive people

It is high time that you forget about people who only spread negative influence and spend more time with positive individuals whose positivity you can embrace and improve your life. Find loving, honest, and friendly companions who will put an end to the bad vibrations in your surroundings.

Focus is crucial

When your focus is sharp, you will not allow negativity to affect you, your personality, and your positivity. A good way to achieve this is to listen to tranquil music and relax as much as possible. Think about the good things you have done or experienced until now and contemplate on how they make you feel and why. When you are surrounded by love and happiness, bad things cannot touch you.

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Be compassionate towards yourself

You should always be able to forgive yourself for your past mistakes because you deserve this and because we are not perfect. Become your own best friend and encourage positive self-talk which is more powerful and effective than people actually think. When you wake up in the morning, look in the mirror, put on a smile, and tell yourself three things you like about yourself.

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