



*Creating and Maintaining your
Spiritual Protection Shield*

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The Spiritual Protection Shield

The Protection shield is considered one of the **core foundational skills** when it comes to walking any spiritual path. There are four primary foundations that should be developed as one walks a spiritual path. They are....

~*Shielding*

~*Grounding*

~*Focusing*

~*Mental Mastery*

This e-book is dedicated to reveal to you the techniques designed to cast and effectively use protection shields. The benefits you gain from learning these skills will be invaluable for walking your spiritual journey.

It is important to develop a good shielding system, and important to know how to cast them, especially if you find yourself confronted with danger. This can and does happen on any spiritual path. If you are prepared and have a good sense of your core foundations you will instinctively know what to do if such a situation arises.

In a way, it is like training for a martial art. You practice the skills, learn the techniques and hope you never have to use them. But if you are ever confronted with a situation, your instincts will guide you and protect you. Your training will give you and your body the knowledge of how to protect yourself. It is the same with these shields.

Having powerful familiars at your side is great, but it is important to master your own strength and power. That way malicious spirits/entities will not even try to go after you. In fact they will most likely leave you alone.

Another great thing about building your own spiritual strength and abilities is that your high level familiars can assist you and help you to unlock new shielding abilities and guide you on unique methods to maintaining your shields and building your spiritual fortress. When you begin to work with your own abilities you open up your skills. This gives you an opportunity to develop a more intimate relationship with your familiars and as your abilities increase they can connect with you and help you to reach new levels with your abilities. Overall it greatly impacts the relationship you have with your familiars in a very positive way.

When you begin to understand the energies and understand how they work, you can ask

your familiar (who will have advanced knowledge of these topics) to share their insights with you and help to guide and inspire you to learn more complex and advance techniques. They also might have special shields, which they have crafted or have knowledge that they can teach you to cast or work with.

They will still be there to protect you, but it also might alleviate their anxiety, because as we know, High-level familiars are not always around, so if they know you are protected, if an attack happens they will worry less about you and having to shield you, and focus entirely on dealing with the malicious force that wants to hurt you. That way they can put all their attention on the one attacking you, instead of dividing their resources on protecting you and dealing with the problem. It makes for a more balanced situation.

Learning the basics of shielding makes you better, more confident and gives you the skills to stop an attack before it even happens. A good shield will block a malicious entity or spirit from attacking you; block a malicious practitioner from cursing you or sending destructive energy your way. The stronger you get the less issues you will have and also you familiar will be able to better assist you and help fully defend you in these situation.

Let us begin...

~Basic Protection Shield

White/Gold Energy Protection Shield

This is a basic Protection shield that is designed to be easy to cast and helpful if you ever find yourself in danger or feel like you need extra protection. It is safe to cast at any time and ideally, when you begin your spiritual journey, should be cast when working with any magick or spiritual energies.

This is a generic one, it is not personalized to your energy, so quite often it does not stay up long and is only used for when you are experiencing a dangerous situation or about to do some short term spiritual work, like a spell or ritual. It will protect you in the moment, but over time will come down. This one is not a long term shield.

This shield is fairly simple to create. It is good in a situation where you feel like you are being attacked or have any sense of danger. It will protect you from any threatening forces you might encounter at this level of your journey.

1) *Assume a comfortable position, take in three deep breathes, and close your eyes..*

2) *Direct your energies to your third eye, which is located roughly*

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around your forehead. It's okay if you don't know exactly where your third eye is, as your energies will be received simply by consciously directing them at it.

3) See yourself inside your third eye. Envision a whit/golden light surrounding you and feel its warmth and safe energies flow through every part of your body.

4) Say out loud,

"I call to the true divine light, the light of life, of love, and protection. Surround me, come forth and shield me from any forces that should seek to do me harm."

Feel the energies of this white/gold light engulf your body and strengthen your soul, providing that essential first layer of protection. Make sure that you see yourself surrounded by the white/gold light in your mind. Repeat if you feel the need to.

5) Say out loud

"As long as the light of true divinity surround me, no negative forces shall harm me."

~Adding Color to your Shield

Personalized Energy Protection Shield

This is a more complex protection shield that resonates with you energies and is more personalized to you. For this one it is very similar to the White/Gold one except that you choose a colour to use that symbolizes protection to you. Color meanings can be very personal and quite often we have defensive energies hidden within our aura that are waiting to be activated.

This shield is personalized to your energy and as such with practise and making sure you cast it everyday will actually stay up and create a solid permanent barrier around you. Over time it will also instinctively strengthen and naturally increase it's power if an attack happens. You may one-day sense an oncoming attack just by the way your shield is acting, giving you some time to communicate with your familiars and plot the best course of action.

This energy shield is still a fairly simple shield. It is the basis for creating your own protection and also will begin to help you connect with your

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own abilities and powers. Before you begin take a moment to focus on a color that symbolizes protection for you.

1) Assume a comfortable position, take in three deep breathes, and close your eyes.

2) Direct your energies to your third eye, which is located around your forehead. It's okay if you don't know exactly where your third eye is, as your energies will be received simply by consciously directing them at it.

3) See yourself inside your third eye. Now in your minds eye visualize yourself awakening in you that color you selected and flood yourself and your surrounding with it. Visualize that color surrounding you in a sphere. Now push that Sphere out as far as you can.

4) Say out loud,

"I bring forth and awaken my energies of protection. I surround myself with the (__insert color__) shield to flow around me and through me and create a barrier against any that would seek to harm me."

Feel the energies of this color engulf your body and strengthen your self, providing a powerful layer of protection. Make sure that you see yourself surrounded by the energy in your mind. Repeat if you feel the need to.

5) Say out loud

"As long as my shield stands, no negative forces shall harm me."

~Adding Defense to your Shield

Defensive Energy Protection Shield

This adds a whole new layer to your shield. Basically what you are doing is embedding an energy that is designed to harm a malicious force that tries to get through and hurt you. It is like an electric fence, if a malicious force touches it they will get a zap and think twice. Over time you can increase the power of your defense so that instead of a zap it is like they grabbed a power line but that will come with time.

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For starters it is best to pick something simple and build on it as time goes. Also your familiars might be able to add some insight crafting a great defense.

To begin, you want to select the type of defense you would like to add to your shield... Some people add knives or a wall of thorns to their shield. Others add a shocking or burning energy.

Get creative here and image what you would like to embed in your shield to give those that wish to harm you a reason to think twice.

This energy shield is where it becomes a bit more complex, but still with time and practice these are not hard to create or master. You can either add a layer to your color shield or create an entirely new shield. Before beginning select the color of this shield and select the defensive component you are going to add to it.

1) Assume a comfortable position, take in three deep breathes, and close your eyes.

2) Direct your energies to your third eye, which is located around your forehead. It's okay if you don't know exactly where your third eye is, as your energies will be received simply by consciously directing them at it.

3) See yourself inside your minds eye. Visualize yourself creating the color shield you have selected and flood yourself and your surrounding with that color. Visualize that color surrounding you in a Sphere. Now push that Sphere out as far as you can.

4) Say out loud,

"I bring forth my energies of protection. I surround myself with the (insert color) shield to flow around me and through me and create a barrier against any that would seek to harm me.

Feel the energies of this color engulf your body and strengthen your soul, providing that essential first layer of protection. Make sure that you see yourself surrounded by the energy in your mind. Repeat if you feel the need to.

5) Feel the energies of this shield surrounding you now take the defense you have selected and visualize it being embedded into the shield. If you want you can take your hands and work with the defensive energy and weave them into your shield.

Work the energies until you feel a shift. The shield will begin to glow and the defense energies will activate.

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6) Say out loud

"I activate my (__name your shield__ ex Dark shield of knives__), to strike at those who wish to harm me and shield me and protect me from malicious intent. The Shield stands strong, the energies are powerful. All those who wish me harm

7) This will create the shield and attach it to you so that you can call on it whenever you need to.

In the future, every time you wish to activate your shield all you have to say is...

"I activate my (__Shields Name__)"

Visualize it surrounding you. It will immediately activate to protect you. Over time this shield will be conditioned to stay up and will add itself to your fortress of protection.

In Conclusion, this is an introduction and overview of Shield Creation. A Spiritual Protection Shield is a tool that will stay with you and assist you greatly along your spiritual path. It is important to learn and master these skills as they are essential to well rounded, balanced spiritual development.

We invite you to join our forum and continue your growth in learning about Black Magick, Darkness and the Left Hand Path. You can sign up for your complimentary membership here... www.satanandsuns.com