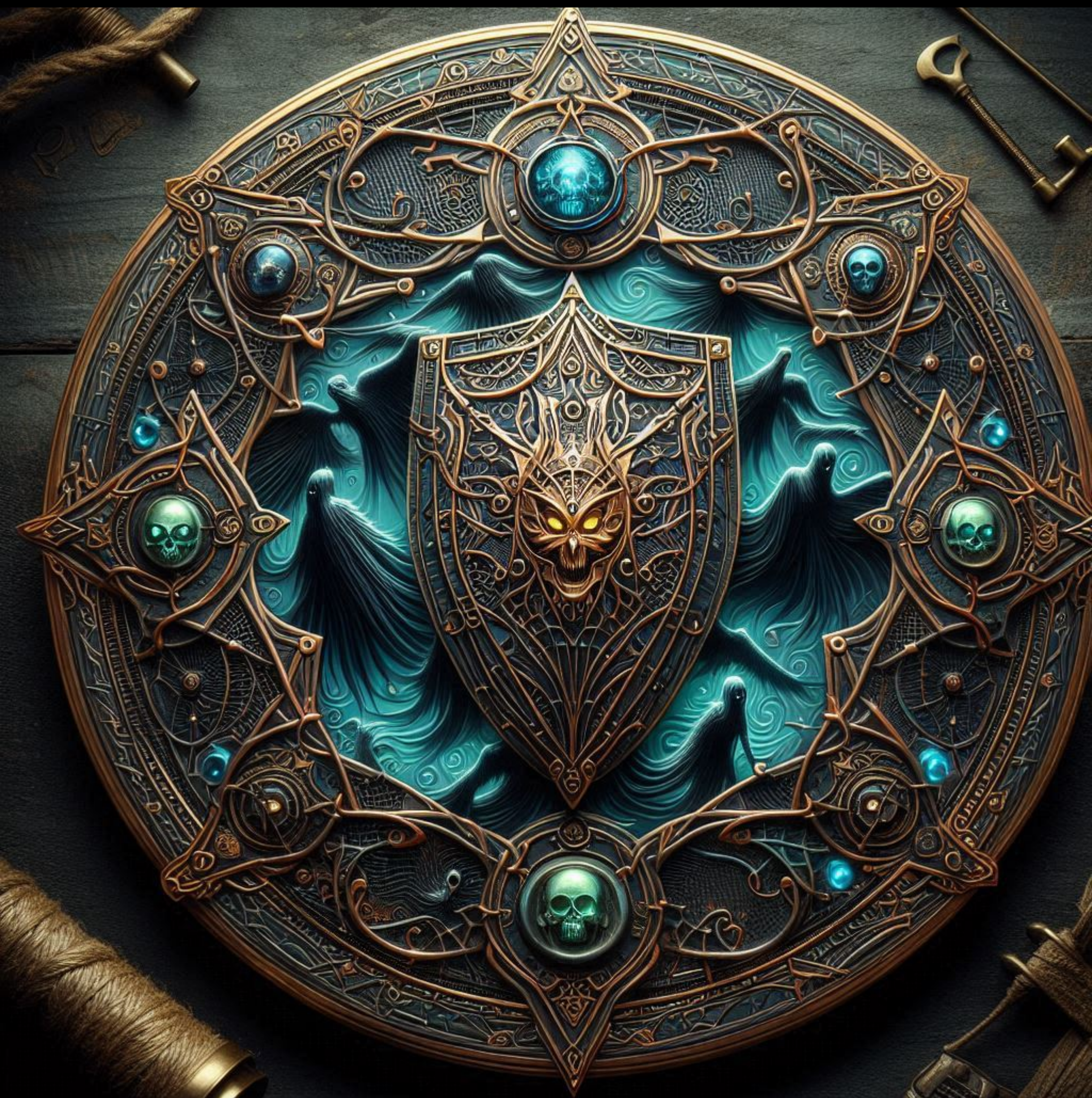


Intro to Shielding

Booklet



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WHAT IS SHIELDING?

Shielding 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/warding, grounding/cleansing, focusing, and mental mastery.

As opposed to wards, which are fixed and cover a given space, a shield is for your personal protection. It moves and travels with you as you journey, serving to protect you wherever you are. Much like wards, shields define what spiritual forces can and cannot enter your space, and they are designed to give you protection against malicious and sinister entities that might wish to harm you. They will not affect your ability to interact with your companions, but rather prevent entities that seek to harm you in some way.

This booklet will teach you some introductory 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, which can and does happen on any spiritual path.

WHEN SHOULD YOU SHIELD?

Shielding is a good practice to establish for yourself as part of any spiritual or magickal workings that you do. 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. They are better to have and not need, than need and not have.

HOW DO YOU SHIELD?

This booklet will introduce you to the very basics of shield making, but you can expand upon what is taught here with unique elements that will make your shields even better and more effective.

1) 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, especially when beginning your spiritual journey, should be cast when working with any magick or spiritual energies.

This is a generic shield, it is not personalized to your energy, so quite often it does not last long on its own and is only used for when you are experiencing a dangerous situation or about to do some short term spiritual work, such as a spell or ritual. It will protect you in the moment, but over time will dissolve naturally. This is not a long term shield. This shield is fairly simple to create.

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 around your forehead, above and between your eyes. 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 white/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."*

2) Adding Colour to the Shield

Personalized Protection Shield

This is a more complex protection shield that resonates with your energies and is more personalized to you. This one it is very similar to the White/Gold Shield 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 practice and consistent casting, it will actually stay up and create a more solid and lasting barrier around you. Over time it will also instinctively strengthen and naturally increase its 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 companions 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 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.
3. See yourself inside your Third Eye. Visualize yourself awakening from within you the colour of your choice, and flood and surround yourself with this colour.
4. Visualize that colour expanding to surround you in a sphere. Then push that sphere out as far as you can.
5. Say out loud, *"I bring forth and awaken my energies of protection. I surround myself with the (*insert colour*) shield to flow around me and through me and create a barrier against any that would seek to harm me."*
6. Feel the energies of this colour engulf your body and strengthen yourself, 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.
7. Say out loud *"As long as my shield stands, no negative forces shall harm me."*

3) Adding Defenses to the Shield

Defensive Energy Protection Shield

This adds an entirely new layer to your shield. 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.

In the beginning, it is best to pick something simple. You can always build on it as time goes on.

You will first want to select the type of defense you would like to add to your shield. Some people add blades or a wall of thorns to their shield. Others add a shocking or burning energy. This is an area where you can really get creative and imagine 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 shields 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 colour 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.
3. See yourself inside your Third Eye. Visualize yourself awakening from within you the colour of your choice, and flood and surround yourself with this colour.
4. Visualize that colour expanding to surround you in a sphere. Then push that sphere out as far as you can.
5. Say out loud, *"I bring forth and awaken my energies of protection. I surround myself with the (*insert colour*) shield to flow around me and through me and create a barrier against any that would seek to harm me."*
6. Feel the energies of this colour engulf your body and strengthen yourself, 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.
7. Taking the defensive component you have chosen, visualize it being embedded into the shield. If you want to, you can take your hands and work with the defensive energies 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.

8. Say out loud *“I activate my (*name your shield: example Red Shield of Fire*), to strike at those who wish to harm me and shield me and protect me from malicious intent and all those who wish me harm. The Shield stands strong, the energies are powerful.”*
9. 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 do is say *“I activate my (*Shield Name*)”* and 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.

4) Working with Companions

If you have spiritual companions or guardians, they may have elements of their own that they can add to your shield to strengthen and personalize it even further.

This is an excellent way to both bond with them and improve your shielding techniques, as well as making the shield more personal. It is best to craft it together rather than asking your companion to give you a shield, so that it is attuned with your own personal energies and that you know how to engage and use the shield.

1. Craft the Defensive Energy Protection Shield outlined in the previous step.
2. Call to your companion and ask them to join you in sacred space.
3. When they arrive, describe to them your shield and ask for their assistance in adding to its defenses.
4. If your companion chooses to add to the shield on their own, ask them to describe what they are doing so that you can visualize it happening, adding to the energies.
5. If your companion chooses to provide assistance or suggestions for you to add to the shield on your own, follow their guidance as closely as you can and ask for them to direct you and your energies so that it is being done correctly.

WOULD YOU LIKE TO LEARN MORE?

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