

The idea of protection is a funny thing. When I started this sound healing program, I was already on a journey that was bringing back recognition of who I really am and what I am here to do. In this unfolding, I went on a journey to my past of how, where and when my authentic self started to become hidden. This was when the world started to tell me that it was unsafe to stand out, unsafe to shine, unsafe to vocalize what I saw, remembered, experienced and felt. Even the questions I asked about life and this planet's ideas were to be viewed as silly and not to be played with out loud. So slowly, day by day, month by month, year by year, I diminished my light, my innocents and my curiosity to explore the world in the way I once saw and experienced it. So here I was, back into exploring the world in a different way and running into all kinds of fear, separation, guilt, anger and sadness, not to mention a multitude of physical ailments that helped keep me unengaged and hidden. The so question became; how could I get back into exploring and immersing myself into this new vibrant life when as soon as I would open up to it, I got pummeled and knocked back into my cave? Thus came my quest to find ways to protect myself so I could be out in the world in a way that would service and thrive without getting knocked down. How can I plant my feet firmly into the ground and feel like I could handle anything with having it take me out? So I came to school to collect useful tools to have so I could go forth into healing myself, as well as others, in the most effective way possible. And here is what I found.

Pre Protection (For use before going into a potential energetically challenging situation):

Crystal Grids - For Protection you could use citrine, hematite, black tourmaline (obsidian is not recommended due to the "volcanic" nature of the energy).

Sacred Geometry Visualizations -The Merkaba also gives healing power but also acts to provide protection.

Energy White Light Bubble - Imagine this surrounding you and whoever you may be working with.

Stones and Crystals – Most common are: agate, fluorite, purple sage, jape, jasper onyx, labradorite, amethysts, quartz, black tourmaline, obsidian, pyrite gemstones, hematite and citrine. Use these to create a grid or place on or around the body to absorb energy.

Call in Angels, Guides and ET - For the highest good of everyone present.

Intention - Just asking or commanding your intention for a safe clear space. I find stating this out loud to be the most clear way to do this.

Energy "Filters" - Creating a ball of light energy and placing it at arms length into the aura so that all energy coming to you goes through that filter before it enters your space and reaches your body.

Smudging - Burning sage to clear the space through smoke.

Burning Tibetan Incense – Specifically made in Nepalese monasteries.

Using the Pushing or Pulling – This is the idea of pushing energy into someone or pulling it out of someone while NOT having it go through your whole body but just your hands or arms. This is

different from giving and receiving where you do accept the energy into your body. This is more intimate and can be more challenging when you are working with a lot of different aliments.

Holon of Balance Via tom Kenyon - Placing yourself inside an octahedron which is basically two square-based pyramids joined at the base. Make sure you are completely enclosed in the space of the octahedron.

Breathing techniques – An example is the Quantum Light Breathe originated by Jeru Kabbal. This is a breathing process, which helps release feeling and unconscious programs. It is designed to take participants into an expanded state of consciousness and ultimately into blissful embodiment. This is great for clearing the experience of fear and separation.

Daily Meditation – Any kind is helpful.

Blue energy beaming up from the earth with a 5 IN and 30 OUT breathe. Breathing in the center of the earth into your feet and then back out down to the center of the earth until you feel the energy tingling through out your body. Really rooting you feet into the earth's core.

Nature and sunshine – Of any kind!

Resonating the Sound – The sound of love, compassion and gratitude.

Essential Oils – Such as, Frank & Myrrh, Frankincense, Juniper, Lilac, Myrrh, Orris, Rose Geranium, Grapefruit, Pine, Sandalwood, Verbena or Cinnamon.

Post Clearing (If you are feeling the after effects from an energetic overload or challenge):

Baths - Adding Epsom salts, baking soda, apple cider vinegar and soaking for at least 20 minutes.

Grounding – Setting the intention to release what it not yours from your energy field down into the Earth. Going Barefoot on the Earth. Hugging a tree.

Cutting Cords – Bring into your mind any relationship, a client or any lingering unpleasant interaction you had with someone and imaging a cord going from your solar plexus (or wherever you feel the pull coming from in your body or field) to their solar plexus and karate chop ot with your hand and cut the cord in half. Let their half loop back into them and your half loop back into yourself or even let it just fall away.

Ho'oponopono Forgiveness Technique – Saying the phrase “I am sorry, please forgive me, I love you, thank you” over and over with an intention of a person, the world, or a particular place, situation or even yourself until you feel a release or shift in the energy around it.

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Loud Sounds – Using rattles, gong, clapping, drum etc to clear space. Follow this by resonating the sound of love.

Violet Flame – Visualize St. Germaine standing in front of you. Witness him igniting the violet flame below your feet al the way up around your entire being. You are completely immersed in the all consuming fire of the violet flame.

Smudging - Burning sage to clear the space through smoke.

Through several months of playing with these varying techniques and practices, I came to some that I played with more often than others. In doing so I found myself able to really note more

clearly when this energy drain was occurring or what I thought of at the time as taking on energy that wasn't mine, because that is what it felt like. Many times I just plain forgot to do these preemptive techniques until it was too late and I was suddenly finding myself in a land of head pain, fatigue and stomach upset. Sometimes I remembered mid interaction and found myself disengaging in order to put up these filters. This just felt bad to me as I didn't want to put up yet another wall in my interactions. I wanted to take them down so that I could reconnect to people in a new, mutually balanced way. So I started to dig into this more deeply. How could I be more open and connect more authentically with people without feeling weighted down after and without creating more separation through these walls of protection?

The conclusion I came to is all about trust and honesty. First off, it's important to be honest while holding love or compassion. Being honest to yourself when a relationship is no longer balanced, honest to others when something doesn't sit well for you. Speaking your truth will help to stay in your own integrity. Secondly, the basis of the idea of protection is that you are walking around surrounded by danger in the world. The dictionary definition of protection is: "To defend or guard from attack, invasion, loss, annoyance, insult, etc.; cover or shield from injury or danger". The mere act of putting up protection actually set the stage for you to not be safe as you are. I found this to create more personal separation and disconnection from source.

So this path of finding ways to protect myself turned into one of cancelling out that idea entirely and instead going on a quest of learning ways to hold myself more strongly and clearly. I learned I am not truly obligated to anyone but myself. That I can walk away when I feel complete with a situation or person and that it's OK. That using the tools given can assist me in holding more of my own integrity and authenticity like a soul charger versus a protective wall. A mere perspective change alone in this manner can shift everything to be in line and promote my natural trusting state of being. Listening to my body has been the biggest clue yet! When it tells me to change locations or end an interaction or just plain rest, listen to it! It's taking care of you! Also changing the idea of "taking on someone else's unwanted energy" to "matching your frequency to someone else's to better connect with them" gives you your own power back to just tune back to you. It is much simpler to just tune back to your soul note or frequency than to go into separation of what is your and what is not and then get rid of what is not in whatever way you choose. Really trusting that you are perfect as you are under the highest order already cancels out the idea that you need protection at all. So through this journey, it turns out that amplifying my own frequency with honesty, trust and love is actually the answer I was looking for all along. Turn up that dial to 11 (spinal tap reference)!