

Shielding, Anyone?

by Frank Mahony

Huh? What? Shielding? Most of the time when I present this concept in my HYPERTON-X workshops only a few people have even a concept of shielding and the ones that do usually are not. So let's go to it!

Shielding means protecting yourself in some way from being affected by negative energies, i.e., thoughts and feelings of others. Does the source of this energy need to be in your presence? No! You can have your energies affected even at a great distance. Do we have scientific proof of this? If you are talking about the classical double blind study scientific, not that I know of, by experiments by Cleve Backster lean in that direction.

Backster's experiments has been referred to in several books, such as *The Secret Life of Plants* and *The Secret Life of Your Cells*. Backster is an expert in the use of the Polygraph (aka Lie Detector) which he connected to a plant to measure osmosis but was surprised to find the plant showed human responses to negative and harmful thoughts directed at the plant.

The next logical step was to involve humans at some level. Donor cells were placed in a saline solution and connected to the polygraph. The donor cells registered emotional responses of the donor at distances of twelve kilometers, which indicates that we are affected by thoughts at cellular level at great distances. I have discussed setting up an experiment involving shielding with Backster, but time and details need to be work out, so stay tuned.

Besides Backster's works there are many anecdotal experiences of people connecting telepathically. Many times a person will come to mind and shortly after contact in some form takes place. Many have experienced anxiety about a loved one to find they have been hurt or jeopardized at that time. Every one has probably experienced specific feelings in the presence of others such as feeling good, safe, anxious, tense, excited, fearful, uneasy, etc. And some people are

natural born energy suckers! Some times you have had someone you like visit you but can't wait until he/she leaves, and/or experience a sudden feeling of calm and relaxation after the party has left. A shift in energy has taken place.

AKers are familiar with surrogate balancing where a third party is used to interface between the facilitator and the client, sometimes done without physical contact with the client, and a great distance. Also, facilitators often experience negative feelings either during or as an after affect of performing a balancing. Many belief system routinely perform a form of pre and post session self cleansing to release any negative "stuff" they might encounter.

In my own experience before I was aware of these possibilities, I attended to a teen age girl in an auto accident. Ironically this happened in front of the TFH Foundation in Pasadena when I was taking an Instructor update. The girl was seated in front next to the driver. The windshield indicated that she has struck it with her head, but there was no cut. She was in shock, body rigid, and making funny noises. I put one hand on the back of her head and one across her forehead for stress release. Within two minutes she was out of shock, and able to converse with me, and able to move her limbs. I held her head for a few more minutes until the paramedics arrived. A short while later when class resumed I suddenly experienced minor whiplash symptoms lasting several days.

Workshop Syndrome

Learning new things creates stress. In a workshop there is a multitude of little stress emitters crashing about trying to figure out if they are getting it right. There is often a call for help because, "it didn't correct!" I advise both persons to reshield and retest, which, in workshops, usually results in correction being achieved. Under stress we have a tendency to lose our shield, just when we need it most, and we are inadvertently surrogating either ourselves or someone else

in the vicinity. The energies got scrambled. So there are many indicators that the thoughts of one affect a second party either here or way over there.

What to Do!

Be aware that the inner language of the body (self) is symbolic and the need is ritual. If we honor this we can achieve results quickly and at a very deep level. A shield should be the choice of the owner. Anything appears to work providing that THE INTENT AND PURPOSE OF THE SHIELD IS ABSOLUTELY CLEAR! Some people are used to working with the concept of being in white light, but in my experience, if the intent is not specific shielding doesn't happen. The visualize or think of being in white light, period, as if that is enough. It's not!

Demonstration

This process incorporates the use of an Indicator Muscle (IM). My choice is the tried and true deltoid. Be sure it is strong in the clear, and will show an indicator change, either by asking for an indicator change or asking yes or no while testing.

Then test the IM as you change your thoughts silently from positive to negative. If the IM tests weak on the negative thought and stays strong on the positive shielding is not taking place. Actually, if the indicator test becomes erratic during the process accept that as an intermittent shield and complete the process. Intermittent usually is a result of the person trying to shield but not clear about it. We'll discuss other possibilities later.

After several cycles of the IM going on and off, stop and ask the person for their perceptions. Some people are not aware of the differences in the IM response, so repeat the process until they do. Or they will raise questions and doubts about what took place, perhaps with the usual newcomer's accusation, "You pushed harder!" Once you are both in agreement as to what took place, repeat the process while speaking the positive/negative thoughts aloud.

Explain that the person appears to be vulnerable to thoughts by others and to

mentally create a protective shield about the body with the understanding and purpose that NO HARMFUL ENERGIES OR THOUGHTS CAN ENTER, THAT I AM SAFE AND PROTECTED AT ALL TIMES!



A shield can be anything of the persons choice, such as, circle of white light, suit of armor, God's hands, mother's arms, any color, house, call, a warrior's shield, etc.

When this is complete, repeat the positive/negative tests as before. The IM should stay strong on both.

IF THE IM STILL UNLOCKS ON THE NEGATIVE OR IS STILL ERRATIC, HAVE THE PERSON DESCRIBE THE SHIELD AND THE PURPOSE THE PERSON MAY HAVE HAD BEEN TOO ABSTRACT AND USED ONLY THE THOUGHT WITHOUT THE SYMBOL. If so, have the person take corrective steps and repeat the challenge again.

Also, sometimes the body needs time to process and accept the concept. Ask:

"Is the body processing?"

If "Yes", then ask how much time and if anything is needed to be done by either of you, such as ESR, Life Issue, or Emotional defusing, etc.

Other Possibilities of Shield Breakdown

The person may not feel worthy or deserving of shield. Test the IM on statements related to this, such as:

"I deserve to shield and protect myself!"

"I don't!"

"I am worthy of shielding myself!"

"I'm not!"

"Is there a life issue we need to clear before shielding?"

"An emotion to be cleared?"

Ask the body what is needed to accept shielding and respond within your area of expertise. Also, ask the person what they feel needs to be done. Quite often they will give you the right answer.

And stay shielded!

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