

Protection — Creating Safe Space

by Diane Koyich

The best, and, if you have it, the only necessary protection is a constantly grounded and centred sense of Self; confident, compassionate, conscious of every word, deed and thought, at one with the Divine, living in an abundant, just world. For those times when we or our surroundings fall short, we need to use a preventative as well as a proactive approach to protection.

If we are given the gift of self esteem from our parents, or we have learned as adults to be sure in our Selves and with our destinies, we are well protected from the turmoil and violence we are bound to encounter on this earthly walk. But most people are affected significantly by the negative actions, thoughts and energies of the world around us. Many of us who are "sensitives", that is, open to energies, change and growth on many levels are prone to "burnout", depression, chronic injuries and stress conditions. In particular, those who choose to live lives of service compassion, care-giving and healing often find themselves unprotected from the tensions of those with whom they work, taking on stress as others release. Even counselling informally often results in irritation or tiredness.

We need to be aware of and invulnerable to the unbalanced energy that moves in and around our communities, our bodies and our minds. As we help others to move imbalances, we need be vigilant that we do not take them upon ourselves. We can work with body, mind and spirit — the physical, emotional, energetic Selves — to remain vital and healthy rather than drained, vulnerable to feelings but not to exhaustion. We can remain a clear channel for life force and healing vibration.

This session will teach many methods of self protection. We will learn ways to strengthen the physical body against emotional overload and against weakening toxins in our environment. We will discuss communication skills that make one aware of manipulation, and we will practice energetic/psychic exercises to counteract invasion of boundaries and insensitivity. Rituals, ancient traditions for protection and visualizations will be shared, and numerous techniques demonstrated.

Physical

- Sip purified water (6 – 15 glasses a day, depending).
- Eat water heavy foods (fruit, veg, sprouts).
- Deep breath ten to fifty times a day.
- Brisk walk three times a week, swinging arms.
- Regular doses of moon and sun on the forehead.
- Place feet flat on the ground/earth daily.
- Develop posture awareness. Use a vision of strength, be aware of mugging statistics, utilize energy and power projection.
- Use peripheral vision, scanning surroundings.
- Eat superfoods and supplements — organic, local, whole as much as possible. Specifically (respecting allergies): live yoghurt, miso, nutritional yeast, parsley, garlic, onion, apple, sea vegetables, oats, barley, goat's milk, lecithin, cayenne, peppers.
- Learn to identify areas of need in body, the detoxing, feeding, using high nutrition foods, gentle herbal remedies, relaxing techniques.
- Have regular, varied bodywork (massage, reflexology, One Brain, reiki, Trager etc) working on bones, muscles, energy flows, emotional release.
- "Tap" the thymus for immune system stimulation.
- Run the central meridian (pubic bone to lower lip).
- Use indoor live plants to lend healing green to the ambience as well as to filter the air (spider plants are best for this).
- Pine trees, being a primal form of tree, are great protectors, plant one at the door or have a potted one on a balcony — very hardy, solid, fluid filled.

Emotional

- Recognize guilt and manipulation of Self, by Self and others.
- Actively eliminate disempowering words from vocabulary; should, shouldn't (who says?), can't, try, don't don't forget.
- Practice conscious and subconscious ways to disengage from draining situations — tactful confrontation, repeating "you've made your point, now go away" or "dis-engage" in your minds-eye to the "attacker", requesting space verbally or with body language, opening to learning why you are attracting this. — what's the lesson — patience? sticking up for your Self" speaking truth quietly and clearly?
- Learn to close and lock doors, say no, end conversations, and other wise Give Time to The Self.
- Identify resources like parent Effectiveness Training, Assertiveness Training, self Esteem Building, "How to talk so Kid's will Listen, Listen so Kids will Talk", "Bringing up Parents" — communication skills.
- Learn to turn off complainers, blamers and the obsessed.

Spiritual

- Ground and centre using cords of connection from the feet and the head to the earth and sky, yin and yang. Release tension and unwanted energy from your Self into the cords, allowing the mother earth and father sky to take the energy for transformation and recycling. Also receive energy from these universal sources, let it flood your being, recharging your every cell, filling your soul with light and dark, balance. This is best practiced outdoors, and can be a fifteen minute meditation, a three minute visualization or a ten second hook-up. Use it lots!
- Wrap white light around those things which you wish to protect — Self, others, vehicles, things left behind — using fog, lasers, a blanket, a crystal emanating.
- Visualize a golden egg of protection (gold, the colour of archeangle Gabrael) around your Self (especially good for vehicles before driving).
- Burn a smudge, cedar, sweetgrass, sage, incense (different herbs and oils symbolize and actualize energies — some are for cleansing the air, others to prepare for meditation, others to relax).
- Use a horseshoe (legs up), leaning against a window in the direction of any person or institution directing negative energy at the house, office or occupants. The horseshoe is most effective if it is made of lead. Energy moves in one leg and out the other without ever entering the house.
- "Aura houseclean" the spaces in which you live and work, using the cosmic wind or vacuum or feather duster to get the old energy out of the nooks and crannies, light switches, plug-ins, cupboards. Especially good when just moved in for ridding of smells and feelings.
- Create altars as sacred places, created with a few pieces from nature, special objects, pictures, amulets, colour. These are symbols of our divine protection. Water shells, salt, tobacco, pictures of teachers, candles, mirrors, earth, plants, the four directions, can all be part of the arrangement.
- Black stones — obsidian, apache teardrop, smoky quartz and hematite — can be used to absorb negative energy. Use on desks, outside of doorways, aiming out a window in a room where negative energy tends to accumulate. Best not to wear on body, or if so, use on the right (projecting) side of the body for short periods of time.
- Repeat the affirmation "I am protected" or "I feel protected". Replace every negative thought or tape of fear and insecurity with a hundred affirmations of the positive. Say it till you know it!
- Believing in angels, guides, extraterrestrials and other beings of light can provide a measure of security and protection. When one assumes one is guided and inspired, one feels safer!
- Clear quartz crystals are a generic channel for protective energy, all stones, rocks and semiprecious gems have power because of colour, mineral content, their emergence from the belly of Earth, etc.

- "Medicine bags" are portable altars, many use aromatic oils, flower remedies and herbs in larger pouches, or a small bag may simply have a crystal.
- Hug trees, lie in a star shape on the ground, face down or face up.



Life Rhythms Wholistic Resource Centre
10762 — 82 Ave.
Edmonton, Alberta, Canada T6E 2A8
403-439-3020

