

The Path of Peace Training

Step 3

Shield

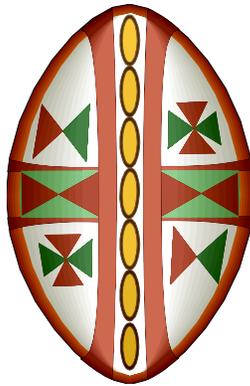
Love others as you love yourself.

Living centered, grounded in the world opens the door for conscious interconnection with others. Creating a shield helps the *I AM* self to have peaceful, harmonious interaction with all aspects of the world such as people, animals, things, and mental and spiritual systems. Most of the time when using your intuition as a guide to connection, you are benefited by staying open to what and who is around you in order to experience the fullness of the exchange. However, at times, energy might hold shadow or polluted aspects of life or too much intensity for the moment, causing you to create a block that keeps that energy separate from you.

In this training so far, we have concentrated on the three chakras in the lower body. The Grounding Heart uses both the root and sacral chakras. The Centering Heart focuses on the solar plexus. In this lesson, we change our attention to focus on your light energy and where it expands out beyond the body and where it closes up to prevent expansion. In organizing this energy dance between expanding and contracting, it helps to use the tool of shielding.

Lack of a shield can lead to:

- ❖ being overwhelmed by the energy emitted by another
- ❖ absorbing and holding the pain of another. place, thing, society or event in your body
- ❖ becoming obsessed with healing the situation even when you are not involved
- ❖ becoming grumpy, moody or an emotional wreck even when your life is positive
- ❖ restlessness and agitation when tuning it to the energy of a situation or place
- ❖ losing focus
- ❖ letting someone else determine your belief and/or behavior because of the energy they project
- ❖ allowing another to obsess about you



Creating a shield can lead to:

- ❖ enjoying the flow of light from within you then out into the aura and beyond
- ❖ receiving the love and light showered on you by others
- ❖ sharing thoughts, emotions, dreams with others while staying peaceful in your *I AM* self
- ❖ enjoy relationships with others and let them go peacefully when the relationship is over
- ❖ you responding to the intuitive signal to send light and love when presented with “other’s” pain
- ❖ you intuitively knowing kinetically who to trust
- ❖ you able to stay in loving witness to others who are in conscious process either with light or darkness

Guided Imagery for Shielding

To help have a positive, peaceful day start with a few minutes to ground, center and shield.

*Place yourself in a relaxed state. Bring to consciousness the Grounding Heart feeling a loving connection with the Earth. Move up and concentrate on the vibrancy of the Centering Heart. From the **I AM** grounded, centered self, scan your core for a brightness of light.*

Take a deep inhale focusing on the light. With the exhale, intend the light to expand out. Keep breathing into the light and move in out through your system touching all parts of you with light. It continues to expand moving out of your body into the aura.

When the light moves into the aura, direct it to move in a spiral flow around your body flowing over the point of opening to the top of your head and back down around your feet and up again over all sides of your body forming a cocoon of light. Take a moment and wrap the light around several more times until you are comfortable with the expansion.



When you've expanded to where you are comfortable, set the intention for the day with an affirmation like, "I only allow energy that in harmony with me to flow from me and to me."

Types of Shields

Shielding is using the aura in a way that designs an atmosphere for you that protects you, and filters in what you need from the Universe and filters out what you don't need. For *The Path of Peace Training* we are focusing on two kinds of shields—Soft Shield and Hard Shield.

Soft Shield: This method assumes that you are open to the oneness of existence and that you enjoy being part of the world. It also is a method to absorb the energy that's available from this ones, to live your dreams, work and relationships; then to release the energy that you no longer wish to experience or that has been used up and is ready for composing in the universal space..

To create a **Soft Shield** in your aura (the light electrical body around your body) first move your attention to a place of peaceful light within you that you are aware in the moment. When settled into this light, inhale into the inner light and with the exhale, move it out through your skin in a wave-like flow until it fills the space around your body. Wrap the light all around you from the top of your head to the base of your feet. Cocoon yourself with light.

As you create this shield, it is important to set the intention that says something like, "This is the energy I want to receive from the world and this is the energy I want to radiate out into the World." An affirmation for Soft Shielding might be, "I only receive what energy is in harmony with me and I only reflect harmonious energy out into the world." Or, "I release energy out of my aura that is no longer useful to me so that it be transformed by the higher powers and moved elsewhere."

Hard Shield: This method is useful when you feel invaded and need to affirm the integrity of your separateness. A Hard Shield sets a clear definite boundary between your energy, thoughts or feelings from another who does not respect you, or who's chaotic or tragic energy will overwhelm you if allowed it to enter your aura. It can also be used when there is intense negative energy like in a riot or aftermath of a natural disaster. In such a case you can open your aura to send positive light while sealing up the in-flowing pathways of energy. Any one working in crisis organized situations like an emergency room, can use this form of shield—give the light but not take in the shadow by creating a one way Hard Shield.

To create a **Hard Shield**, first focus on your Grounding and Centering Heart. When you feel calm, pull your aura close to your body by breathing to the outer boundary of your aura and with an exhale, contract the energy to just a few inches around your body. Set an intention that commands the other's energy to stay separate from you. You might affirm something like, "Here I am, stay out." It also helps to affirm that the other does not have permission to share his or her energy with you, or to project thoughts or feelings or opinions into your state of existence. Some images you might use to reinforce your intention of separation are putting the other in a lead box, put up a mirror around your aura that faces out so that the projections bounce back to the source. If you send negative energy back to a person, intend it to go to their higher self so that you are not throwing shadow back to negative source. Another way to set a Hard Shield is invite your guides to surround you, preventing any inharmonious energy to touch you.



Quick and Easy Shielding

Invite an angel or higher power to wrap you in light.



Ask a power animal to protect.



Or, use a natural energy like a crystal to surround you.



Review of Shielding:

1. a shield helps you be in the world in an harmonious, safe way
2. there are two basic kinds of shielding-**Soft Shield** and **Hard Shield**
3. a **Soft Shield** create an open flow of your light outward to the world and an openness to receiving from the world. It is an affirmation of the Oneness of all
4. a **Hard Shield** sets a protection around you from any source that is not in harmony with your safety and peace
5. along with creating a shield, an affirmation organizes the intent of the shield
6. at times it helps to call in the help of a higher power or the protective, restorative energy of our fellow Earth beings like animal spirits, flowers and crystals