

Protection



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Why we need Protection

When we go out into the rain, we put on a raincoat. When we go out into the sun, we put on sun block. Likewise, we can protect our energy fields, whether in meditation, during our normal waking lives or in our sleep.

We are constantly being influenced by everything that surrounds us. Some people are more susceptible or sensitive than others. Some may not consciously notice these things, whilst others can become quite ill.

On a physical level, we may be affected by viruses or bacteria or by such things as pollution: smog, pesticides etc or from electromagnetic radiation from overhead power cables, mobile phones, and microwaves.

On an emotional level, we can be influenced by the state of those around us, whether they are friends, loved ones, or complete strangers. Have you ever been in a supermarket queue and aware of the person next to you? Perhaps just standing near them makes you feel uneasy and anxious. Maybe that person is very angry or having a bad day. We may sense their energy and it can influence how we feel. It can leave us feeling irritable and out of sorts. Many people are aware of a room's atmosphere, and may find themselves either calmed if it's a relaxing environment or agitated where there has previously been an argument.

Spiritually, there are many unfamiliar energies or ones we don't understand. There are millions of spirits in the other realms and just as we would prefer not to be influenced by the energy of a stranger, we may not wish to connect with the energy of a spirit. We might like to be closer to the angels and our spirit guides, but do we really want 'uncle Tom' with us the whole time or someone we have never had a connection with before? Probably not

Whether we are thinking in terms of the physical, emotional or the spiritual realms, each of us can take responsibility for our own state of being. There are many simple techniques to create an energetic barrier, to keep out those things that we do not want to be influenced by and to allow in those that we want a stronger connection with

Two Simple Protection Techniques

Two of the simplest techniques are as follows:

1. Ask Archangel Michael to place a blue cloak of protection around your shoulders, keeping you safe and protected always.
2. Visualise yourself surrounded by a bubble of golden light or a bubble of pure white light. Ask that only that of the highest and purest good can pass through this bubble into your being, anything of a lower or negative vibration being returned to where it originated from, sent back with love, and transmuted into a higher vibration for its healing.

Please try the two exercises, so you can sense both techniques and gain an understanding as to how they feel and which method, if either, you prefer.

Exercise to invoke Archangel Michael's blue cloak of protection

Find yourself a quite few minutes, when you won't be disturbed.

- Calm and focus yourself by using regular soft breathing, take your awareness down to the soles of your feet and feel the connection with the Earth beneath.
- Call upon the mighty Archangel Michael to place his dark blue cloak of protection around your shoulders and throughout the whole of your aura.
- Ask that the cloak be placed for the highest good of all concerned, allowing appropriate and high vibrational energy through and preventing any lower dimensional or negative energy from entering your being.
- Feel, sense or see the cloak fitting snugly about you. The cloak fits you perfectly.
- Fasten up the cloak from under your feet, right up to your chin.
- Bring the hood over your head and forehead, protecting your brow (third eye) chakra.
- Know that you are completely safe and protected always.
- Return to your room and wakened state.

What sensations did you experience?

Exercise to surround yourself in a bubble of golden reflective light.

Find yourself a quite few minutes.

- Calm and focus yourself, using regular soft breathing, take your awareness down to the soles of your feet and ground your energy.
- Ask for a bubble of golden reflective light to be placed around you.
- Ask that the bubble be placed for the highest good of all concerned
- Request that any lower dimensional or negative energy be reflected by the bubble of light and returned to its place of origin.
- Ask that it be sent back to where it originated sent back in love, for its healing.
- Request that only energy of the higher dimensions be allowed through the bubble of golden light.
- Know that you are completely safe and protected always.
- Return to you room and wakened state.

What sensations did you experience?

Could you feel the bubble in place?

How is this different from Archangel Michael's cloak?

Which method do you prefer and why?

Whenever we ask for protection, we need to do so from a point of grace. Ask that the protection be for the highest good of all concerned, as we do not usually have a view of the whole picture. This is particularly important when asking for someone else to be helped, for example our children or partner. Whilst we love them dearly and do not wish any harm to befall them, there may be an important lesson for them to learn from being in a situation. Sometimes calling in a bubble of light or invoking Archangel Michael may lessen the event, but leave us feeling that the protection has not worked. In fact, it probably has, whilst still allowing that individual to experience what they need.

Different ways to use protection

- Ask Archangel Michael to be with your children when they go off to school or out to play or cross a road.
- Ask Archangel Michael to be with your spouse or partner if they must travel away from home on a business trip, perhaps flying to a distant land. Archangel Raphael, as the guardian of travellers, could also be invoked.
- Call upon the angels of protection to surround your house or car when you leave it for a period of time, for example when you go to work or away on holiday.
- Call on Archangel Michael to walk with you, if you must walk through an unsafe neighbourhood, for example at night or you want to go walking in the countryside on your own.
- Surround yourself with a bubble of golden light when you go out into the public, so you are not influenced by someone else's emotions or if a vicious, growling dog confronts you.
- Visualise your wallet, purse or handbag surrounded with white light, so it becomes invisible to pick pockets.
- Surround yourself with a bubble of golden light and physically cross your arms over the top of your abdomen (solar plexus area) if you are in an argument with someone, or if someone is saying nasty, hurtful things to you. This can also be done if you are on the telephone or even when reading emails.
- Ask the angels of travel to surround your car with white light when you begin a journey. Ask that they keep you safe whilst driving and to help maintain your focus and concentration and to protect you from other drivers who may be driving dangerously or erratically.
- Call upon the angels to keep you safe and focused if you must use a potentially dangerous piece of equipment such as a power drill or chain saw.

- Visualise a bubble of golden light around you, so that all potentially harmful viruses and bacteria coming towards you are prevented from entering your energy field.
- When you go to bed ask the angels to be with you during your dream time, keeping you safe and giving you lovely, enjoyable dreams. Ask for your children also.
- If someone is to undergo a surgical procedure ask for the angels to enfold them, keeping them safe.
- When you begin a meditation, ask Archangel Michael to place his blue cloak of protection around you and surround yourself in a bubble of light. Ask that only that of the highest and purest can enter your being and that anything of a lower energy is sent back to where it came from and transmuted into a higher vibration for its healing.

Remember that 'where your intention goes, energy flows', so any protection is only as good as what you believe will work. If you have doubts as to its effectiveness, then it may not work as well as you hoped for. However, please be sensible and realistic and try not to become paranoid. Whenever invoking protection, do so from a point of love and from your heart. When asking for unwanted energy to be reflected back to its originator, ask that it be sent back with love for its healing. Nobody benefits if you send the negative energy back as it is and it might come bouncing back to you again!

Three Protection Stories

Protection Story Number One:

A lovely South African lady called Angus told me how she protecting her house. She lived in a typical area with high crime and many burglaries. Every day she asked Archangel Michael to protect her home whilst she was at work.

One evening she received a telephone call for an unknown man. He wanted to know what the 'kind of magic' she was using. He confessed to trying to break into her house on several occasions, but each time he was aware of a huge man bearing a sword and this had made him think twice about breaking into her property.

Protection Story Number Two

I once came across a lady who excitedly told me of a new form of protection she was using to ward off unwanted energy from her ex-husband as they were getting divorced. She was visualising herself in a suit of armour with many large spikes pointing outwards. She commented that her friends seemed to have abandoned her or were less tolerant than usual. Also, her husband was being more aggressive, angry and unpleasant.

I gently suggested that perhaps the outward spikes were creating a detrimental atmosphere around her and that they were sending out negative energy. A gentler approach would be to imagine golden light and reflect back from a point of love. Eventually she changed her protection to something gentler. Her friends rallied around and the husband calmed down.

Protection Story Number Three:

Several years ago, as we departed to go on holiday, I turned back and faced my house. I asked the angels to protect my property and had a sense of an angel standing at each corner of the building. I then turned and looked at my car and again invoked the angels: asking that no one should move my car. Afterwards I thought what a strange request I had made - why not protect my car or keep it safe from thieves? but no, I had asked that it wasn't to be moved.

After returning from a very enjoyable family holiday, I sat in my car and turned the key. Not even a click! It was dead! Eventually it was identified that my battery was flat and easily corrected. Nobody would have been able to move my car even if they had wanted to! I had a lovely image of an angel sitting on my car, thinking: "well I can either sit here for 2 weeks, protecting the car, or I can flatten the battery, so it can't be taken away and then I can go off and help someone else!

An interesting lesson in getting what you ask for.

Other Methods of Protection

Below are some other simple ideas of protection that you could call upon. You may find that one or two methods appeal to you more than others. Use the method of protection that feels right to you and that you have a belief in. Use more than one method if you want to:

- Ask the angels of protection to be with you.
- Call on the Gold Ray of Christ three times to protect you.
- For example:
*"I now invoke the Gold Ray of Christ for my total safety and protection,
I now invoke the Gold Ray of Christ for my total safety and protection,
I now invoke the Gold Ray of Christ for my total safety and protection.
It is done and so be it."*
- Visualise a cross in front of you, one behind, one on either side, one above and one below. Or imagine another symbol of protection that is meaningful to you such as an ankh.
- Say the Lord's Prayer or another prayer that is meaningful to you.
- Invoke an angel to stand in front of you, an angel to stand behind you, angels to stand either-side and one above and one below you.
- Visualise yourself within a pyramid of radiant platinum light, with a similar inverted pyramid going down into the earth.
- Use a protection invocation, such as:
"I now invoke the angels of protection to surround and enfold me with their golden light. Only that which is of the highest and purest may pass these angels. I am totally protected. So be it. It is done."
- Be aware of your aura and energy centres (chakras). Consciously bring your aura closer in towards your physical body. Mentally checking for any weak areas, which you can then strengthen by visualising being filled with white light. Imagine each of your chakras closing to a level that feels comfortable to you. Imagine that they are like flowers, with the petals closing into a bud.
- Remain grounded always
- Call on Archangel Michael to place his deep blue cloak of protection round you.
- Visualise a bubble of golden reflective light surrounding you.
- Visualise a pure white ball of light for protection surrounding you.

Develop safe habits

If you are new to any form of spiritual development, working with the angels or masters than it is advisable to develop safe habits, including a level of protection that you feel comfortable with. Remember your energy changes, even daily, so you may like to alter your preferred method from time to time.

An excellent habit to develop is to invoke a protection at the beginning of each day, whenever you meditate and before going to sleep. You can also call in Archangel Michael or a bubble of light whenever you feel you need a little extra help, throughout the day. It need not take any length of time, just a few seconds to ask for the protection to be placed around you or for Archangel Michael to stand by your side.

Can we over protect ourselves?

Yes, I think we can. We need to remember to ask for the protection for the highest good of all, and we should remember to allow the higher vibrational beings and energy through, as these are the ones we want to work with for our development. So, when asking for a protection, ask that only lower or negative energy be prevented and ask under the Law of Grace, for the highest good for all concerned.

Story of Over Protection

Sometime ago, whilst going through a challenging time, when my energies were low and I felt particularly vulnerable, I put up strong protection. After several weeks, I began to feel as if I had lost my spiritual connection. I didn't seem to be receiving the usual messages, couldn't sense any beings of light around me and felt as if spirit had abandoned me.

I made an appointment with a psychic. She immediately identified that my protection was so strong, that everything was being blocked from reaching me. She said it looked as if the angels and spirit guides were all queuing outside my barrier, waiting for the defenses to be lowered. They were all waiting patiently to connect with me again.

During the session, my barriers were reduced to something more appropriate and once again I felt my connection with the spiritual realms return and the angels linked with me once again.

My protection doesn't seem to work!

Occasionally, irrespective of the protection we invoke, we become aware of being influenced by unwanted energies, such as another person's emotions, even if we are not involved in the situation. Usually this happens because there is a lesson that we need to learn from the experience and on some level of our being we have attracted it to us, to help us learn.

Many people find it difficult to accept that they have responsibility for what happens in their lives, preferring to blame those around them or the outside world. When we take responsibility for ourselves, we can often deal with the situation more quickly and in an easier way, seeing it as a learning experience and another step on the ladder of personal mastery and development, rather than 'bad things always happen to me', with a victim mentality, where we are constantly fighting against the challenge.

Becoming aware of negative energy affecting us may be as simple as reminding us to use our protection techniques, perhaps we have been lax recently or perhaps we do not fully believe in the protection method we are using. Look at other methods and find one that resonates better. Maybe we are being shown where there is work to be done on ourselves, such as anger or jealousy in our hearts that needs to be cleared. Without the protection, you invoked perhaps the situation would have been far worse and the learning harsher and more traumatic.

Summary

Many factors can influence us outside of ourselves, on a physical level, an emotional level or on a spiritual level. There are many straightforward techniques to help protect our energy including Archangel Michael's cloak or a bubble of golden light.

The best protection is the one that you resonate with and the one you believe will be effective. Sometimes unwanted energy may still influence us. Then we need to take responsibility for ourselves and consider what attracted the situation and learn from it. Choosing a different method of protection may be appropriate from time to time as our energy changes as we develop spiritually.

Bibliography / Further Reading

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