



Protective Energy Shields - YOUR GUIDE~

- Overwhelmed by the energy of others around you?
- Sensing and feeling too much in your environment?
- Finding yourself tired at the end of each day?
- Do you work with a large amount of clients or customers in a day?
- Does your profession involve energy healing or body work?
- Are you in the public spotlight, a speaker, or public figure in front of masses of people?

If you answered yes to any of these, let me introduce to you techniques I have learned, developed, and mastered over time while working in various professions with large amounts of people.

I found when working with so many people in one day I was frequently exhausted. Each person I connected with, I would carry some of their energy around with me. I was constantly putting out energy all day long and then having others attach their energy to me. It would take a lot for me to maintain my own energetic space. **How do we hold our own personal space in our culture when we are constantly connecting with others?** Through social media and daily interactions so many people are overlapping in the same energetic space. How do we do this without picking up a bit from each other? Let me share with you how. A very powerful technique that will make a difference in your daily life are what I call- **Shields!**

Shields - Help you manage the energy around you~

There are many different types of shields that can be used to protect you from unwanted energies. When I first started working with shields I used ones that were taught to me over the years. I soon discovered and developed a few of my own. This was a really fun process because it gave me the power to recognize my individualized needs as I became more connected with energy to create and customize my own shields. You may find over time that you will do the same.



What are they?

Shields are invisible protective layers. These layers serve as both a protector and self preserver to assist you in maintaining your energy force field. Everyday we leak energy and can at times over share our lifeforce. You will notice this when you feel powerless in a situation, conversation, or in a certain aspect of your life. Shields protect you from other energies latching on to your core source or wanting to remove or take away some of your energy. An example of when this may be occurring is when you feel depleted in your life. Extreme fatigue is another sign that you are being zapped of energy from sources around you.

How do they benefit me?

The way shields work is they surround you and serve as a highly intelligent barrier that when assigned an intention, will serve you and your essence self throughout your day. By visualizing yourself surrounded with a specific shield gives you a level of self protection and power with invisible energies. Remember invisible energies are around you all the time - just as a fish swims in water - you are swimming in invisible energies. Another way to understand how shields work for you is to view them as an employee working for the personal corporation of Myself Inc. They work for your individualized needs. They attune themselves to you and the intention you set upon using them in creating your visualization.

What are the different types of shields?

The easiest way to understand shields is to view them in three different categories. Solid, Porous, and Selective. These categories will help you to know which shields are best to use at different times.

Solid Shields - Porous Shields

Metal Armour - Wooden fence

Brick Wall - Wall of flowers

Stone Wall - Swiss Cheese

Glass Wall - Tightly woven spider web

More Porous Shields

Bamboo Wall

A Bubble - like Gelinda in the Wizard of Oz

Chain Linked Fence

Barbed wire

Selective Shields are just one type:

Any type of fabric

Solid shields are very self explanatory. You visualize a solid wall surrounding you - which then allows no unnecessary energy to penetrate your force field. This does not mean you cant receive through the wall - instead when I walk you through the steps in how to begin using shields and setting your intention regarding the wall - this will dictate how the wall will BEST work for you. The solid wall represents power, strength, and standing in ones own skin no matter what is coming at you energetically.

The solid wall allows you to stand like a trunk of a tree - rooted in the soil and not easily tipped over by other energies coming your way. Solid shields work best when you know you will have a day ahead of you that might be very intense or emotional or you will be interacting with hundreds of people- connecting with the masses at large, or you will be spending a full day doing energy healing work on others. They are usually used when you are outputting more energy than receiving energy.

Solid shields create a seal.

Porous Shields - have more space within them - they allow a more readily and easy flow of energy exchange. Energy flows within - in and around the shield. Porous shields work as a filter. The porous shield allows energy to filter through -connecting with your energy field and only allowing that which is in your best interest to connect and reach you. Porous fields are the most common shield - used on a regular daily basis.

Selective shields are something I discovered along my spiritual path. It is a simple visualization. It is fabric. Flowing, breathing fabric that is draped around your energy field. Similar to that of a cape. Selective fields not only filter energy coming in but it also filters energy going out - so that you don't find yourself giving away too much of your power or giving, giving, too much. This shield works best for caregivers. Selective shields work best if you have already become strong in using the solid or porous shields. Fabric visualizations are truly powerful.



How do I begin using shields?

To start using shields apply these three steps:

1. Before you get out of bed in the morning scan what you feel your day holds ahead for you and then choose which shield might be a best fit. Tune into the day you have projected ahead of you and select a shield. Now of course we truly have no idea what will come our way in life. We don't even know what will really happen in the next 3 minutes. So view this as a starting point. You may find your day becoming increasingly intense or not needing so much of a strong shield. Ahhhh the universe works in amazing ways - its all ok. Just select a field in the morning that you guess you might need for the day. Its similar

to picking out what clothes you want to wear for the day. You tune into the weather and pick your clothes out accordingly but of course the weather can and usually changes.

2. Now visualize this shield surrounding you - this may take practice - in closing your eyes and creating a visual image in your third eye (center of forehead) of this very shield surrounding you. You will become much faster at this - the more you practice. Another technique is to close your eyes and watch yourself draw this shield around you. Some have shared with me that this is easier for them to visualize.

3. Before you open your eyes - set an intention of how you desire the shield to protect you. For example: My intention is to have energies easily bounce off of me today. My intention is to stay clear in my own energy field as I do energy healing on others today. My intention is to dissolve any negative energy that comes my way. My intention is to remain in my power today.

Then all you have to do - is just go about your day. Shields can also be used when you suddenly find yourself in a difficult situation - maybe an aggressive co-worker or an upset family member.

You can just quickly close your eyes and visualize the shield around you in that very moment. No need to worry about setting an intention in this situation - the universe will already be aware of why you selected a shield and it will go to work for you immediately. Shields work amazingly well for children. They love it as a game in the morning where at breakfast you both can talk about what superhero shield you want to wear for the day.

How do I know which shield is best for me?

Please know - there is no wrong or right shield. Just begin by visualizing a shield that you can easily view in your imagination or mind's eye and see the shield surrounding you. As if you were drawing a cartoon of you and drew this wall around your body.

Begin exploring and applying different shields and tune into your own experience. This is all about YOUR experience and what works best for you. Pay attention to how you feel at the end of each day. I wish you the best on your journey.

Email me and share with me your experiences. I would love to hear!!

Stay tuned for more energy helpful techniques to guide you along the path of personal power. In upcoming posts and emails I will be sharing about such helpful tools such as power exchange, gifting, and what I call shelving techniques.

~Much Love,

JENNIFER



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