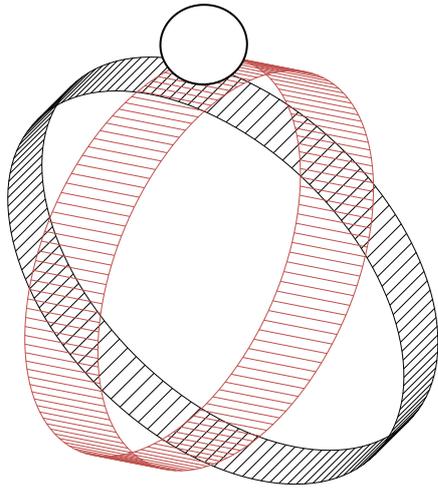


New Protection Shield



Read all of these instructions fully before starting to build the shield.

All of the components of this shield are built out of totally transparent, shimmery energy. The red and black colours are not the colours to be used.

The first time the shield is built it is best to start in a standing position. Imagine you are building a circle of ribbon that is about eighteen inches (45cm) wide and about four inches (10cm) thick that starts above your head and wraps around under your feet and connects back above the top of your head. This is the circle that is coloured red on the drawing.

Next, begin a new ribbon that is exactly the same width and thickness. Start the new ribbon to fit inside the first. Again, begin above your head, wrapping under your feet and rejoining above your head. This second circle of ribbon needs to be at right angles to the first. This is the circle that is coloured black in the drawing.

Next, build a globe above the top of your head that is about two feet (60cm) in diameter and the globe sits directly on top of the two circles of ribbon.

To finish the shield, make the red circle spin clockwise and the black circle spin anti-clockwise. It does not matter if the globe spins or not but the “ribbons” need to spin as fast as you can imagine.

The ribbons are not really coloured red and black, the drawing has been coloured to make it easier to understand. Remember, all components are made from totally transparent, shimmery energy.

This shield is a full protection around the body that can be left in place as long as it is felt necessary as the top globe will contain your higher self.

The next, and subsequent times, you build the shield, start building the whole shape very small inside your body, just behind your tummy button. Once the whole shield is complete and spinning, expand the whole shield outwards so that it is sitting around your whole body. The shield can be left in place for as long as is felt necessary only consciously take it down in a place where you feel “safe”.

This shield can be made as large as you feel necessary. It can be built around your bed or even, if you feel that you wish to protect your whole house whilst you sleep, the whole shield can be expanded so that the place where you live is sitting in the middle of the spinning ribbons.

Once you have completed the shield building exercise for the second time, there will not be any need to build it from the start. Just imagine the whole shield forming and building just behind your tummy button and it will be built automatically by your higher self.

This shield is designed to protect against psychic attack. The reason for building it within the body and then making it grow to full size is that if you feel that an attack has begun, building the shield from within the body will throw off the attack and then give full protection. The shield also protects against “electronic attack” (broadband, WiFi, mobile phones and cord-free phones). If you build this shield to protect you whilst you sleep you *must* ensure that none of the above devices are within the spheres or, if they are, they must be switched off.