

# Protection

Protection is something that is best done on a continual and consistent basis. Protective techniques are most effective when used in conjunction with other techniques. It's like layers of varnish on a wood surface. The more layers there are, the stronger the protective coating and the less likely that water and sharp objects can penetrate that coating to create water marks or scratches on the wood.

The following are simple techniques you can use just about any time or any place to protect yourself and others you care about. Most require no special tools or rituals.

## Simple Protections

### **Visualization**

You can use visualization very effectively for protection. A common protective visualization is to imagine a type of "force field" or protective light surrounding the self or another person. This protective light will prevent negative or harmful things from reaching the person. A good rule of thumb is to recharge these force fields daily. You can also place a "bubble" or protective light around your vehicle for protection when traveling or your home to protect it and the inhabitants.

### **Elementals**

There isn't a lot of agreement as to what elementals actually are but most people believe they are forms of energy. You can create an elemental and ask it to protect you or someone else. First, decide what you want your elemental to look like. It can be a symbol, a creature or an object. Picture it in your mind. Then, give it a name. Finally, give it a task. The task is what you want it to do for you. In the case of protection, you can ask it to destroy or ground harmful energies before they reach you. Elementals may be created for other purposes too, like helping you achieve a goal, etc. You will want to re-task and re-charge your elementals often. Ideally, you should task & charge them daily.

### **Mirror Technique**

If you must spend time around people who drain your energy, the mirror technique is effective in keeping them from depleting your energy. When you feel them begin to draw on your energy, imagine you have a mirror in your hands. Turn the mirror so that the reflective side is facing this person. You don't have to physically do this. You can just imagine it in your mind. The mirror will reflect the negativity this person is projecting away from you.

### **Leg, Arm & Finger Crossing**

Another technique you can use to keep another person from draining your energy is to cross parts of your body. When your arms, legs & fingers are uncrossed, you are open to energy exchanges between you and another person. If you fold your arms across your chest, for example, you close your body to that energy exchange and other people will have a more difficult time taking or using your energy.

### **Smudging with Herbs**

Smudging or burning certain herbs like sage, is a great way to protect people in a space by removing negative energy. If there is less negative energy in a space, it's less likely that harmful things can happen to people.

## **Breathing**

Stress is something we probably all need some protection from and breathing techniques are effective in reducing situational stress. The next time you feel nervous or anxious, try taking 5 deep breaths. Inhale while counting to 5. Then, exhale counting to 10. As you do this, you will release all of the stale air at the bottom of your lungs which doesn't get expelled when you breath more shallowly. By the time you do 5 of these, you will feel much calmer and ready to deal with whatever it is that was stressing you in the first place.

## **Grounding with Soil, Crystals or Sea Salt**

Another remedy for stress or negative energy buildup is to ground that energy. There are many ways to do this. You can use visualization to draw the energy into the earth where it can be neutralized. This technique works even better if you stand with your bare feet on the grass or earth. After you have released the negative energy, you can draw positive energy up from the earth to replace it.

You can also draw negativity from your body using crystals. Certain stones like amethyst are excellent for removing negativity from your body. A simple technique is to hold the crystal in your projective hand (normally the right hand if you are right handed). Imagine and feel the negative energy flowing out of your body and into the stone where it can be grounded.

You can use a small bowl or container of sea salt or water with sea salt mixed in it to neutralize negative energy in a space. If your office is a negative place, you can position a small bowl of sea salt in your work space to help neutralize negativity.

## **Intentional Acts**

Intentional acts may be something mundane like adding a security system to your home or an alarm to your car. In addition to doing something to physically protect your family and property, you are also sending a signal to the universe that you are taking action to protect yourself and your family. When you send that kind of energy out, you are less likely to become a victim.

Other intentional acts of protection include protection spells and rituals. Many of those are rather involved and require advanced planning. If you are interested in magickal acts of protection, *The Witch's Shield* by Christopher Penczak is an excellent resource.

## **Charms & Talismans**

Probably one of the most common forms of protection humans have used throughout the centuries is protective charms and talismans. Many people wear crystals for protection. Native Americans create medicine pouches. Hoodoo root doctors use charm bags to protect their charges. There are numerous other examples of using objects to protect people and animals. They can be quite effective if they are charged with the correct energy and intention.

It is important to cleanse any charms and stones that you buy or that are given to you. This removes any negative or left over energies from the people who have previously handled the object. There are many ways to this. You can leave the item in strong sunlight or under a full moon's light for several hours. You can ground the energy in the earth by laying the object on the ground or even inserting the object into the earth if it would not harm the object. You can cleanse an item by passing it through incense smoke or breathing on it.

When you make an object or find an object in nature, there is no need for cleansing unless there might be some type of insect on/in the object. Objects that you make or find often have extra protective power.

This is by no means an exhaustive list of protection tactics. These suggestions are simply quick and easy ways to protect yourself and your loved ones without the need for any elaborate supplies or ceremonies. If you are facing a dangerous or life threatening situation, please seek appropriate help from the authorities.