

How to Build Your Shaman Shield

Your shaman shield is an energetic enhancement you create yourself in collaboration with your guides and allies from all the kingdoms of nature. Call on the helpers you have encountered in your meditations to assist you in constructing this energetic enhancement.

Your shield is something you create with your mind, but you can also construct a physical representation of your shield as a power tool. This can help you anchor your intention with strength and protection.

Some people are triggered and put off by the word “shield” because they don’t want to put energy into protection. My advice on this is simple: lean into the discomfort of a word until that word no longer holds any power over you. Make a list of ALL the words and phrases that push your buttons. Write down every single word that you dislike to hear or say. Make sure to include sexually charged and offensive language, too.

As you write your list, think of where your associations came from when it comes to each word. Remember that words only hold power over us because of our unique life experiences. Words are simply vibrations. Words can build us up or tear us down. Those who sleepwalk through their life allow words to affect them negatively or positivity based on the emotional filters of their own experience.

The shaman moves past emotional filters, reactions and triggers. The shaman creates his or her life by carefully choosing the vibration of the words that come out of their mouths but they give no power over to the words that come into their ears.

What I mean when I say the word “shield” is this: create a filter of love and support that every single frequency must go through to get to your heart. Protect your heart and your light by calling on the beneficial frequencies of animal totems, gemstones, crystals, flowers, herbs, plants, stars, planets, ancestors and spirit guides.

Let your shield be a work in progress that strengthens each time you put focus and attention to it. Imagine your shield is an extra layer of love that anything and everything must go through in order to get to you. The truth of this 3-D existence is that there are harmful and beneficial frequencies, such as 5-G or EMFs. Our love and intention is more powerful than any harmful frequencies that may be imposed on us.

Expanding Sacred

There is a house on the edge of my neighborhood where street drugs (like meth) are created and sold. I have no physical proof of this, but I am certain this is happening in that particular house. Whenever I walk near the house where demonic energy is present, my Shaman Shield activates and gives me a little extra help to transmute the lower vibrations before they reach me. Demonic, low energies will run from LOVE. Keep that in mind and stay in a love frequency as much as possible.

The amazing thing about the frequency of love is that lower vibrations are repelled by the high vibration of love unless there is a desire to evolve and heal. So, think of your shield in this way-everything has to come through your love filter, if it wants to reach inside your heart. I think this is a very empowering way of dealing with frequencies like 5-G. We have something we can do. We are not just vulnerable to succumb to harmful frequencies that were designed to hurt us. The world is what we think it is and we are more powerful than we will ever know. Have fun constructing your shield with your spirit guides and totems!