

How to Use the Wise Woman Alchemy Shield Attunement Products™ to Create a Shield of Protection



 Wise Woman Alchemy 

www.WiseWomanAlchemy.com

Meditation to Create a Shield of Protection



This shield sets a barrier of protection around you in both the physical and non-physical world. This shield protects both inner emanations and outer. Only those vibrations of the highest levels can pass through this barrier from either side.

Any lower level vibrations or negativity coming from you will hit the barrier and be drawn down to the bottom where they are contained to be drained out into the Earth for transmutation. Any lower level vibrations coming in from others, hits the barrier, bounces off, and is sent back to the sender – with love and compassion. Nothing that is malevolent or has ill intent can pass through the Shield's barriers.

Any high level vibrations and positive energy is magnified. These pass freely and easily through the Shield in both directions. This Shield magnifies and reflects back to you the high vibrations. Fill it up in the morning with love, compassion, joy, bliss, appreciation, gratitude, and the joyful expectation of the wonderful people and events you will connect with and enjoy during the day. This primes the Shield to keep reflecting and intensifying these emotions and vibrations.

Once the Shield has been formed, it is a simple process to activate it every day. The full meditation should be done at least once a week to maintain a strong shield around you.

To form the Shield:

Get comfortable, either sitting or standing. Do not lie down. Put a few drops of the Shield Attunement Oil on the palm of your hand and rub your hands briskly together. Bring your palms to your face, lightly covering your eyes and nose so you can inhale and smell the oil. Breathe in the Shield Attunement Oil and think or say:

"I connect to the energies and frequencies of Shield. I create a Shield of Protection, Strength, and Barrier of Good around me."

Then run your hands over your aura-body, which is about 3-4 inches from your physical body. In your minds-eye or imagination and using your hands, start to feel the Shield forming around you. This is about arms length, reaching out with the elbows slightly bent, about 12" from your body. Once you can feel the Shield in front of you, move your hand and attention to your feet. Start feeling the Shield, moving up slowly to the same distance above your head. As you do, infuse the Shield with energy. Feel and scan the Shield for any weak spots or holes and filling them with energy you're your hands. Do this until this section of the Shield is a smooth barrier.

Mentally, in your imagination, move the Shield a quarter around you, so the front is now to your right side. Feel and infuse this side of the Shield from bottom to top. Repeat scanning for any holes or weak spots and filling them in with energy. You might do a finger-wave thing as you re-weave the energy. Once this section is smooth, turn your attention to where the two sections meet and make sure the "seam" is smooth and well connected. Move this section around to your right-side. Continue doing this until all four sections of your Shield have been filled.

Slowly spin the cylinder of your Shield, clock-wise, checking for any holes or bits you missed, filling in any you find.

Before sealing in the bottom of the Shield, allow all the negative thoughts, feelings, emotions you may have to flow out the bottom of your Shield, into either the Earth or the Cosmic Compost Pit where they are transformed and transmuted into positive energy the Earth and Universe can reuse. When everything is drained out, gather the ends of your cylinder under your feet and seal them.

Now, imagine and see and feel all the positive, high vibration emotions and thoughts you desire to have in your life: love, compassion, joy, bliss, appreciation, etc. Imagine them streaming into you from Spirit, and as they come in, really feel them, take them into you. When you feel complete and your Shield is full of these high vibrations, mentally seal the top of your Shield.

Spray the Shield Attunement Aura Spray around your body and say:

"I bring this Shield into the physical."

Your Shield is now strong, whole and full of positive, protective energy. It is both in the physical and non-physical world.

Follow this procedure for at least a week, more would be better for the Shield to become an integral part of you. After that, it needs this type of maintenance once a week. Daily, spray the Shield Attunement Aura Spray around you and say, ***"I activate my Shield."*** You can also use the Shield Attunement Oil to reconnect with the energy of the Shield and activate it around you.

