

# How to Guide: The Body Protector

I love my Body Protector.

I thought that you might enjoy trying this or might appreciate a reminder that this tool is there for you.

This visualisation technique involves imagining yourself surrounded by a protective field. This field will filter out any 'stuff' that's not yours.

Examples:

A soap bubble

A blue egg

A bright light

Nature (a tree, plant or stone)

Elements – water, earth, air or fire surrounding you.

You can feel your way into each example to see if any resonate with you. If you know how to go on a Shamanic Journey, then go with your Guides and ask to meet your Body Protector (this is your Intention for your Journey). Both ways are equally effective.

Once you have a Body Protector that you resonate with, it's time to build connection and relationship. Find a soothing piece of music and a quiet place where you won't be disturbed. Imagine your Body Protector surrounding you, feel that it is part of your team and will become a great strength to you. If you have met your Body Protector in the past, then this technique is a great way of developing your relationship and an understanding of how your Body Protector works for you.

I recommend that you imagine your body protector every morning when you wake up. See it, feel and know that it is there for you. Also know that your Body Protector can change and develop over time. You can also have more than one Body Protector if that is what feels right for you.

Think of your Body Protector whenever you face a difficult situation and hold your intention that it will filter out any energetic 'stuff' being thrown in your direction.

This protector is not a wall and will not stop you from experiencing life's challenges or from connecting with your loved ones – it will simply filter out anything that is not right for you in your life and does not belong to you or with you as you move through your day.