

Shield & Fortify

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A Teaching on Energetic Protection, Sovereignty, and Presence

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Opening

Welcome to this class on Shield and Fortify. Today we explore how to expand your awareness and strengthen your ability to stay present with yourself in your own field. We'll learn to connect with energetics and work on releasing fear, confusion, or challenge when things enter your field.

We continue working with the direction of the West, engaging with the waters in our bodies. If you have a glass of water or a drink nearby, you can hold it and allow the energetics to be imbued into it as we work with the following mantras.

The Daily Mantra Practice

I've been gifted the chance to learn different Hindu Sanskrit mantras with my teacher, Toby Giri (Toby Sorensen), who lives in California. He has generously shared with me how to work with these mantras to support my own healing and the healing of others, and to clear energies, shield, and fortify my energy or the energy I'm working with.

I want to focus on a specific set of mantras termed the **daily mantra**. It covers different ways of connecting with the energetic realms and the deities that oversee transformation.

The Deities

The transformations possible with these mantras are phenomenal. They allow the energetics to be transformed or cleared without any protocol or control, without anything apart from focus or intention. Allowing these energies, these deities, and these influences to help us is an incredible way to shield, fortify, clear, and be present.

The Deities We Work With:

- **Lord Shiva and Parvati** — Shiva has blue skin and is paired with his wife Parvati. They represent the divine masculine and feminine energies of transformation.
- **Ganesha and Kartikeya** — Their sons. Ganesha is widely known as a remover of obstacles. If you think about anything that comes into your system that is a shadow, something you can't access, or even something in your life where you can't seem to move forward — whether in a job, relationship, or with a deep illness in a family member — Ganesha and Shiva are great holders of the energetics to help move, transform, and remove any obstacle in the way.
- **Durga** — She has many arms holding different things: a lotus, a knife, and other elements. Each tool is a way for her to bring back balance and remove anything of a lower vibration or anything that isn't connected to spirit or love.
- **Chandi** — The overseeing female deity energy that existed before creation. Chandi is very powerful because she can bring consciousness to anything that lacks consciousness, whether it's connected to the ego or other aspects of how we grapple with our emotions or our mind, and anything involving usurping other energies, manipulation, or obfuscation. It's very potent to connect with her energy. I would equate this to Pistis Sophia, the energetics of the female deity or the female energy of Sophia, which is also an overriding female energy.

By being with their presence and singing to them and having a connection through the mantras, these energetics that are stuck can receive information that helps illuminate what is stuck, so that it can begin to shift, change, and move. Any energy of a lower vibration usually has an aspect of stagnancy.

The Mantras

These mantras can be sung with or without music. Once you learn them, you can take them anywhere you go. They're a powerful tool to connect and enact a connection with this still point oneness, spirit, life force energy that emanates through all beings.

As I am singing this mantra, I encourage you to just close your eyes and just receive the information and the sounds and the connection to the deities. These sounds and words, connections to these deities, fill your every being, all your cells, every single aspect of the waters in your bodies. May you be blessed by connection to these energies.

Daily Mantras were sung at this point in the class

If you wish to drink what you've been holding or just take a moment to connect with the waters in your body, allow yourself to sip on the elixir of this life force energy connected to these songs, these mantras, these sounds, these tones. Allow it to fill your bodies for your purity, for your cleansing.

The Energy System: Understanding Your Anatomy

Now that we've cleared the way for us to have presence, focus and intention, and a way to be with ourselves with this light flowing through us, we can begin to look at the different aspects of what our energy system is in totality.

The Chakras

We've spoken about the aspects in the physical body, including the chakras, and the auric field outside your physical body. We've spoken about the emotions and mental aspects, and a little bit about the etheric bodies.

When we are just going about our daily life and engaging with people or experiencing things, energies can come into these chakra areas. The arrows in the diagram show where energy can come in, but also energy will be coming out from our chakras towards other people as well.

When Chakras Are Aligned:

When our chakras are aligned and they don't have dense energy in them that we've collected, we are able to be more present. We're able to be connected to our higher mind consciousness and to our heart consciousness and have those two aspects connecting with each other and speaking with each other — not just with each other but also connecting with our higher mind consciousness and our essence, our soul, our spirit.

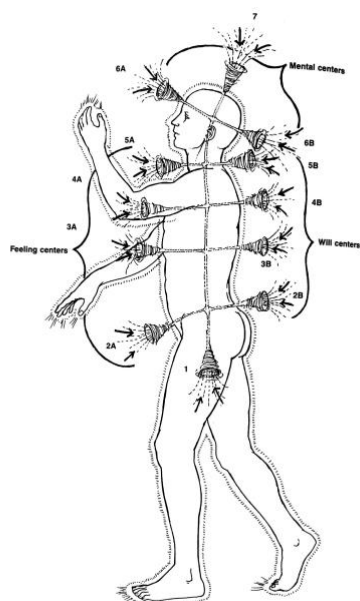


Figure 7-3: The Seven Major Chakras, Front and Back Views (Diagnostic View)

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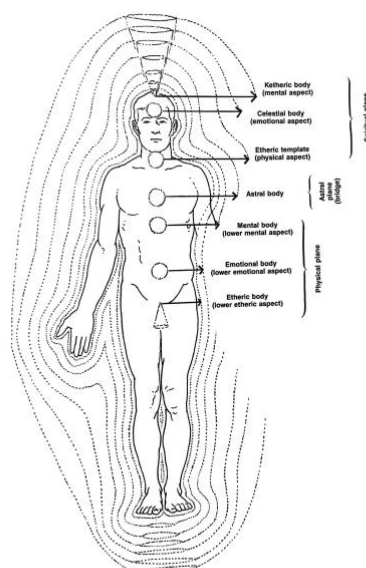


Figure 7-4: The Seven Layer Auric Body System (Diagnostic View)

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The way for us to be able to operate where we're present is by helping to keep these areas of our body clean. One of the ways that we can do this is by becoming more observant of what is coming into our body and what is leaving our body, how we are responding to life.

The Auric Bodies

Energies can get stuck in these bodies without us even realizing, because sometimes we're so engaged in the physical, we don't take note of what is happening within the sphere of our aura.

You don't necessarily need to know the details of all these different aspects of your aura, all these different bodies, but if you know even what they're called, then you can ask for spirits to help you clear, or ask:

- Is there something in my emotional body?
- Is there something in my mental body?
- Is there an energy connecting through my heart chakra and connected to my astral body?
- Is there something connecting into my throat chakra that's to do with my etheric body?

When you learn how to ask questions in a way where you can get a yes or a no answer, then it makes it a lot easier for you to be able to understand or identify what's going on in your system.

The Dantian: Eastern Energy Centers

I've had questions from some of you about the Dantian, or the Dantians in the body. In the world of Reiki, we don't go into too many specifics, so I wanted to be a little bit clearer about this.

The Lower Dantian

The lower Dantian is 3 finger widths below the belly button, on the interior of the body in the central space. It's not part of an organ — it's an area where you can bring energy into it, and the energy can be stored there. It can also fuel your body and build vitality for your system, supporting your sexuality, your reproduction, and your growth, and can be a source of energy for the rest of your body.

When you breathe down into the lower abdomen area, you're drawing life force energy into that space. When you have more life force in your lower Dantian, you're more grounded, more present, and more cognizant. It's a very powerful way to stay present and not take on other people's energies.

Key Purpose: The lower Dantian is a primary reservoir for your health, vitality, and physical wellbeing — a foundation for your health.

The Middle Dantian

The middle Dantian is in the sternum area, around the place of the heart but a little bit lower than that. This helps to harmonize and nourish your being and the organs of the chest and the upper organs and the abdomen. It helps you with emotional balance and connecting with the body and the mind in harmony — that heart-mind connection.

You can breathe into this area. One of the exercises we have for Gendai Reiki is working with the Reiki coming up through the body and then into the heart chakra, expanding it out, and then breathing the life force energy, the Reiki, back into the heart, and then up through the crown and back down through the body to the earth.

You can work with the life force, the spirit energy we've been connecting with through the mantras, with connection to the middle Dantian. It will help you have more compassion and connection to spirit, with less pulling around of your emotions if you focus in that area.

The Upper Dantian

The upper Dantian (or Tian) is more for the spaciousness or the connection to clarity, your intuition, your insight, and to connecting with the higher wisdom — not just of yourself and your essence, your soul and your spirit, but also to the spirit of everything.

Breathing into this area or breathing up the life force energy through the other Dantians to this area of your body will help clear away confusion, depression, fogginess, or an inability to make decisions. It can help with planning and connecting with your memory as well.

The upper Dantian is between the eyebrows, behind the eyebrows — where the pineal gland is. When you breathe into this area, you're focusing on helping the functioning of that pineal gland and helping the functioning of other glands and other areas of your brain to be functioning more efficiently, including with the hormones as well.

Shen: The energy that gets created or can be developed in the upper Dantian is called *Shen*. By being able to be with these energies, it will help you to not just be a physical being, but it's going to help you to be more able to cope with any energies that do come into your system.

You'll know when you start to really have connection with the Dantians and have them affected by the energy you're bringing into your body, because you'll notice a difference. You'll notice it get more potent or strong, or maybe there might be some more energy there, or a spaciousness. You'll notice when you are focusing in the right area.

Energetic Hygiene: A New Perspective

There are other things you can work on to enable the clarity to perceive energies more easily and to not let them hold onto you. Let me rephrase that, because really, it's the hold that *you* have on yourself that is the challenge that causes an issue where something then gets stuck in your system.

Understanding Energy as Mirror

There's a common feeling that things like entities, low vibrational energies, dark energies, or ghosts are somehow bad for us, or that they're trying to get us. What I want to bring awareness to you about is to come from a different stance around this — it all stems from you.

There is only you. I am a mirror image of you. We are one. We are in unity. And at the same time, you are having your own experience connecting with life force energy.

If there's any kind of energy that gets connected to you, then there's something for you to let go of, because this energy is a mirror image of you. That doesn't mean to say it *is* you 100%, but really, in a way, it is, because we're living in a holographic world where, although we're operating in the third dimension, there's a lot more to it than that.

Because we are all one, if we have a them-and-us kind of stance on things, where something is good or evil, where there's polarity, and we focus on the polarity, it heightens and enhances that polarity to continue rather than it being able to transform.

Anything can be transformed with love. Anything can be transformed through being present with love. That doesn't mean to say that all beings will choose that, because they may not. But being able to be connected in this way, knowing that if there's something present in your field of your awareness, then there's some work of your own to do.

Taking Responsibility

This allows us to take on our own responsibility for ourselves and our own experience, rather than it being about something happening to you — being in a victim state, for instance. When we can take that stance of being responsible in this way, it changes the equation almost immediately.

That doesn't mean an energy won't continue to be present in your field, but the equation changes. You are no longer feeling or sensing that something is happening to you, but that you are having an experience, and you are responsible for your part in that.

When you take responsibility for that, then the equation with the energy that is attracted to a victim state no longer has a way to stay with that energy, because you have changed. You've changed your perspective.

Staying Clear

Keeping your field clear, keeping yourself in a sense of purity, is all about perspective. It's all about: how can I change and shift what I'm believing, what I'm experiencing? Because it's from what you believe that you experience. How you can change that equation is just from the inside.

That doesn't mean you can't have helps. All this time I've been talking about allies and energies that you can connect to and beings that are there for you, because they are there for you. They are very much about this energy of being with love and light and purity, and so they can help us to remember.

It's all about remembering. It's all about remembering to be with that love and be with the light and be it. You are being it, rather than it being something outside of you.

Practices for Clarity

By doing something like a repetitive mantra, you're creating an opening to have connection with a deity that is not connected to ego, that is not connected to the lower realms of lower vibration or vibration that is in a state of polarity or disconnection. These things can be very helpful for helping to keep yourself clear.

When you're clear, you're more likely to be in your own truth. When you're really in your own truth and your heart is vibrating out that truth, the universe reflects that back to you. You are in a state of grace with that spirit energy.

When you're in a state of grace with that energy, anything that is attempting to get something from you — like light, affection, attention, respect, or whatever it is — it can learn and feel and have a sense of connection to your energy, but it can't take it.

The Importance of Inner Truth and Practice

Your inner truth and your impeccability and your integrity are very, very important. Walking your talk, learning how to stick with what's true as a value for you, and being able to share that with other people, whether it's through your actions or through your words as well.

Having a regular practice is essential. Whatever practice you have, even if it's going for a walk in the morning — make sure that you give yourself something every day that allows you to feel filled.

Why Daily Practice Matters:

If you don't feel filled with this life force, this light running through your system, if your mind is saying "I don't have this, I'm depressed, I'm sad, I need something different than I have, I'm not grateful" — all of these things — then you can't be connected to that energy, because there's something in the way, and what's in the way is you.

By being able to utilize these ways of becoming present, you then have a much better chance to not engage with these other kinds of energies.

Additional Tools

There are other things you can do too:

- **Silk** — A very important way of covering the energy centers. You can use silk to wrap around your lower Dantian or upper Dantian. You can use purple silk or red silk for different areas of your Dantians that you want to protect.
- **Crystals** — You can wear a crystal in front of your heart that can help to protect or shield your energies from something that is of a lower vibration. You could create a band with a little pocket to put a crystal in for either the lower Dantian or the upper Dantian.
- **Plant Medicine** — You could have the pocket have some kind of plant in it. You could use mugwort or tobacco. Often tobacco is used in different cultures and ways to help protect the lower Dantian, especially for women when they are on their moon time. It helps to shield their energies at that time, because a woman can take in a lot more information during that time.
- **Black Silk for the Occiput** — The occiput at the back of the head is a back door. Because it's behind us — we're looking forwards, we don't have eyes in the back of

our head, and we can't turn our head around like an owl — this is a very vulnerable area of the body. By protecting it with black silk, or you could spritz yourself with a protective shielding spray, or rub some ointment there that is for shielding or protecting, or just with Reiki working with the symbols if you're a second degree student — you can work with the Cho Ku Rei to work here at the back of the occiput, or you can just place your hands there. That will help to clear the energies from your system.

But if you don't have that connection to the understanding that you really can be with that presence, that spirit, that oneness, that love, the harmonizing frequencies that come through — if you are unable to stay in a state of understanding that you can have that at any time and any place and anywhere — then you're less likely to keep your field clear.

Addressing Addictions and Crutches

Any addiction you may have, whether it is a physical addiction like to a substance or to a plant medicine (because you can get addicted to plant medicines too), or it could be something that you do regularly that's not that helpful for your system. It could be a thought pattern — that can be an addiction too.

Anything that's repetitive that keeps you out of connecting with that spirit energy could be considered an addiction. Working on and knowing what your addictions are, how you engage with them, when you engage with them, what triggers you to engage in those — when you know what your triggers are, you're more likely to prevent yourself from falling into the addiction when you have that trigger.

You can utilize other things instead of what is your usual go-to by implementing something new, like something that feels comfortable to you, something that helps you to come back to your heart, something that helps you to feel calm or collected. If it is something that you're not utilizing to the point where it becomes an addiction itself, then you will become more present.

The Power of Prayer

Prayer is an amazingly potent way to clear energies and be with that presence of spirit. I highly encourage those who don't regularly engage in prayer to get back on track, because with prayer, even just having a moment of time where you are connecting to something higher than yourself and focusing with intention and asking for assistance is an amazing way to help clear energies.

How Energies Get Embedded in Our Systems

There are many ways that energies can get embedded in our systems. Understanding these pathways helps us recognize when something has attached and how to address it.

Mental Field and Thought Forms

An energy that is connecting to the mind may come in through some thought form. Maybe you're not fully present, and there might be:

- Jealousy
- Envy
- Anger from emotional content
- Depression
- Sadness
- A deep amount of grief

These are all ways that energies can come in and get attached to us.

Cloud Energies

There could be an energy in the form of a cloud, which usually is connected to mental aspects of how an energy gets involved with our own thought processes. It could be, for instance, an energy of a ghost or a spirit that hasn't passed, that has a similar thought pattern that you have as a habit or a pattern. So, it may get attached to that process you go through with your own thoughts. It could get attached to how you are thinking.

Another way this can happen is with social events or societal thought patterns or beliefs. There may be a collective energy that may come into your sphere when you're out and about in life. You might get home and be like, "Why do I keep thinking about this particular thing, or why am I having this thought and emotion happen when I don't usually have that happen?"

That could be connected to how a social thought form is believed by a group of people. It can sometimes come into your aura and be like a cloud, because it's not really a specific energy that's trying to connect to you — it's more an energy that is like a penetration of an energy, but more of a mass of energy rather than it being specific.

Hexes, Spells, and Negativity

There are also things like hexes or spells that are just to do with negativity or thought forms:

- Judgment
- Jealousy
- Envy
- Wishing someone ill
- Being angry at someone and shooting an angry arrow of energy towards them

That can arrive in your system and be present. If we're not regularly clearing ourselves — whether it's with smudging, Reiki, working with crystals, working with plants, being in ceremony, praying, singing — then these energies will just end up like riffraff hanging out in your field.

You may not feel low or low energy, but you might be dragging a little bit, just like "I really can't seem to get it together." You may still function. That's usually because they're not pinpointed to try and siphon off your energy — they've just been collected in your energy field.

Trauma — Emotive

When I say a trauma that's emotive, what I mean is: if you are in an experience where there's something that happens that's very traumatic, where there's an extreme amount of emotion experienced either by yourself or by another person, that can end up getting stuck in your field.

That too often will be like a cloud or a film or something like that in the aura. Sometimes it will connect into the physicality of the body, so it can come through the chakras. It can also connect to your organs as well.

Organs and Emotions

Different organs are connected more with different kinds of emotions:

- **The liver** is connected to anger
- **The lungs** are connected to grief

Each organ has its own emotional aspect that it will have a propensity to take on, whether it's within your own system or within somebody else's system and it's having a connection to yours because of that.

These are things that you can clear by just checking. You can ask:

- Is there something connected to my liver? Is this why I'm experiencing this intense amount of anger?
- Is this why I'm experiencing a deep amount of grief? Is there something stuck in my lungs?

The kidneys and the lungs are paired together. The kidneys are a delicate area of the body — or delicate's maybe not the right word, but they can get affected by energies quite easily because they are what's known as a yin organ. A yin organ has a more feminine aspect to it and has a softer nature. The kidneys are connected to the lungs, and so if you have a lot of grief, then your kidneys may get affected by that as well.

Supporting Your Kidneys:

When you're doing healing work with other people, or you're in ceremony, or you're in a collective situation, you might want to check in with your kidneys and see how they're doing. If they feel weak or if you don't have a lot of energy, if you're really depleted, you might want to give some love to your kidneys.

You can put your hands on your kidneys, press your kidneys into the back of a chair, or drink water to help flush things through. There are lots of different crystals that can be utilized for helping the kidneys and the energetic body and the nervous system in general.

Witnessing a Death

If you're actually at the place where someone dies and they are close to you, or even if they're not close to you, if for some reason there's a real direct connection with you whilst that person is dying, what can sometimes happen — and this has happened a variety of times to myself — is that an aspect of that person's spirit gets embedded into your system.

If you find that after you've been in a process of witnessing a death, it's very important to come away from that experience and to do a deep cleansing for yourself.

Deep Cleansing Practice: Taking a strong Epsom salt bath can be very helpful, because the salt has a way to absorb energy. It will absorb the energies that are in your body from that kind of experience. You can also work with Reiki and with crystals and other aspects to take care of yourself.

If there's a witnessing of a death that's traumatic, or even if you come across a dead body that has had a traumatic end — whether it's an animal or something — an aspect of that energy can get stuck in your system. It's important to just check yourself after these kinds of experiences.

Advanced Forms of Energetic Intrusion

Some of the more interesting — from my perspective — ways that an energy can get connected into your system have a way of feeling a little sci-fi.

There are all different types of beings in this universe and other universes that come and connect and want to have an interest in human life for whatever reason. Some of these beings are not working from a place of being in love and harmony and unity or even aspiring to work in that way. Some of them have very high technologies that are way beyond our ability to understand or know about.

Encoding and Chips

One of the things that they will work with is encoding — encoding a program within somebody. It can feel or look a little bit like a computer chip. It isn't necessarily looking like a computer chip — it could look different. But it will be embedded somehow in your system,

and that could be in your physical body, it could be in one of your chakras, it could be in one of your auric bodies like your emotional body or your mental body.

Usually when I find them, I find them in the physical body, because it's an easier way of embedding something. You don't really need to know much about the details of that, but just to have an awareness around it.

If you're having a real hard time clearing something and you're wondering what to do next, one thing you could do is ask: *Is there a chip embedded in me?* Or if you're working with somebody else, ask to be shown where that is. Just with that loving awareness and the Reiki or working with the spirit energies that are of a harmonizing and healing and loving content, these things can be removed, dissolved, taken out of your system. You don't have to have them in you anymore.

As a chip is embedded in you, it can also feel like you are running a program. If you notice yourself behaving in an odd fashion that you're not usually doing, it might be connected to something like that. Chips are not run-of-the-mill and regular — it's not something I come across hugely, but it is a potential.

Collective Agendas

There's also the aspect of collective agendas that can be present — a whole race of beings, like a specific race. For instance, I can think of one in particular: the Greys. They don't understand love or connection in the same ways that we do as humans, and so they try to utilize us for their own purposes because they don't understand that. They want it, but they don't have it themselves.

There can be a field of energy that could be connected to something collectively understood by a race, and that can be in someone's field as well. It could be in your aura; it could be in your physical body. These days I tend not to come across those things as much because I'm not necessarily working in the same way as I was before, but they're just something to be aware of.

Collective Experiential Trauma

Things like the Holocaust or mass murder — sometimes those energies can get stuck in a different plane of existence that isn't necessarily in the physical but is connecting through the different web of energy or levels and dimensions.

Sometimes these collective experiential traumas can glom and collect in a person when they are having that trauma. If someone has had a lot of traumas around seeing other people die, then that would be a way that it could be attracted to each other.

What You Pick Up in Ceremony

Especially if you're working with plant medicines that elevate your awareness and your connection to the spirit realms out of the physical, you may feel or see or experience things coming into your system that other people are letting go of.

It's very important to have hygiene with your aura as well as your physical body to make sure that these things are not embedding in your system.

If you have a specific weakness of yours that has a propensity to have the same vibration as that shared collective experience in that place or in that ceremony, then there can be more of an attractant of it towards you because there's something there to learn and there's something there to heal in yourself.

Actual Hexes and Spells

There are actual hexes and spells that are connected to beings that are interested in manipulating human consciousness for their own benefit, siphoning off the energy so that they can have power. That could be through either manipulation of a weakness, or it could be through hiding behind — a spell generally, when it is created, has a way for it not to be seen. There's usually a shield involved in that.

It's about learning how to decipher things that you can't necessarily detect. Usually with these things, they will keep jumping around. For instance, if somebody is possessed or even partially possessed, often their body will jerk around a lot, because as you're working on their body, the energy is trying to move around so it can escape the light, so that it can stay where it's at rather than being transformed or let go of.

Unity for All: If you can continually come back to a practice of being in presence and really embodying unity for all beings and being in a place of love and harmony within yourself, these aspects of energies won't have anything to glom onto.

The Law of Three

There's one other thing I want to share with you called the Law of Three. Some of you may already know about this, but others will not. The Law of Three is something that's not really known by very many people, and so it's a really good tool to have in your back pocket for when you really need it.

The Law of Three: If you state that you command only to have your own energy in your own body — which would include your physical body, your emotional body, your mental body, your etheric body, your atomic body, your monadic body, and all of the other bodies that are connected to who you are and how your essence and your spirit is housed in your body — if

you claim space for just your essence and your spirit in your body, if you state it three times, nothing can stay. It is a law.

This law can be very useful because a lot of beings that are manipulative and don't know how to have their own light and are trying to hide and trying to siphon off your energy — they bank on you not knowing this.

It's an important way for you to bring yourself back to presence if you are having something happen where you're being pulled in and out of your own presence.

How to Use It

You can speak this out loud, you can say it in your mind, you can intend it, emote it with your whole being. Even in a state of weakness, you can emote this. It is a law, and so all beings must adhere to this law.

Some beings will be persistent, and they may try a few times, but most will not. Most will adhere to it as soon as it is stated. You can say it out loud, intend it, you can say "As above, so below, and so it is" and believe it.

I believe it because I've utilized it many, many times in my life, and since I found out about it, it has been one of my golden nuggets. When you really have an understanding that if you choose to only be in your own presence and that's your free will to choose that, nothing is allowed in, because having free will is a part of that universal law as well.

Strengths and Weaknesses as Energetic Tools

Your strengths are ways that you can stay present. They:

- Fortify you
- Allow you to be expanded
- Allow you to be connected and feel changed when you're witnessing something in transformation
- Help you embody your spirit in your body
- Help you assimilate anything that is challenging or difficult
- Help you to be grounded
- Help you to really resonate the vibration that is your true essence of vibration

One of the reasons I asked you to write a list of what your strengths and your weaknesses were because when you know what your strengths are, you can utilize those strengths in moments of weakness where you feel like you don't have strength.

Important Understanding: When you start to do this kind of work, especially when you're doing work with other people or with places or spaces, this will come up. It's not something

that's going to just never happen, because you're there as a witness to see something transform. As you become more embodying of that light and harmonious energy, energies that don't have that naturally want to have your help.

It's important to recognize what your strengths are, because when you don't know what your strengths are, your weaknesses and your imbalances are prevalent, and that's where the energies get hooked into you.

A Personal Example

If you have an instability mentally — for instance, throughout my life, one of my deepest challenges has been depression, because I was taught that by my family. It runs in my mother's lineage. My grandmother died of depression and over-helping. My mother taught me that story and that lesson very strongly.

For a lot of years in my 20s and 30s and 40s, I had a challenge with how to stay out of depression. Although now I don't tend to go into that state and stay there for very long, it's an underlying pattern that I have had. It could be seen as a weakness, but it could also be seen as a strength, because it's been what's taught me how to be who I am today.

You can navigate through what a weakness is and end up having it become a strength.

One of my strengths, I believe, is that I have a lot of compassion. I had to learn how to have compassion for myself so that I could:

1. Accept that I had depression
2. Be able to find out why I was sad
3. Navigate from the sadness to what was my need that was being crossed
4. What my value was that I wasn't engaging with that was leading me to feel depressed

One of the ways that I was able to navigate this was to understand that it's okay to be a very sensitive being in this world, because being sensitive allows me to do this work. Being able to do this work allows me to be able to notice energies.

Once I was able to notice the energy and not be afraid of these energies, even when they did attach to the back of my head — and it still happens, it's still a weak spot of mine — I notice it almost immediately, if not immediately, when it happens, and as soon as I can, I take care of it.

Key Principle: The more quickly you take care of something, the easier it is to extract it from yourself. The more you leave it and let it just slide, the more it will stay in your system.

Common Imbalances

If you have emotional imbalances — if you're not able to relate to your emotions very easily — it can be very challenging to be present or witness for somebody else. Maybe there's certain types of emotions that you might have. Maybe you have more of a propensity for:

- Anger
- Sadness
- Judging other people

Whatever it is that is that aspect of imbalance, once you are aware of it, it's less of a weakness. It can still be a weakness, but it will be less of one as you begin to work on honing in on:

- Why do you have this as a weakness?
- Where does it come from?
- Who does it stem from?
- Where did you learn it?
- How are you repeating it?
- How is it part of a habit or a pattern in your life?

These things are also connected with the Tree of Life. The different areas of the Tree of Life that are in your body are connecting to different aspects of emotion, certain patterns with the mind, or different aspects of how you might have a family pattern or a soul pattern.

Soul Patterns and Past Lives

Something with your soul might be that you may have had the same experience multiple lives. When you have multiple experiences over many lives, sometimes it can be: "This life is the time that I'm going to learn this so that it will be the last time I need to learn this lesson."

That may be why you might have a propensity for a certain type of relationship or a certain type of group experience or living in a certain way, because of those past life experiences.

There's also trauma as well — that could be from childhood, or it could be from an accident, or it could be from past life trauma. These are all things that can lead us to having imbalances, and then those can end up being weaknesses.

Signs of Weakness in Your System

Some of the things that you may experience with regards to weaknesses — things that may happen in your body as you're feeling weak:

- Low energy
- Feeling dizzy
- Avoidant (not wanting to engage with other people, wanting to shut everything out)
- Extreme emotions
- Extreme thought processes
- Exaggerated emotions or thought processes
- Physical body moving exaggeratedly around
- Getting very down
- Being compulsive
- Getting caught into the ego
- Assessing other people
- Being in judgment
- Being irritable and angry
- Being drawn into manipulation

Environmental Signs

There may be a sense of things happening around you or around the person this is happening to:

- Electronics keep failing
- Cars or those kinds of things have issues
- A lot of disruption
- Loud noise
- Arguments
- People having great challenge with communicating in a loving way
- Things being broken a lot in that place or space or situation
- People tripping up

A coyote energy or peskiness — and I'm not saying that coyote energy doesn't have its medicine (it does), but sometimes they can be tricky energies that just are trying to get attention

When you notice these things, come back to your practices:

- Come back to the Reiki
- Come back to breathing
- Come back to lying on the ground
- Putting your feet on the ground
- Meditating with a crystal
- Working with a mantra

- Whatever it is that gets you to a place of being with your happy spot

Those are the things that will help.

Lisa Renee and Energetic Synthesis

I want to introduce you to someone so dear to me. Lisa Renee is an exquisite example of a human being. She is someone who has embodied very dearly through her whole being to bring to others how to be sovereign and free and in a state of love and connecting with unity for all beings.

She has created a whole website of information about how to be a divine being operating in this physical world. If you're interested in knowing more about her work, you can talk to me about her, but also you can visit her website: **energeticSynthesis.com**

Hieros Gamos

She initiated the embodiment of bringing this work called the Hieros Gamos into being. This is information about how the human being can have a sacred marriage with the physical being and the divine spirit being, and that there's unification between all life expressions and its level of opposites.

The inner spiritual core is the witness or observer and has no judgment. By being this witness, this observer with no judgment, is the way that allows you to observe something external without needing to control the outcome and therefore being able to be connected internally with your inner spirit.

The inner spirit is connected by staying in the now moment and practicing this intentionally is a daily exercise.

Core Affirmation

One of the affirmations that she has as part of her body of work is:

I am God. I am sovereign. I am free.

If you state these affirmations, you will be free. The energies that are trying to attach to you will not succeed. When you embody these — and not just believe it, but you exist it — then this is what will happen for you.

The Tree of Life in the Body

The Tree of Life is in your physical beings below and above and connected to the organs and the physical structure. When I brought it up before, I was talking about the Tree of Life

being in everything — in the human body, in places and spaces. It connects energies underground, it's in nature, it's in all life.

She has created a way for people to connect with the Tree of Life through different ways of meditating and processing information to clear the Tree of Life and be free of distortion in these parts of your existence.

The 12 Tree Grid: She calls it the architecture of our multidimensional conscious orientation. It's connected to your light body — that would include your aura and your auric field around your physical body, your chakras, and everything.

The individual human anatomy manifests upon and within the multidimensional layers instructed by the core manifestation template, which is the Tree of Life. That's why when there's distortion in a person's Tree of Life because of habits, patterns, addictions, history — that could be history this life or a previous life — it will sit in their system and not be attended to unless they tend to it.

This is an opportunity for us to reprogram our blueprint structure, which is part of this Tree of Life, so that we are not functioning in a way where we are distorted.

There's a way to have this and be in your own personal sovereignty in connection with beings that are very much about orchestrating this awakening in human consciousness around the planet.

If you're interested in this, I highly recommend going and having a look at her website. It's a massive amount of information, so if you need some guidance, let me know.

The 12D Shield Meditation

In the next class, we are going to have a meditation that's based on something called the 12D Shield that she created a long time ago in 2009. I was privy to and practiced many times at that time when I met her at the ECETI Ranch in Trout Lake, Washington at a conference.

I became very involved in working with her instructions and her meditations. I have to say, out of anybody that I have ever worked with or been under instruction from, her work and her body of clearing work have been extremely helpful. It's one of the ways that I'm able to stay as present as I am a lot of the time, because of that work that I did with her — through her, through what she presents.

The Light Body

The light body is the human energy field body or energy aura body that projects our consciousness through a holographic template that generates the physical manifestations we experience within the material reality — physical reality. It is comprised of many interwoven layers of electromagnetic frequency, light and sound waves that make up the consciousness,

intelligence, identities that function in each dimensional layer that exists within the universal time matrix.

How you function with the different levels and layers of dimensions of your own existence is connected to how that universal matrix is functioning and existing as well. When you learn how to clear your system very potently in this way, you will then start to have different experiences and not necessarily have the same density that you've experienced before.

The light body is the holder of our consciousness record and identity throughout time, and it holds the living light code of our blueprint structure and maintains our direct connection and communication with our highest self, the Godhead, or Source.

You are the Godhead, you are the Source, you are part of that character and personality, but you're also connected to this Godhead and Source with your higher self.

By working with the Tree of Life, you're connecting to all sorts of different Christos light, you're connecting to the Buddhic energies, you're connecting to other forms of communication that are connecting to different star systems, and all of this is also happening in your physical body as well. It's really a powerful tool.

Closing Practice: The Anusara Invocation

I'm going to sing this mantra for you, which is an Anusara invocation in Sanskrit. I'm also going to sing the English for you so you can hear what it means. This was brought to me many years ago, probably around 2008, by my yoga teacher at the time, Judith Roth, who is an Anusara yoga teacher in Yelapa, Mexico and a wonderful person.

I have utilized this so many times to bring myself back to a place of grace, a place of compassion when I don't have compassion for myself, when I'm judgmental of myself, when I am judgmental of others, when I fall into that depression or when I fall into any other of my weaknesses. I often will utilize this invocation to come back to a place of peace.

Om Namah Shivaya Gurave

Satchidananda Murtaye

Nishprapanchaya Shantaya

Niralambaya Tejase

Translation:

I offer my heart to the power of grace

That lives in us as goodness
That is ever-present and radiates peace
And lights the way to transformation

Closing Gratitude

I'm just giving great thanks to all your internal beings, your willingness to be a spirit and a physical body currently, the willingness to learn these ways to become present with yourself and at peace.

Thank you so much for being here today. Many, many blessings to you through the day, through the journey, through the week. I look forward to seeing you next Saturday. Take care. Blessed be.

Key Takeaways

This class offers a comprehensive approach to energetic protection, sovereignty, and presence. The following insights form the foundation of this practice and can be integrated into daily life to maintain clarity, strength, and spiritual alignment.

- **Energetic Responsibility & The Mirror Principle** — Any energy that attaches to you is ultimately a mirror of something within yourself. Rather than viewing external energies as threats happening *to* you, recognize that they reflect aspects of your own field that need attention. This shift from victim consciousness to personal responsibility changes the entire equation and begins the process of transformation.
- **The Law of Three** — If you state three times that you command only your own energy in your own body (including all your physical, emotional, mental, etheric, and spiritual bodies), nothing unwanted can remain. This is a universal law. Most beings will adhere immediately; even persistent ones must eventually comply. This is one of your most powerful tools for reclaiming sovereignty.
- **Know Your Strengths & Weaknesses** — Your strengths fortify you, ground you, and help you embody your essence. Your weaknesses, when known and owned, become points of awareness rather than vulnerabilities. Energies attach through imbalances and unacknowledged patterns. By identifying both your strengths and weaknesses, you build a solid energetic foundation and can navigate challenges with greater presence.
- **Daily Practice is Essential** — Regular practice — whether mantra, breathwork, Reiki, prayer, walking, or meditation — fills you with life force and keeps you aligned with spirit. Without it, the mind falls into patterns of lack, sadness, or need, creating

openings for lower-vibrational energies. Consistency matters more than complexity. Find what fills you and do it every day.

- **The Dantians as Foundations for Presence** — The three Dantians (lower, middle, and upper) are reservoirs of vitality, emotional balance, and spiritual clarity. Breathing into these centers builds your capacity to stay grounded, compassionate, and connected to higher wisdom. When you have energy in your lower Dantian, you are less likely to take on others' energies and more able to remain present in your own field.
- **Mantra & Deity Connection** — Mantras are vibrational tools that connect you to deities and harmonizing frequencies beyond the ego and polarity. Singing to Shiva, Parvati, Ganesha, Durga, and Chandi invites their transformative, protective, and illuminating energies into your system. These practices help clear stagnancy, remove obstacles, and shield your field with love and light.
- **Sovereignty as Protection & Foundation** — True protection comes from being fully in your own authority, energy, and power. Sovereignty means owning your field, walking your truth with integrity, and staying aligned with love and presence. When you embody sovereignty, you are not a target — you are a clear, radiant expression of spirit. This state is both your shield and your foundation for all energetic work.
- **Anything Can Be Transformed with Love** — All energies, no matter how dense or discordant, can be transformed through presence and love. This does not mean all beings will choose transformation, but your role is to remain in that state of grace and connection. When you do, energies may learn from your field but cannot take from it.
- **Clearing is Immediate Work** — The more quickly you address an energetic attachment, the easier it is to remove. Letting things slide allows them to embed deeper into your system. Regular energetic hygiene — through smudging, Reiki, prayer, breathwork, and awareness — prevents accumulation and keeps your field clear.

Glossary of Key Terms

The following definitions are drawn directly from the content shared in this class. Each term is defined in the context of how it was used and taught within this teaching.

- **Chakra** — An energy centre within the body. The chakras form part of the body's energetic anatomy, functioning as points through which energy is received, processed, and expressed. They can accumulate foreign or discordant energies over time and require regular clearing.

- **Auric Bodies** — The layers of the energetic field that surround and interpenetrate the physical body. These bodies extend beyond the skin and hold imprints of experiences, emotions, and external energies. Keeping the auric field clear and sealed is a core aspect of energetic hygiene.
- **Dantian** — Energy centers recognized in Eastern traditions, of which there are three: the lower, middle, and upper Dantians. They correspond to different aspects of one's energetic and spiritual life and are part of the broader energy anatomy worked with in this class alongside the chakra system.
- **Energetic Hygiene** — The practice of regularly clearing, protecting, and maintaining one's energy field. This includes practices such as shielding, cord-cutting, mantra, breathwork, and conscious awareness of what energies are being absorbed or held in the body and field.
- **Light Body** — The higher energetic structure of a being, connected to Lisa Renee's teachings referenced in the class. The light body is what is being built, activated, and protected through dedicated spiritual practice, and is linked to one's capacity for sovereignty and alignment with higher consciousness.
- **The 12 Tree Grid** — A concept from Lisa Renee's work referenced in this class. It describes a framework of the energetic and consciousness architecture of a being, comprising twelve spheres or nodes that form the full map of one's spiritual anatomy and potential.
- **The Law of Three** — A principle stating that energy or action operates in a triune structure — meaning things move and manifest through a sequence of three. In the context of this class, it relates to how energetic forces and spiritual dynamics play out in threes, and understanding this law supports deeper awareness of how patterns unfold in one's life and field.
- **Hieros Gamos** — A sacred union principle, referencing the divine marriage of polarities — the masculine and feminine — within oneself and in a higher spiritual context. In this class it is connected to the work of Lisa Renee and the restoration of sacred union as part of the spiritual path.
- **Sovereignty** — The state of being fully in one's own authority, energy, and power. In this class, sovereignty is something actively cultivated — it means owning your field, knowing your strengths and weaknesses, and not outsourcing your spiritual power to external sources. It is both a protection and a foundation for all other energetic work.
- **Mantra** — Sacred sound or phrase used as a vibrational tool in practice. In this class, mantra is used as a means of connecting with specific deities and qualities, raising one's frequency, and fortifying the energy field. The mantras worked with relate to Shiva, Parvati, Ganesha, Durga, and Chandi.

- **Shiva** — A Hindu deity invoked in this class as a force of dissolution, transformation, and higher consciousness. Shiva's energy is called upon as part of the mantra practice to assist in clearing what no longer serves and anchoring spiritual power.
- **Parvati** — The divine feminine consort of Shiva, invoked in this class as a force of devotion, grace, and nurturing power. Her energy complements Shiva's in the mantra practice.
- **Ganesha** — The remover of obstacles, invoked in this class to clear the path forward and open the way for spiritual work. Ganesha is called upon at the beginning of the practice to support the class intention.
- **Durga** — A fierce protective deity invoked in this class as a force of warrior energy and impenetrable shielding. Durga's energy is specifically called upon in the context of protection and fortifying one's field against intrusive or discordant energies.
- **Chandi** — An aspect of the fierce divine feminine, related to Durga, invoked in this class as a raw, primal protective force. Chandi is called upon as part of the mantra practice for shielding and energetic fortification.
- **Strengths & Weaknesses (as energetic tools)** — In this class, both strengths and weaknesses are understood as part of one's energetic signature. Strengths are anchors of power to be consciously embodied, while weaknesses — when known and owned — become points of awareness rather than vulnerabilities. Identifying both is presented as essential to building a solid energetic foundation.
- **The West (direction)** — In the context of the class intention and ceremonial framing, the direction of the West holds specific energetic significance. It is associated with qualities and forces that informed the direction and tone of the teaching.
- **Cord-Cutting** — An energetic hygiene practice of consciously severing unwanted energetic ties or cords that form between people, places, or situations. These cords can drain energy or carry discordant frequencies, and regular cord-cutting is part of maintaining a clear and sovereign field.
- **Shielding** — The practice of consciously creating a protective boundary around one's energy field. Shielding is a primary tool of energetic hygiene in this class, used to prevent unwanted energies from embedding in the auric bodies and chakras.