



The Protection



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Reading Time, 33 minutes



THE 1st LINE OF DEFENCE IS RECOGNITION

These statements below seem straightforward enough on paper?

False Evidence Appearing Real Face Everything and Recover

But when faced with abject fears, how can you rationalise your fear as false evidence appearing real when you think it's not? How do you recover when you're struggling day-to-day to put on a brave face but are anxious and petrified inside, especially if you don't know how to protect yourself, or haven't the skills or tools to do this? In truth, you can't, and that's not down to cowardice or weaknesses on your part, but down to knowledge, skills and self-esteem. We all want to feel safe,

We all have a right to feel safe.

But what is the ultimate sense of protection? Can anyone feel less scared of what's happening in the world? On all levels, there are lots you can do to feel safer. You can recognise the world isn't as bad as the media make out. Remember it's the editor's job to sensationalise. Firstly, much of the horrible things happening today is false evidence appearing real and controlled via the media, so we need to programme the brain that life isn't as bad as the media portray.

Those who rule are to blame for all the smoke and mirrors that keep us hyper-fearful and anxious. But we can do something ourselves, we can make sure we're doing things practically, but not be paranoid.



THE 2nd LINE OF DEFENCE IS BEHAVIOUR

We'll cover these first before I use my technique. Then we'll tackle emotional and mental strategies with a simple method that's worked for me, my clients (including children) and students.

Personal awareness has two handles.

Order

Responsibility

It now seems order and responsibility for crimes committed have gone out of the window. And the criminals know this, and so do the governments and police? They ignore what's under their noses. We should all feel confident and secure as we go about our life, but sadly not many of us do. Feeling safe is a right everyone should have, but going out at night in some areas is fraught with dangers.

Walking the streets in daylight

Once considered secure is no longer safe. You may also think you're safer inside than outside and so many people never going anywhere, however, in doing so, end up hyper-vigilant, isolated and paranoid. In some areas, people cannot walk the street for fear of being mugged by scallywags hell-bent on stealing. Most governments are far too arrogant to concern themselves with the average person, as long as the masses keep bringing in the dosh, they're happy. History has dictated law-abiding people's fears are neglected. No wonder people are angry, and periodically take to the streets protesting.



THE 3rd LINES OF DEFENCE IS PROTECTING OUR PROPERTY

When fear takes us on a roller coaster of drama stands to reason, you'll end up depressed and paranoid. So how can we feel safer in what seems a dreadful world?

- ❖ Lock your doors when in the garden.
- ❖ Lock your car even when on the drive.
- ❖ Alarm to the hilt (less expensive than you think).
- ❖ Use Smart Water on all equipment.
- ❖ Padlock movable objects.
- ❖ Fit a camera in the car.
- ❖ If you're in rough areas, wear a body camera.
- ❖ Buy a house alarm with a high-velocity sound.
- ❖ Extend alarm to outside buildings.
- ❖ Take photos and index valuables.
- ❖ Protect computers and mobile devices from viruses.
- ❖ Protect passwords from hackers.
- ❖ Change passwords regularly.
- ❖ Carry one credit card when out
- ❖ Use a crossover shoulder bag.
- ❖ Have a dog, hard work but can be valuable guards
- ❖ Ignore the phone let people leave a message
- ❖ Find out on the Internet which scams are going around
- ❖ Carry an alarm
- ❖ Never say, "YES" on the phone to any company as too many consider this a verbal contract.



THE 4th LINES OF DEFENCE IS STREET-WISE & REASONABLE FORCE

Common sense is a legal requirement. When a stranger gets inside your home then, you're pretty well helpless. But there are some extras you can do if you live in dangerous areas.

- ❖ Never show wealth or be flashy in public.
- ❖ Never brag about what you have when out.
- ❖ Never walk around in a daze.
- ❖ Never use mobile devices while walking.
- ❖ Never get drunk (this makes you helpless)
- ❖ Always watch where you're going at all times
- ❖ Carry a bottle of water (for acid and dog attacks)
- ❖ Always look around for safe escape routes.
- ❖ Avoid isolated areas, only go to well lite areas.
- ❖ Change your routine.
- ❖ Keep together when out with friends.
- ❖ Take a registered (reliable) taxi home.
- ❖ Never park your car in remote areas.
- ❖ Keep car keys ready.
- ❖ Lock car doors when inside even when driving.
- ❖ Attacked in the car, get the hell away quickly.
- ❖ Make a noise, blow the horn.
- ❖ Do a self-defence course
- ❖ Keep things private on social media sites.
- ❖ Walk upright and proud.
- ❖ Keep a Walking stick by doors



THE 5th LINES OF DEFENCE IS MARTIAL ARTS

Learning how to equip ourselves with tools which will give us a sense of security. A sense of order always makes you feel in control in your life (without paranoia) and with personal responsibility, we feel safer. Make sure you've secured your belongings, we can no longer rely on government or the mandatory services for help no matter how much tax we pay, that means we have to take more responsibility. Don't become paranoid, merely mindful and aware. Daily fear is crippling and why I suggest the Protection technique, explained in detail later.

In England and Wales

We're allowed to use "reasonable" force to protect ourselves or others as long as we act with "honestly and instinctively." But in general, we're not allowed to defend ourselves in the UK, (an EU directive). In Spain, squatters have more rights than the owner of a property, and it's much the same in the UK.

We have to be passive, 'get mugged, robbed, flogged, with a ragman's trumpet' as an old friend used to say and hope the police turn up in time. Therefore, becoming streetwise and learning martial arts is mandatory. One punch is permitted, more deemed an attack. Pepper and spices are illegal, but if you just happened to be buying or cooking with spices at the time and used this, it would be deemed reasonable as would a heavy frying pan, or a walking stick. It's a sad indictment of society when you have to lock your doors and think of protection.



TAKING CARE OF YOURSELF

So the standard procedure today is, to take care of yourself so that you can take care of your family. Some people in the 60s thought martial arts promoted violence, that's a myth. Martial arts advocates self-discipline, inner confidence, self-control and socialisation skills. But also teaches distribution of energy and balancing your internal and external power. Plus it's a powerful defence strategy.

In the summer of 1961

Four youths attacked a young girl in a subway under the city centre of Coventry. She floored each of them with one well-directed rapid punch and kick. Once the leader was down the others ran away. You don't need to be a Brown Belt to defend yourself. But having some self-defence skills are wise. I advocate teaching children these skills. But, moderation at all times is essential.

The young woman didn't chase them.

That would be a deliberate, calculated attack. Instead, she ethical, swift, and done and dusted in minutes. I advocate streetwise education, martial arts, going to confidence classes and my the Protection Technique as this works inside out, showing a sense of inner strength. That subtle energy is picked up by others. I watched a video about rape twenty years ago. Twelve rapists all shown the same video separately and all picked the timid, hunched woman. They dismissed the attractive women based on they'd fight, the nervous woman would be an easy target. Rape is about control not looks. Look confident and walk tall.



THE 6th LINES OF DEFENCE IS AWARENESS OF THE ENVIRONMENT

My Father was small in stature had the heart of a lion and the bravery to match, much like our tiny dog Sophie a Papillon weighing all of two pounds and thought she was a Doberman. I'm noticing Eddy my Papillon puppy is displaying the same courage. My Father's advice in the 60s was look around you, if attacked, take off those stilettos and run like hell, if need be clobber the guy where it hurts most.

With metal shanks and caps, they were formidable weapons. Poke the eyes, pinch the septum, draw blood (our nails were like talons), or kick him in the testicles. Do anything to survive, dad said.

Be aware of the environment.

My grandson was in his classic mini when a group of young men surrounded the car, thankfully he locked the doors quickly, reversing his way out. He had found himself in an area he knew little about, there are no-go areas in many towns and cities, so it's essential to know where these are wherever you go. In the 60s, a gangs of young men were terrorising the area where we lived. I got shot in the thigh with a shotgun.

I was fifteen years old and could see this happening and managed to zig-zag across a field, keeping low and thus avoiding severe injury. The bullet took me down, but I survived and why I believed in being mindful of what's around you. My friend never saw the men, but I did, something told me to get the hell out of there.



THE 7th LINE OF DEFENCE IS KEEP YOUR WITS ABOUT YOU AT ALL TIMES

While this sort of thing happened in the 60s, it appears worse today but the reality is, it's probably about the same, we merely have faster communication. Mindfulness about where you are, is vital, Mindfulness will be your biggest asset. Keep your wits about you because walking and talking on mobiles and listening to music on iPods is dangerous to one's health. Many years ago I was with my daughter-in-law, and we were walking in a sizeable well-frequented town, and I urged her not to go down an alleyway everyone used as a short cut to the High Street, but to move to the left and keep on the main road.

Why did I do this?

I sensed an uprising as I did when we were in Dubrovnik before the civil war. The atmosphere was electric in Croatia; the locals were tense; the police everywhere, trying hard to keep control and moving the youth along. The elderly seemed anxious; children were fretting as if they knew. Dogs whimpered or growled. Shop-keepers were wary, looking past you as if some unseen energy was about to pounce. I was brought up in that energy, you never forget it.

That day with my daughter-in-law nothing that indicated trouble, but just as we moved briskly towards the more busy area, a group of twenty lads ran through the alley we'd have been and without doubt, pushed over so that they could fight in the open market square. She was shocked and asked how I knew. I said, 'By being receptive to energies, listening to my intuition and watching the body language of others.'



THE 8th LINES OF DEFENCE IS INTUITION

My grandmother said we lived in an area that was as rough as a badgers backside, and we did. I don't ever recall my grandparents coming to our hose, instead we went to their house in the suburbs. Fights occurred every day around by us; stabbings as well, children as young as three smoked, and swore like navvies But, I've always been thankful for my upbringing. That day I'd noticed a gang restless, pacing, as if they were waiting for something or someone was a warning.

You never lose the ability to be street wise.

Leaders, confident people, warriors, good parents, teachers, Guru's and Avatars have survived today because they listened with the ear of the heart and soul, the intuition. But even if you're naturally confident and can look after yourself, there are times when you need that extra help, especially when negative energies abound.

A few years ago, at a concert,

We went through the wrong exit and found ourselves in a remote street frequented by noisy drunken youth. My husband seemed unaware of our danger. I was acutely aware of the fact that he was seventy and I was sixty-six, easy prey. So I moved into Alpha role and had us walking on the side that street lights and shop lights were on, whereas he wanted to go through a dark alleyway because he said it would be quicker and he may well have been right, he seemed to have a built-in sat-nav system for directions. I refused.



THE 9th LINE OF DEFENCE IS FEELING CAPABLE

That night in Birmingham, I placed a protective dome the size of the Rock of Gibraltar over us. I'm competent, however, I'm aware of my age, so I'm mindful of where I am. But one should be at any age. I'm an advocate of inner confidence, but never arrogance or foolishness.

I can protect myself from negative people, and circumstances, and it's all down to the Sieves. But I wouldn't choose to be in a negative company. If I found myself in situations, then I'm extremely capable of deflecting negativity with this technique and without coming over as aloof. And that's important because aloofness can isolate you.

We all have a tipping point.

Like us all, I may manage negative people once or twice; however, if I worked or lived with a negative person, situation and environment, then over time, the energy would wear me down. We all have a tipping point. But will confidence and self-esteem give you protection? Both will go a long way to feeling capable, and you're less likely to be taken advantage of when you have these traits.

However, capability comes from within. You can't fake it as you can confidence; being competent is a well-rounded skill. As a trainer of volunteers, in a time of the Cold War, when we went to emergencies, I had a handful of people who were entirely capable of doing whatever asked of them without question. Being competent is highly regarded in the military and my view, a comprehensive line of defence.



THE 10th LINE OF DEFENCE CAN IT BE ANGELS?

I found many people believed in God and Guardian Angels, and when they did, it was because of their religious beliefs. Or like my father who'd experienced one in their life. As one recovering addict said when I met her a year later, (she didn't come to me) but through another avenue, she glowed with health and something else I was learning to detect, peace of mind.

I asked her what changed?

And she told me she'd felt the Breathe of God. Did God protect her through her recovery? I'll let you be the judge of that, but, she'd tried everything else other than my technique that works with all Higher Powers. But, I came to the conclusion years ago, that if the person is logical and pragmatic, the likelihood of God being in the equation was remote and why I wanted something that bypassed logic and became a link to one's higher wisdom.

My Father's Experience of an Angel

A night in 1942, he was walking home from the pub. (To keep up morale Beer wasn't rationed in WW11) and he was stopped by a stranger who told him in a strong Dundee accent not to go back to the City on any account. My father felt compelled to listen, especially as only the family got away with calling him wee Jimmy; certainly no one in Coventry dared. Dad assumed he was a friend and wanted to engage in conversation, but, he'd vaporised into thin air.



THE NIGHT OF THE BLITZ

As the bombs rained down, he was back at his lodgings wondering who that man was, where he'd gone, had he imagined it all? My father only shared these with me forty-five years later when I was completing an assignment on Guardian Angels. Still, unlike a dream that fades with time, real happenings are as vivid as the day they had them, time never fades a reality, and that's the difference between a dream and a happening. But once the floodgates opened, he and many others told me of their experiences of angels coming to them in a crisis.

Why not go to the Top Man?

Now some might ask why anyone would use my technique or angels when they can go to the Top Man? Christians have asked that question many times. And I agree why call in your guardian angels as an intermediary when you can go to the Top Man? You can, but you have to believe in this line of thinking. I had many disbelievers come, and the Protection technique was the ideal stepping stone/link to inner wisdom. We must never underestimate our intuition as a good line of defence.

The Protection Fitted the Bill

My concern and responsibility were to make sure clients felt emotionally, mentally and physically safe enough to drive home after therapy as I lived in the country, and the roads were narrow. The Protection technique fitted the bill. Whether a placebo or not, the client mattered most, and any which way that works for the client, was fine by me. If a Christian wanted God or prayers, then I'd work this way.



THE 11th LINE OF DEFENCE IS LOVE

My role was flexibility, not to impart my beliefs on others, but to allow them to tell me. To teach them to trust and be "Love" because most students on Reiki workshops, asked was Love was enough protection?

My answer was yes, and no!

On a Reiki course in the late 90s, the tutor said Love was enough when working with people. I disagreed because to be this level of Love; you have to "Be Unconditional Love" consistently, we human beings are too flawed. The tutor smiled, reflected, nodded a few times, and agreed; he recognised Love at this level is impossible for imperfect adults.

Unconditional Love takes you into sainthood, a level of purity not many can achieve in his or her lifetime. We can practice unconditional Love as we do with children; however, the LOVE this teacher was talking about is nigh impossible without some sacrifices.

The Quakers of the 19 Century

Known to be caring employers who protected the workers, built communities, and houses, schools and colleges, parks and libraries for recreation. They believed the environment mattered as this created situations, excellent or bad, so is having a supportive, workplace, family, and love enough protection? Can be, but lots of sacrifices are involved, but usually once an adult, you're on your own most of the time. And what if you haven't a close circle? You'd have to find one.



THE 12th LINE OF DEFENCE IS FAMILY SUPPORT

One of our first experiences of feeling protected is from our parents and extended family. Who did we go to in the night when scared, our parent's bed? Who did we go to when worried about life, our parents. Or in my case, grandparents who protected me. If you hadn't this for whatever reason, then you tended to grow up thinking you had no choice but to be self-sufficient or you had no idea of how to look after yourself with courage and what I call ethical boldness.

I've had many client's estranged from parents.

Sadly the elderly no longer have the security of their family as many live abroad, and so are often isolated and feel unprotected by society and family. They suffer from many conditions equated too loneliness in a society that's supposed to be extraordinarily sophisticated, giving money to charities that have more money than they know what to do with and yet still haven't found a cure for specific illness or condition?

Friendships give you a sense of protection.

I protected my deceased friend, who was different from others and in her difference, she was prime for bullying. I defended my husband as he was a sensitive man. I was glad he had friends to bolster him. Friends cheer you up when feeling low, and when you need emotional and physical help as my friend would say. Good friends are there in a heartbeat. Nothing beats the love and loyalty of friends and don't let pride stop you from have the loving protection of a family.



THE 13th LINE OF DEFENCE IS MENTAL STRENGTH

When teaching the Optimum Healing protection, I always speak of Ben (not his real name) as an example of a high EQ and mental strength, plus thinking out of the box. I'm sure even now as a father, he will remember me, Ben was ten-years-old, and he added another dimension to my Technique of which I thought was brilliant!

What did Ben use?

Something so obvious I was staggered and afterwards I wondered why I hadn't thought of this myself. Still, children are often quicker in this style than adults stuck in logic and intellect. What did he add to my Technique? He mentally placed a mirrored dome over the Protection I'd designed, and said:

'I want a double whammy.'

While this isn't on the original Technique, from that day in 1999, I used this face-to-face therapy on myself. I asked him for permission to use in treatment because it's his intellectual copyright. He also said that a sharp mind is a form of Protection because it shows others you are strong-minded. I agreed strong-mindedness has an aura of self-reliance. However, Ben left me a powerful gift that I could add-on to my portfolio of techniques. The concept of reflecting the faces of the bullies, when they saw how horrible they looked, was a brilliant piece of imagination, and that takes mental acuity. Ben was a happy lad, and once he added his version to the Technique, he changed.



THE 14th LINE OF DEFENCE IS EMOTIONAL INTELLIGENCE (EQ)

With his upbeat attitude in the face of the bullying, he became much more content and able to cope with school. His emotional intelligence was outstanding. However, Ben was in the lower IQ spectrum, according to his teacher, he was slow. Compared to what? Her, the others? Who? So he was put in the remedial class at school.

I thought he was pretty darned amazing.

He was far smarter than any academic because he was emotionally and intuitively intelligent as well as creative. However, I knew the teachers; I told them he had a raw deal with bullies and the teachers who failed to protect him. The truth was, Ben had a higher Emotional Quotient (EQ) than his teachers had. An academic IQ is not everything in this world; if you fail to have other types of intelligence, you'll fail miserably connecting with others, or ever feel fulfilled in life and more to the point you won't understand about life and people.

Emotional awareness,

Emotional acuity is a phenomenal Protection. However, while Ben appeared confident, like many children and adults, he was extremely good at hiding how he felt with bravado. Inside he was a sensitive soul without the skills to protect himself effectively. Ben had learnt to hit, rather than use his other skills because no one was listening to him. He was only ten years old. However, bullies are great at picking up those subtle signs of anxiety and fear, much as a dog does.



READING THE SIGNS

And some teachers often judge without the facts. I was glad Ben embraced this Protection so enthusiastically. I recall a client Lucy (name changed) who loved her parents, but she hated seeing them because she felt smothered. My Technique worked splendidly without cutting her stay short, something she did all the time, invariably depriving her love-starved parents of the company because that's what the problem was! They missed their child, so dependent on them and now wasn't.

Smother love

Then one day not long after using the Protection Technique, she was able to say how she felt. Her parents hadn't realised they were smothering her. Gradually Lucy's seething anger and frustrations subsided, and she began the process of re-loving her parents all over again. Loving Protection (as mine is) helps to build bridges, heal the past, balance the present and give hope for the future.

Emotional and mental health

People fair better in life; they tend to have the inner strength to keep going, preventing breakdowns when they are emotionally and mentally healthy. But you can't always rely on sound mental health to protect you when the emotions are fragile as both work hand in hand. Mental strength only occurs when you feel and are capable, and when the chemicals in the brain are at the maximum level. Depleted and you feel low. I take supplements in the winter as it's cheaper than living abroad for the winter. Not that I could afford to do that anyway.



HE 15th LINE OF DEFENCE IS GOOD HEALTH

- ❖ Take supplements until the body is at optimum health
- ❖ Start by eating less food and drink more water
- ❖ Eat less meat (flesh) foods.
- ❖ Go organic, cheaper than you think when you eat less
- ❖ Eat three to five portions of fruit a day
- ❖ Partial vegetarian means better quality fruit and veg
- ❖ Buy North Atlantic Fish as it harbours fewer bacteria
- ❖ Get educated, read labels, get proactive
- ❖ Note the unnecessary chemicals in food
- ❖ Don't buy anything in plastic
- ❖ Have filters on your taps
- ❖ Walk more, keep those limbs active
- ❖ Play more; the mind needs a break
- ❖ Take up a hobby; the emotions need distractions
- ❖ Be selective with what you watch
- ❖ Turn off the TV and read more
- ❖ Never watch the news after 10 pm
- ❖ Laugh more, impossible? Then start with a smile
- ❖ Go to bed before 11 pm and rise at 7 am
- ❖ Eat regular meals and no snacking/grazing
- ❖ Drink less alcohol
- ❖ Smoke fewer cigarettes, and then stop completely

Quality Care starts with a Duty of Care for yourself. The power of auto-suggestion is immense, and it doesn't matter if this is mind over matter or a placebo effect if it works, that's enough to activate healing.



THE 16th LINE OF DEFENCE IS PSYCHIC ENERGIES

Doctor Small, a medical doctor and retired insisted we used psychic protection, one he called the cloak of invisibility. Since then, I've always protected myself hospitals and nursing homes, and for many reasons.

After people die, oft times their souls are bewildered, and don't understand they've died and may look for living hosts. However, there is another reason I wear a protection; the intensity of emotions and mental anguish in hospitals is extremely catching. You can quickly become downhearted and why carers in dementia units work three days on, and three off. I've watched bright adults go into a home and within three weeks they're a shadow of their former self.

It's tragic and frightening, and without me feeling safe inside my protection, I'd have been like a friend who refused to go into any nursing home again as she was ill for weeks afterwards. It takes great stamina and courage to go in many nursing homes today.

Over the last thirty years

There's been a sharp decline in atmospheres in hospital, the clanging of trolleys, the banging of cupboards doors, machines blipping incessantly, nurses talking, chattering, laughing, and eating at stations. Anyone with any self-preservation would want to feel safe in places like this, and why I advocate a protection technique. There are many jobs and careers where you cannot afford to be aloof, and the medical and the therapy world is two of them.



HUMILITY IN NURSING

I wish more nurses worked with techniques that cleansed and protected, I had many come to me, but these were rare, but when they did, they made brilliant nurses. However, many medical establishments are fraught with drama, illness, vulnerability, so nurses, doctors, therapists or anyone who works with the ill and dying need to protect themselves otherwise they would feel all the trauma and emotion that's around the patients.

Nursing is about humility, agreed?

After all, it's a vocation. Well, not anymore. Nursing is now a career, and once that happens, you're into the realms of business and commerce. Sadly in the last thirty years, I've witnessed many career nurses who believe nursing patients are beneath them. Many wards (excluding high dependency, A&E and hospices) have nurses who are aloof, indifferent and lack compassion. Humility has gone out of the window; humility needs to be mandatory because when the ego prevails and drives, ego, indifference and drama take over.

2009

An incident happened at our local hospital; a nurse threatened me with expulsion from the ward. Why did she feel I was a threat to her? I'd asked her quietly to be kinder to my brother-in-law who was dying. She hadn't seen me watching her abuse. This nurse was impatient, cold and callous; I was calm and firm in my request. Her actions were unprofessional overreacting to being caught out.



FALSE PRIDE AND EGO

If this nurse had ethics, compassion, and humility, she would apologise, and when she had time to think about her reaction. Unfortunately, her ego ruled; no apology or regret was forthcoming. I recognise people have issues and life is tough. I'm tolerant; I trained volunteers and sat with the dying, and why I spoke the truth gently but firmly at her hysterical outburst. However, I would never have had her as a volunteer, as compassion and humility are vital when working with fragile people.

Mastering Passion Protects Others

A hospital ward for the dying is not the place for aloofness, simmering anger, inflated ego and indifference no matter how you feel. Reactions like this are reactive false pride and ego, and I knew she was in this trait as she ignored the patient distress, informing me haughtily she had a degree. The doctor defended her attitude as a passion. There is a difference between unbridled and mastered passion.

But it is also cruel and thoughtless, and only happens when driven by an inflated sense of superiority and ego. Most people lose perspective when someone challenges their perceived integrity. But the attitude of this nurse and many others does bring into question, is nursing a profession or vocation? I believe it's a vocation because degrees bring nursing into the equation of business and commerce. I'd have suggested she needed protection, but in her mood, she might have thought I meant condoms. I'd recommend with this nurse (as I do with everyone today) and that's to get out of your head and into the heart.



THE 17th LINE OF DEFENCE IS SOUL PROTECTION

How can we take care of ourselves in ways that offer us soul protection? Being aware of the soul and believing the soul exists helps.

For those who shy away from God and the concept of souls, then the Optimum Healing technique can be used as an intermediate tool so you can still retain your beliefs. But what if you hate the idea of a soul, use the word conscience instead. As a child soul education was part of our training for life, later as a young woman, I read the metaphorical stories around selling the soul to the devil which led me into the philosophical and the multicultural ways of personal and spiritual development.

I read books on the soul at an intellectual level.

I read philosophers like Emanuel Swedenborg who influenced Goethe to write Faust. The truth is that our soul is the foundation of our deepest emotions; and wellbeing, we benefit greatly from the gifts of a meaningful spiritual life, and we suffer when deprived of that awareness and understanding. Recognition of the soul can be an excellent protector. Soul protection builds strong foundations for our emotional, mental and physical health, and why neglecting the soul is unwise.

For Christians, there is nothing like God and the added protection of prayer, and I have to agree, this is the most direct route to God. Some might say God is the Best of the Best protection. But for those who want a less religious way, the technique I created works.



THE 18th LINE OF DEFENCE IS THE OPTIMUM HEALING PROTECTION

So what's so special about the Optimum Healing Protection?

- ❖ It was a gift from an intelligent, generous and kind man
- ❖ Has been used widely by myself since 1995,
- ❖ All children love this because they feel safe,
- ❖ My clients and students used this all the time
- ❖ It's emotionally and mentally progressive
- ❖ You can throw this over your house
- ❖ You can place it over your car when driving
- ❖ You can do the same over pets to keep them safe
- ❖ You can put this over your children to keep them safe
- ❖ It's adaptable to your needs and easy to use
- ❖ it's a fast-tracking method
- ❖ Dynamic and fun to use
- ❖ Can use in a therapy session
- ❖ It's a one-minute to a thirty-minute wonder.

I'd ask the person to imagine six colours around them, layered like a rainbow. Bear in mind the therapy session for this technique is thirty minutes, although it was often longer to accommodate their issues. After the meeting, we discussed the colours and meanings which were invariably accurate. Colour therapy is a recognised way of the subconscious mind speaking to you. The colours can be interpreted accurately by the therapist. I use colours as information to the emotional and mental state of my clients.



COLOUR THERAPY

Acknowledging and knowing about colours can be triggers for change. If a client wore black all the time I'd investigate if she were feeling depressed, but I'd offer a test that I used for everyone that indicated their emotional and mental levels that proved to be accurate. Often doctors asked me what I used as I was more accurate than the one they used. Colour therapy and healing and known as chromotherapy or light therapy, a holistic style of healing. Each colour falls into a specific vibration and frequency that many therapists believe affects the energy within our bodies. I know when I wear green I feel calmer.

The First Colour next to the Body

Let's imagine red was the colour surrounding your body, bear in mind this is the power base in the chakras, however, in therapy; this would indicate either you're angry, or maybe you're too passive. One woman who came to me, rather late in the day, had already experienced two small heart attacks. She was seething with anger. As she sat in the chair, her white blouse turned red before my eyes. That was the second time I'd seen energy coming from people known as an aura.

She had three-shades of red in her protection when we did therapy. Red is fire energy and rage over many years affects the heart and emotions. Unsolved anger hardens the heart and heart attacks can kill. Far better to recognise and understand yourself, then do one small thing to resolve the irritation. Could this be by allowing someone space in a queue? Or being more thoughtful to other drivers instead of always thinking every other driver is an idiot and the road belongs to you?



SECOND COLOUR

Purple or those lilac shades in the chakras is at the crown. In colour therapy, this indicates a spiritual awareness or one denied for fear of ridicule. Children under five often have this colour varying in different shades from lilac to deep purple. If they've managed to retain their soul energy over this age, which is a miracle in itself, this colour is prominent. Adults with this colour often said they felt a need to change their lives, either go back to their religious roots or find a new pathway.

THIRD COLOUR

If this was yellow, this relates to the solar plexus and communication but also intuition, gut feelings. Intuition is the celestial mobile service to the higher self. The difference is the intuition doesn't need batteries, or an electrical charge, all it needs is using daily. Daily use and awareness is the only charging facility we need.

FOURTH COLOUR

Green is related to the heart chakra and in colour therapy nature and the heart. I may ask if they felt heavy-hearted? Or were they nature-starved as I called being inside all the time without natural light? Today we spend too much time indoors on computers. But as one client who had two shades of green in her Protection, said, but we're told not to go out in the sun in case we get skin cancer. I love being outdoors, but all the research scares me. So I put on factor 50 when I go out, not that I do much anymore. I explained everything in moderation is okay.



FIFTH COLOUR

Orange, for example, relates to nurturing and reproductive area. Many women had issues here. My friend suffered in the vaginal area. She was perplexed about her sexuality and the needs of herself and the wants of men in her life. Her colours were also red, abused as a child she and angry in both of her marriages. But by the time she realised at puberty, her father's abuse was wrong, by then she had cancer.

She used all of my techniques. And while she released emotionally, and mentally, she held onto the suffering pain in her body. Eventually transferring this to her mind, and dying of a neurological condition.

SIXTH COLOUR

Let's say this was light blue, in the chakras this would be in the throat, and about communication. In colour therapy, yellow is about communication, so as not to confuse the situation, I stuck to the chakras as this was the next Technique in a session. Fundamentally this is about people failing to speak up for themselves, and I often suggest they took up singing.

In 1996, I had a singer who'd strained her voice severely and had to cancel a job on a cruise ship. I suggested she imagined sky blue filled her throat area, blue is cooler and associated with water, and to take Manuka Honey 50+ or higher (naturally antibacterial) and this helped. However, the underlying issue needed solving, because even though she was a great communicator with work, she failed to talk about her needs elsewhere.



COMMUNICATION

Her husband spoke over her regularly, and her protests fell on deaf ears, so she gave up and just let him monopolise the conversation. As I write, I think of Joseph, a robust, dependable breadwinner. His business partner was a control freak and talked over him. Joseph eventually got throat cancer. I also think of someone we met on holiday in France, we hardly knew them, but sitting outside a cafe, on tables for two, all close together, I'd noticed how one woman's husband kept interrupting the conversation no matter who was talking.

The atmosphere was tense under that canopy.

And it was nothing to do with the heat as a gentle breeze wafted by. Everyone seemed on edge as if something was about to erupt and erupt it did. A second later, an overturned table for two and, an outraged woman bellowed. 'For God's sake, will you bloody well let me finish one God Damn sentence.' And off she went to their car.

He looked apologetically at everyone.

Explaining that his wife was going through the change, her moods are very unpredictable. Oops, a desire for validation and sympathy, not something I gave and I said quietly and firmly. 'Are you sure? Could it be she has a point, I did notice how much you love to talk?' He knew what I meant; he got up and walked off. Everyone smiled, my husband chuckled, 'better from you than someone else less tactful.' He told his wife I was rude, but I noted as others did he was less domineering.



BETWEEN THE LOGICAL AND SPIRITUAL

Some people protect themselves; naturally. These people recognise the world of social and human dynamics; they understand people; they usually have stronger beliefs and skills, and why they're proactive at managing everything constructively and often joyfully.

They send a message that says to the world "empowerment" boldly and graciously. Rarely are these people challenged. Their persona is protection which they appear to carry automatically. These people are never feared but respected. They don't sweat the small stuff as Richard Carlson said in his book of the same name. Common sense runs through them like a stick of seaside rock.

I found my Technique was a stepping stone between the logic and spiritual. The best thing about this is, once mastered; you can do it in seconds. You don't need to be sitting down or in a session.

10 Second Wonder

If you find yourself in a situation that feels tenuous, for that bit of extra power put a dome over you, this can be clear or a mirrored. I had a client who was annoyed and a little scared of her lecturer; he leant over her and regularly went into her space. I suggested when he walked through the door to whack a dome over her protection. She did, and as he walked by, he looked across, he didn't approach her but said something interesting, 'you seem to know what you're doing, I won't bother you again.' He never did. My client wanted to know how this happened? I was glad to tell her how this communication works.



SUBTLE COMMUNICATION

With this subtle style of ancient communication, he thought it was his idea to back off because he believed it came from him. In a way, it did but orchestrated by her. We communicate via the subconscious mind, and the person picks this up, but believed the idea to leave her alone came from him. Her way never worked, he just thought she was teasing playing hard to get, (she wasn't), but his ego was over-inflated.

But this is the best part.

Because he thought backing off was his idea, he wasn't offended. My client noticed he was doing the same with another girl who looked as uncomfortable as she'd been. This girl applied the concept as well, and the same thing happened. He thought he was ageless and had no respect for his students. He had one foot in the past, and one foot in the present, and regularly overstepped boundaries. My client was relieved as he had a reputation for down marking those who wouldn't play his game. Now he couldn't because he made the decision.

One Minute Wonder

You see someone coming towards you, you feel uncomfortable, maybe anxious, not sure why, but you do? All you do is increase the protection colours and push out, making it denser. On a few occasions I've done this, the person I was protecting myself from walked across to the other side of the road. Like the lecturer he picked up via the subconscious which is very discreet and subtle, it never threatens the ego, and so he thought it was his idea to walk across the road.



FIVE MINUTE WONDER

One client used this Technique when asking for a pay rise. She'd never had much success at promotion or asking for money. The last colour was a warm rainbow mixture, of red's, orange, yellows and pale green, with a white edge. She wanted a glow of confidence and happiness, but feel calm and focused. She saw herself getting the pay rise, so was also using visual imagining as well. Did she get her increase, she did!

Protection is very much down to us.

Every night I put Protection around my house, my car on the drive, and when driving my smart car on motorways. I found lorries that used to be on my tail aren't anymore, which is a relief. I suggested this to my grandson when he had two accidents in one afternoon (both not his fault), as he was anxious going back down the motorway. Whether he did it to amuse me doesn't matter, he told me it helped him overcome his anxiety. To me, this has become second nature, like a second skin.

And no people don't think I'm aloof!

But people will often say I appear to be confident in all the right ways. Some have even said I looked tall, I'm five foot one, it's an illusion, created by that inner sense of security and confidence Aloofness is not what you want, you need confidence with warmth, but boundaries in place. What I most like about this is the style is it doesn't threaten anyone's beliefs or values, it's neither cultish, religious or logical. This Technique walks the middle path. Test any technique, if not for you delete, don't use. Listen to the heart and soul.



BEING SENSIBLE

However, this doesn't exclude me telling them to be mindful to lock their doors and car. Watch where they went, be street-wise, as all these are important, you must never substitute common sense for complacency by thinking this is utterly foolproof, and while it's never let me down, I'm incredibly skilled at this type of work.

But, I still use common-sense.

Be aware while aloofness is a form of Protection, is counterproductive because it keeps people away when you need them most. Aloofness is a step too far; it's not the best Protection to have. We all need something to make us feel safe, and I understood why? I, too often felt overwhelmed and why I used my Techniques because they were designed based on how I felt, but why did clients like this Technique?

Most said:

It was quick, easy and fun to do,
It made emotional and mental sense;
They felt calmer and safer
The children loved it.
They felt more in control
It felt intuitive
It worked!

Although I preferred them to listen while awake, I understood their exhaustion and why I designed it for sleep work as well.



THE FACADE

Most put up a good show, a facade, a face they had for the world. And I admired the tenacity when the harsh elements of life and other energies can wear you down? I'd been in the voluntary sector for many years, and in business, (a man's world of cars, petrol and mechanics) I had my shop and later a therapy practice, plus I'd come from the city, so wasn't a sissy. But sometimes there's only so much anyone can tolerate and why I protect myself with this technique.

Achieve more than expected.

Many of those who used this technique achieved more than they ever hoped for, like public speaking when usually frozen in fear, went for interviews where they'd never considered themselves educated or qualified enough. They learnt new skills they'd never felt able to do before, went to college, to learn Maths and English, (even ran large corporations and businesses), as they'd hidden any lack well.

Everyone became braver,

They were more open-minded, but most importantly, they felt safer, took more calculated risks and happier. So far, this technique has been timeless (used since 1995), but I suspect something similar goes back thousands of years. Take your time. Life is a journey, not a marathon or a sprint, enjoy the process and don't rush. If you need something quick, use this as first aid tool (can be done in seconds), but use the Sieves as well, because there was a method in the way I worked, one that proved an invaluable sequence.



SUMMARY

The message here is, as long as you feel secure, feel more settled, are less anxious, then this is working emotionally mentally, physically, spiritually and soulfully. The more you listen and become adept at just whisking this Protection over you, the better you'll feel.

However, I designed this to keep you connected to people at a comfortable, safe level.

Applying this can also stop that need to do something rash. I have to say in life, (and it affects not just when thinking of buying something but when thinking of doing something). I ask myself this question: 'Is this a preference or a need?'

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When your only tool is a hammer, all
Problems start looking like nails.

Anon