Protection

A significant portion of what we term 'protection' revolves around the act of establishing a barrier between oneself and potential hazards, but is this the only way?

Some useful approaches:

Protection has been a practice deeply woven into the tapestry of human history, where our forebears employed a range of approaches, spanning from oral traditions to the use of amulets and ceremonial rituals.

Many people engage in **prayers** as a means of seeking divine protection and guidance. Prayers can be specific, such as reciting the Lord's Prayer in Christianity, or they can be more personal and tailored to individual beliefs and needs. For example, with a strong **intent**, we can call on the four directions to put a healing and protective circle of light around us.

Your s**pirit guides** can also be brought forward with clear intent to put a circle of protection around. Note, you only allow completely trusted people/spirits into your circle.

Burning incense or smudging with **herbs** will clear a space and also offer protection. White sage is a traditional herb to burn, and Devil's blood is a particularly strong smudge. Herbs can also be hung over doorways and openings to the space. Rosemary

and Rowan have both traditionally been used in this way

Throughout history, people have worn or carried **amulets** and talismans believed to possess protective qualities. These items can include religious symbols, crystals, or even pieces of jewellery with special significance. Sacred Celtic **trees** such as Ash, Rowan and Hawthorn can be used in amulets.

Some **crystals** and gemstones have protective properties. For example, black tourmaline can absorb or transform negative energy, while amethyst is associated with spiritual protection.

Holy water is a commonly used method for clearing and protection. There are a number of 'waters' that can be used, such as Florida water or sprays made from essences and essential oils.

For further training and support available from Shamanic Healers Circle.

RESOURCES >>