

Introduction

Welcome to *Sacred Armor: A Pocket Guide to Spiritual Energetic Protection*. Here you'll find practical tools outlined in a condensed guidebook. *Sacred Armor* will help you begin to understand your energy and how to protect it, especially in our complex and often overwhelming world.

Sacred Armor offers basic teachings on spiritual energetic protection laced with everyday practices; readers can explore chapters in more depth or apply the experiential practices by themselves. That said, gaining knowledge on the ways energy works greatly enhances your effectiveness and thus, your protection, especially as challenges arise in life.

To obtain the most out of *Sacred Armor*, experiential exercises are accompanied by reflective prompts listed at the end

of each section. These are best approached through application—carrying out the steps, journaling your observations, logging on-going experiences, and tracking progress. These tools and rituals are meant to be applied moment by moment, daily, and in difficult situations.

Chapters also build upon one another to help readers engage in a dynamic process, accumulating understanding and hands-on practices about energy, resonance, the aura, ego, and vibrational elevation; this aids in a more wholistic approach to sacred armoring that rests on the spiritual teachings that...

*We are spirit having
an earth adventure.*

*How we use our energy
determines our life experiences.*

In other words, energetic spiritual protection means:

Energetic—recognizing that all energy comes from one Source, present as our personal energy that we use every moment of every day;

Spiritual—seeing and ultimately knowing yourself as an expression of that Source; spirituality is the Truth of you, intimately and eternally known by Source, regardless of how you see, experience, or interact with It; and,

Protection—knowing how you use your energy so you can understand the ways that impacts your life; clarity about our personal energy has a direct impact on understanding the meaning and influence of other people's energy.



I hope you find ***Sacred Armor*** a helpful and useful companion on your journey. For more information on this topic, keep your eyes peeled for an upcoming publication on pathways2innerpeace.com.

Special Note: Using *Centering Meditation* before doing any of the reading or exercises in this guidebook is highly recommended. You can read about it beginning on page 39 and follow the link to a recorded guided meditation.