

Shielding Recitation

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I am grounded to the earth--
I cannot fall.
At my root
I burn bright.
Muladhara Lam
Muladhara Lam
Muladhara Lam

The seat of my essence is strong.
My needs are fulfilled.
I burn bright.
Muladhara Lam
Muladhara Lam
Muladhara Lam

I am connected to my ancestors.
I am purified.
My sacral essence is sanctified.
Swadhistana Vam
Swadhistana Vam
Swadhistana Vam

As above, so below;
As within, so without;
What came before, will come after.
Swadhistana Vam
Swadhistana Vam
Swadhistana Vam

I am connected to the warrior.
The seat of my power is strong.
Manipura Ram
Manipura Ram
Manipura Ram

I neutralize the harm.
I divert the enemy.
Glory becomes me.
Manipura Ram
Manipura Ram
Manipura Ram

Namo Guanyinpusa;
My heart is full.
I show mercy,
Though they are unkind.
Ana hata yam
Ana hata yam
Ana hata yam

The seat of my love is strong.
I give and I receive Great Compassion.
Ana hata yam
Ana hata yam
Ana hata yam

I am connected to Knowledge.
I am connected to Truth.
I speak from Knowledge.
I speak the Truth.
Vishudhara Ham
Vishudhara Ham
Vishudhara Ham

The seat of my spirit is strong.
When I speak, I am heard.
My voice is a power of Good Change.
Vishudhara Ham
Vishudhara Ham
Vishudhara Ham

I am connected to the Akasha.
I am connected to the Anima Mundi.
As above, so below;
As within, so without;
What came before, will come after.
Ajna Om
Ajna Om
Ajna Om

I see what is not seen.
I hear what is not heard.

I feel what is not felt.
I sense what is not present.
The seat of my third eye is strong.
Ajna Om
Ajna Om
Ajna Om

I see what is not seen.
I hear what is not heard.
I feel what is not felt.
I sense what is not present.
The seat of my third eye is strong.
Ajna Om
Ajna Om
Ajna Om

A crown of Light protects me.
A crown of Light empowers me.
I am connected to the Light.
I know the Infinite Void.
I awaken the Light within.
I hear, I hear the sound of the Light.
[Silence]

A crown of Light protects me.
A crown of Light empowers me.
I hear, I hear the sound of the Light.
[Silence]

A crown of Light grows and grows;
A crown of Light envelops me.
This is the Light of the Holy Spirit.
This is the Light of my ancestors.
This is the Light of the warrior guardians.
And it grows and grows;
And it envelops me.

A crown of Light shields my head.
A shield of protection over my chest.
Armor of Light encasing my body.

Armor of Light encasing my arms.
Armor of Light encasing my hands.
Armor of Light encasing my legs.
Armor of Light encasing my feet.
Armor of Light encasing my toes.

Armor of Light cleansing me.
The Holy Spirit sanctifies and purifies.
Light of the Light defending
against every attack.
My Light diverts the malevolent.
My Light imbues me with Love.

My shield is impenetrable
To all that dissuades my Highest Good.
My shield is impenetrable
To all that weakens my essence.
My shield is impenetrable
To all that weakens my power.
My shield is impenetrable
To all that weakens my love.
My shield is impenetrable
To all that weakens my spirit.
My shield is impenetrable
To all that weakens the purpose
of my soul.

By the Power of the Holy Spirit--
By the Power of the Holy Trinity--
My Fire within is Burning.
The lake of my spirit is calm.
The winds of my will carry me far.
The earth beneath my feet is one with me.
The Heaven above sends me Love.

Om mani bayt nay hom
Om mani bayt nay hom
Om mani bayt nay hom
Om

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