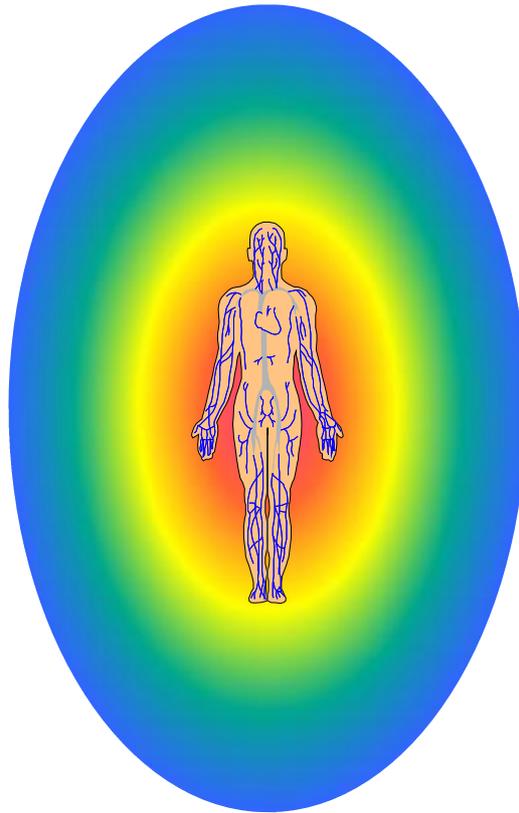


# PROTECTION ALONG THE WAY



It is becoming more and more accepted that we have an 'aura' – a non-physical or quasi-physical envelope that surrounds our physical bodies rather like the Earth herself has an atmosphere that protects her (or rather her inhabitants) from unwelcome outside influences. The aura is egg-like in shape, and extends from beneath the surface of the skin for a distance that can vary between several inches to several feet, depending on the individual's health, energy state and spiritual development.

The aura itself, again like an atmosphere or the skin itself, is multi-layered. There is some debate as to the nature and names of those parts or layers, simply because such descriptions are dependent upon various clairvoyants' perceptions of them. Science does not at present recognise the aura because it has not got instruments sensitive enough to detect them. Actually there are methods that do this to a degree, like Kirlian photography, but presently the mainstream scientific fraternity chooses largely to ignore them. Such ignorance is reflected in the fact this fraternity was oblivious enough of the importance and nature of our planet's protective atmosphere to allow a hole in the ozone layer to be created by pollution - a 'by-product' of science.

Likewise, we too as individual beings can get holes in our 'ozone layers' which are caused by our own polluting thoughts, feelings or habits - and leave us vulnerable to those of others. Being made vulnerable, our aura can then get more holes punched in it from the outside. The point is though, that we cannot do much about how others manage, abuse or pollute their own auras with how they think, feel and live – but we can with our own. Furthermore, it is not just those 'holes' that can make one vulnerable, but also whatever is *in* one's aura. If one is going around with a negative thought or feeling, this will be present in the aura much like an oil-slick in the sea or a poisonous gas-cloud in the air. And, so to speak, oil is drawn to oil, and gas to gas, in that we attract negative people and experiences to ourselves. In turn, all of this can affect one's actual physical health, because the aura interpenetrates the physical body – especially the nervous and endocrine (hormone-secreting) systems. Again, using the analogy of planet Earth, this is on a par with greenhouse gases causing global warming, which in turn causes changes in climate and sea levels.

Now, inasmuch as the Planets affect our state of being – as this book has hopefully made clear – we can also use the Planets as a means of classifying the types of ‘climate’ we are having to live through and with, and thereby choose an appropriate method to deal with that ‘climate’. And so what follows is a number of means of protecting yourself ‘along the way’ according to whatever planetary influence you are under. However – and it’s a big however – the ‘planetary influence you are under’ may not be so simply determined by what this book alone can tell you. This is because the planetary influence in question could be other than one of the active Universal Planetary Cycles which are the subject of this book. It could, as I have consistently pointed out, be owing to an Individual Planetary Cycle (your ‘transits’) being active. Furthermore, it may be the result of an ongoing planetary influence from a Natal Planet – that is, remember, a Planetary influence you were born with as part of your personality. In this respect, it should never be forgotten that you yourself are a planetary influence. So when reading the various methods of Protection Along The Way that are given below under ‘Protection According to Planetary Influences’, choose one (or more) that appeals to you intuitively or according to the description of what they are for. Anyhow, it is often another, compensatory planetary energy that does the trick. For example, if you are ‘under Uranus’ (alienated) it is possibly a Moon method of protection (comforting) you require; if you are ‘under Saturn’ (depressed) it may be a Jupiter method (inflating) that you would benefit from. Although the planetary category may concur with a particular Universal Planetary Cycle that is now active for you, these categories are more a way presenting the whole subject of psychic or auric protection to you in an ‘astro-smart’ fashion.

## PROTECTION ACCORDING TO PLANETARY INFLUENCES

### JUPITER

#### **Breathing**

Actually, breathing is not only a means of protection but what you first need to master in order to properly utilise most of the methods given below under the other Planet headings. Like the ‘gas giant’ it is called astronomically, and in tandem with the parts of our body that enable breathing (the respiratory system which us actually ruled by **Mercury**) Jupiter provides as with that most basic of life forces – the air we breathe. And most significantly, this means of protecting you has more to do with the *way* you breathe. Most people breathe inefficiently and shallowly, using only a relatively small part of their lungs, and breathing from the chest rather than the diaphragm and abdomen. This is a bit like a blacksmith trying to get and keep a decent fire going by blowing at it through a straw rather than using bellows – and it is your protective aura that is the ‘fire’ here.

There are many books (mostly on yoga) about how to breathe properly and in ways that vitalise and calm the system, so I shall not go into to detail here regarding the various exercises. Suffice to say here that, if you have not done so already, you should learn to breathe more *deeply* to give you more energy, more *evenly* and *slowly* to relax you, and by using your diaphragm and abdomen to pull the air through your nostrils and down into your lungs rather than thinking that it is your nose, mouth or chest that does the breathing. Initially at least, throughout the day one needs to cultivate an awareness of how one is breathing. You may be surprised to find how quickly or shallowly you are breathing at any given time, not to mention the times you find you are actually not breathing at all! Incidentally, and which you may know of, there are also some breathing exercises that entail rapid breathing (to energise) or alternate nostril breathing (to calm). Also, since the publication of *Life Plan Astrology*, there are, in the Mercury section of my book *Divine Astrology*, breathing exercises given to cater to the effects of each individual planet.

Breathing is the only human life function that is both conscious and unconscious. All the rest, including our heart and digestive organs, proceed automatically, and there is little most people can do to override them. But we can with breathing. Someone once said that ‘breathing can make giants of us all’ in that through certain exercises and proper breathing throughout the day, we can become more centred, relaxed and in command of ourselves. We can literally pump ourselves more full of life energy. Here is another, more specific means of ‘Jupiter’ protection...

## The Bubble

This method works directly upon your aura for you breathe in the way just described and imagine that you are filling up its egg-like shape until it is good and inflated. Make sure that it is covering all of you, like in the illustration on the title page of this section. Now gain a sense of how this egg-shaped bubble or balloon is protecting you through both cushioning you against the outer environment as well as keeping bad vibrations out with the 'skin' of the bubble. Now if you wish to, and in the manner of your Jupiter 'Growth Mode' described earlier, you can feel yourself pumped up, resilient, bouncy and ready to make the most of life.

# SATURN

## Earthing

Like the Breathing of Jupiter, the earthing of Saturn is basic to the practice of most means of protection. You are after all an Earthling - so you need earthing to feel safe and at home here. Remembering that your aura is like your personal atmosphere, the next step is to imagine it merging with the aura or atmosphere of the Earth herself. This you can do simply with visualisation - while breathing properly - or by more direct means such as walking or standing barefoot on the ground itself - preferably in a natural setting, but anywhere will do. Standing against a tree or actually hugging one is something I personally find very earthing and reassuring - even to the point of having your own special tree, to which you may give a name of your choosing. If you are good at visualisation, you can simply imagine that you *are* a tree with your roots sinking deep into the rich and ancient earth. Finally, a useful and practical way of earthing yourself is to get down to some quite physical and earthy task, like energetic housework, making something out of wood or stone or clay, or best of all, gardening.

## Knowing Where You Stand

This is simply a case of knowing where you are geographically. Apart from having a strictly practical application in that it helps to know the names of streets and landmarks when in a strange environment, it is also more basic in that your mind-body system has almost primitive requirements that must be met. So wherever you are, be aware of the direction in which lie the four cardinal points (North, South, East and West), and therefore where the Sun will rise (East) and set (West) and be at noon (due South in the Northern Hemisphere and due North in the Southern Hemisphere). Your system is also reassured by knowing where the nearest large body of water is, where the nearest hills or mountains are, what kind of soil you are living on, in what direction your friends or anyone important to you lives, and any other co-ordinate which you find important to you.

## Knowing Where You Are Going

This has to do with what I call your 'Slipstream of Purpose'. Discovering your purpose in life is important for many reasons. One that is less obvious is that it gives you a sense of forward-going motion which, like any moving object, has a slipstream. As such, this slipstream causes your aura to be 'massaged' and consequently made more vital and resilient. The first thing to affirm to yourself that is you do have a purpose even if you have not yet discovered what it is. If this is the case, just tell yourself that your purpose is that of *discovering* your purpose! This is not a cop-out, far from it. If you are in a 'seeking mode', then your aura will respond accordingly. Just think how some unemployed or inactive people can become listless and vulnerable to negative influences. Also, if you know that you are after something it gives you a stronger sense of what your priorities are and what your time is for, which means that you do not allow yourself to be or feel put upon by others.

# THE MOON

## Protection Itself

As the Moon is the astrological symbol of protection generally, it could be said that that all of the methods given here are in the name of the Moon. This all goes back to Mother, Home and Family, as discussed in the Moon section, and means that the Emotional Attunement that is facilitated by living by your Moon Cycle is protecting in itself.

## Listening to the World

This is a passive, lunar version of 'Knowing Where You Stand' given above under Saturn. Here though, you sit somewhere where you are not going to be disturbed (preferably outside) and listen in an intent but relaxed way to whatever sounds are going on around you. Do not try to analyse or identify the noises, just aurally acknowledge them. After a short while you will hear sounds that you were not even aware of, until eventually you have a sense of 'listening to the world'. This is quite integrating, and automatically instils a trust in the great 'out there'. It can also be quite mystical.

## Protecting Your Home

As your home is the place where you should feel most protected of all, the method for protecting it is quite elaborate, but well worth the doing. (However, if your home is not detached or semi-detached, it is not that practical, and I suggest that you simply use the Bubble method given above, enclosing your home in a bubble rather than, or as well as, yourself). So assuming that your home is detached or semi-detached, and preferably has some garden, this is what you do. Buy enough salt to lay a trail of it around the perimeter of your abode, and obtain a small branch from a tree that forks in three directions, that is, there are four arms in all. Trim this branch to about hand-size and then cut each of the four arms off, and this should leave a fifth piece which was the junction of the four arms. Now mark the cut on each of the four arms with N (north), S(south), E(east) and W(west), and the corresponding cuts on the fifth piece also. Then, using a compass, locate the four cardinal points on the perimeter of your abode, as viewed from as near the centre of your home as possible, and bury or secrete each arm at the appropriate point – but do not cover or conceal them yet. Keep the fifth piece by for the time being. Now, starting at the East point, lay a trail of salt in a clockwise direction if you live in the Northern Hemisphere, or in an anti-clockwise direction if you live in the Southern Hemisphere, until you come back to where you started. Use a salt container with a spout, and make sure that the trail is as unbroken as possible, and connects with all those arms of wood – burying or hiding them when you have done so. Sometimes you will find it impossible to make the trail continuous, like a dividing wall or in a semi-detached house. Apart from laying the trail under carpets, etc., none of this matters too much because if you can't lay down salt the chances are that any 'intruder' won't be able to cross it either. As you are laying this trail it helps to chant a mantra, if you know one – if not, use the one given below under Neptune. Ritualise further the whole process if you wish to or know how to. Finally take the remaining salt and the fifth piece of wood and tie them up in a cloth. Then hide the bundle (containing any other significant objects if you wish) in some secret place inside your home, as near the centre of it as possible. Here's a little anecdote that bears some testament to the efficacy of this method. Not long after protecting my own home in this way, I was looking out of an upstairs window one day when a car came roaring into our drive. Inside I could see a bunch of undesirables drinking and shouting. Before I had any chance to react one way or the other, they suddenly seemed to panic. The driver reversed the car so quickly as to lose control and get stuck on an old tree-stump. This made him panic so much that he ripped his exhaust off trying to get free of the stump. Eventually they were able to make their escape – much to my relief and amazement!

## The Divine Umbilical

This is protecting in the sense of securing and emotionally supporting you. First relax and centre yourself in a sitting position. Then begin humming as deeply as you can, while focussing the vibration of the humming at a point two or three inches above your navel. When you have attained a strong sense of the part of your body, form a ring with the thumb and forefinger of your left hand and place the opening of that ring over this spot so that the outside of your thumb and the thumb-side of your forefinger touch the skin. Now raise your right arm up in the air, bringing all the fingers and thumb of that hand together so that the tips are side by side rather than meeting, thereby forming a nozzle-like shape. Then, imagining that this, your right hand and arm is like a umbilical cord coming from a divine source (like the Milky Way, the Goddess, or whoever or whatever you can regard as such a source of nurturance) bring it down to meet and insert into your ringed left hand. Do this slowly and imagine divine sustenance entering your solar plexus area. The operation resembles an airplane refuelling in flight from a tanker (mother-ship). You can do this for as long or as many times as you feel you need to, but as this is very much a ritual it is the lead up to it (breathing, centring, humming, etc.) that is just as important. Sit quietly for a while afterwards to 'digest' what you have been 'fed'.

## Belonging

These are two methods that are protecting because they allay feelings of 'not-belonging' which in itself can leave one open to negative outside influences. The first method you can do this with yourself or a partner or close friend. This simply involves gently massaging one another or yourself, which promotes closeness, familiarity and a feeling of being in touch. The second method involves making the following affirmation to yourself at least once daily, in a relaxed state: "I feel welcome on planet Earth, wherever I am, whoever I am with, and whatever I am doing. I feel welcome on planet Earth." Repeat this three or more times each session, either out loud or to yourself. Place the vibration or energy of your voice over your solar plexus, and it helps if you lie on your back with the floorboards running the length of your body - again after and while breathing-relaxing-centring. This affirmation will also greatly help to decrease any sudden, even violent, mood swings or panic attacks that you may be experiencing.

## URANUS

### Tie-Cutting

This is a technique that is the opposite to the Divine Umbilical (given above under the Moon) for it is in aid of getting out of your aura someone who is 'under your skin' to the point of debilitating or preoccupying you in an unpleasant way. In effect, such a person is feeding off something that you have within you - something which initially you consciously or unconsciously gave them access to because that part needed to be contacted, recognised or fed in some way. In effect then, they have a 'line' into you - a line like an umbilical cord that you must sever. Sit and centre yourself and imagine the other person opposite you. Focus upon their connection with you and visualise it as this line or cord, and where it connects with them and with you. As you do this you should feel what it is that connects the two of you - possibly despite what you think connects you. In any event, at some point you have to start ruthlessly cutting that cord. For this you use an imaginary cutting device of some sort (knife, scalpel, guillotine, laser, etc.) and you keep severing until it is cut and does not grow back together. If it does try to grow back - which is common - than you have to focus more closely upon what it is in you that they are so attached to, or what it is about them that you are attached to. As their attention is unwelcome, the chances are that it is something in you which you do not want to look at and come to terms with yourself. The truth of the matter is that until you do, the cord will keep growing back. Such negative ties can be very persistent - simply because one can persist in not looking at what is causing that tie to be there in the first place.

### Sacred Symbols

This is simply the well-known practice of wearing or visualising of certain sacred symbols. These symbols could be one of your own personal predilection, like the glyph for your Sun or Moon Sign:

ARI	♈	TAU	♉	GEM	♊	CNC	♋	LEO	♌	VIR	♍
LIB	♎	SCO	♏	SGR	♐	CAP	♑	AQR	♒	PSC	♓

or one of the following well-known ones:



The Cross



The Star of David



The Celtic Cross



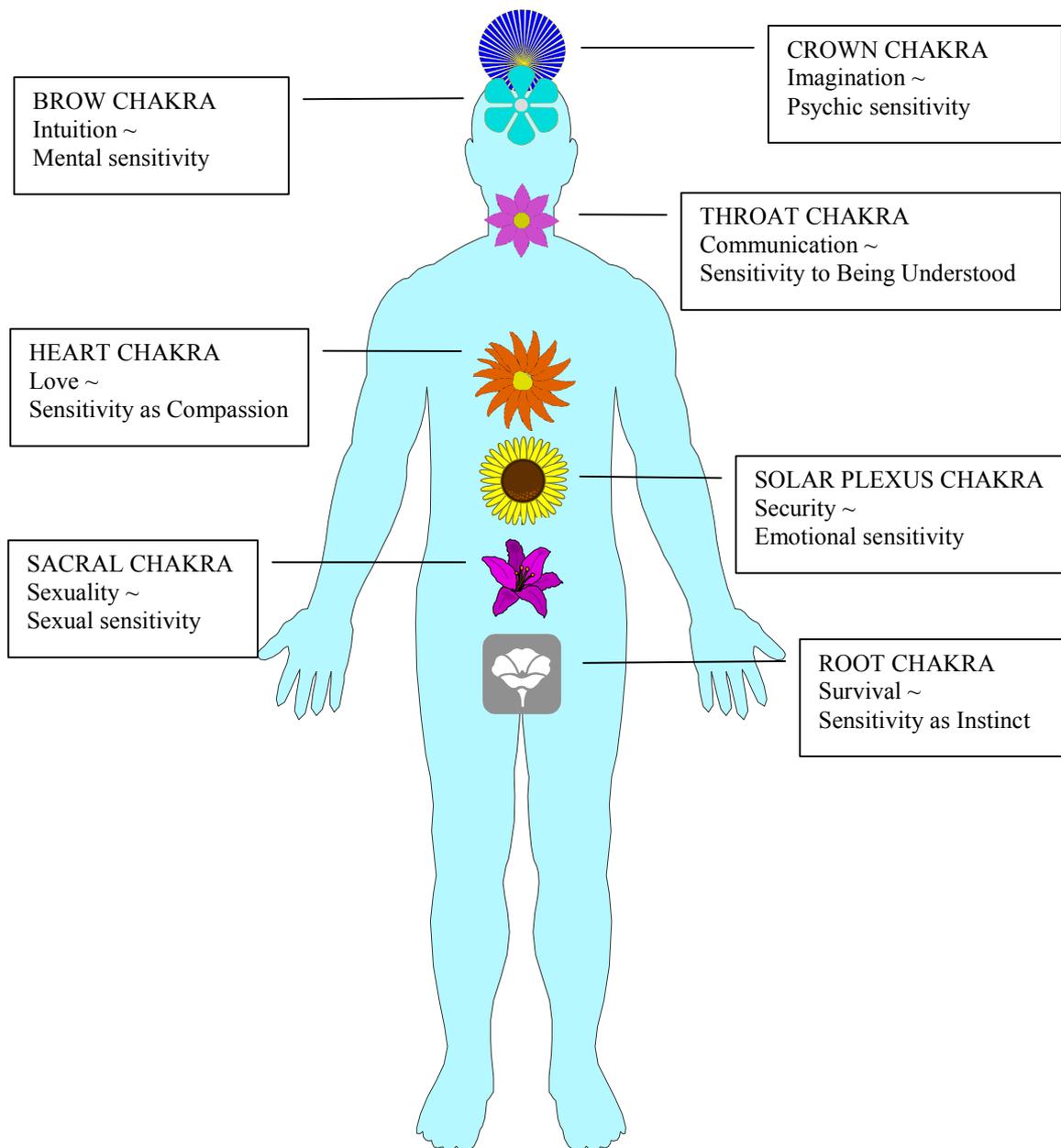
Aum or Om



The Star of Venus

If you are visualising a symbol to protect you I suggest that you place them over the appropriate chakra as given in the picture under the Neptune section below. Chakras are symbolic energy centres aligned anatomically to the spinal cord; each relates to an attribute as described in the picture.

## NEPTUNE



## THE CHAKRAS

(depiction merely symbolic, not literal)

### Clothing in Light

This method is good because you can – true to the selflessness that is Neptune – protect someone else with it. Imagine your own body or that of another to be clothed in light. First imagine absolutely every part of the surface of the body to be covered in a serene blue light to the depth of about three to six inches. (The shade of blue that the Virgin Mary wears is best). Then line the blue coating on the inside, next to your/their body, with a thinner layer of gold. The effectiveness of this method rests mostly upon concentrating on every little spot of the surface of the body – not forgetting armpits, groin and behind the ears for example!

## Love Thine Enemy

This is probably one of the most effective methods of protection because it is the whole concept of 'enemy' that got us into trouble in the first place. Not only that, but there has to be something in one's own personality and aura that is attracting such an 'enemy'. The secret to this is to recognise or imagine your enemy as someone whose perceived negativity has its roots in some misunderstanding or mishandling, or some far-distant karmic deed. To see them as vulnerable and originally pure is the key but difficult thing to do. The reason for this is that you are searching your own heart for a goodness that 'blesses' them or forgives them. In other words, you are neutralising their darkness with your light – or the Light from a Higher Power. And you cannot pretend to do that – or if you are pretending it will have no effect. If you find that you cannot genuinely do this, then in order to prepare yourself better I recommend you consult the Mirror in my book 'Do It Yourself Relationship Astrology' (Element).

## Mantra

Mantras, or the reciting or chanting of certain words and phrases is a highly effective means of not only bringing protection but of attuning oneself to higher levels of consciousness generally. There are many mantras but here is one from a popular spiritual discipline called Nichiren Shoshu Buddhism which has this mantra as the central part of its practice. This mantra goes "Nam-myoho-enge-kyo" (pronounce the 'myo' and 'kyo' as one syllable as in 'To-kyo') and is repeated over and over again many times. Now its literal meaning is "Mystic Law of the Lotus Sutra", but without going into how or why, essentially it is saying "I wholly submit to what the truth of my being has in store for me". Such a chant is rather like a self-hypnosis that trains every cell of one's being to follow the path destined for that being, much as a human embryo eventually grows into a adult human being which in turn forms a part of that whole called the human race. This is somewhat similar to 'Knowing Where You Are Going' given under Saturn, because it protects you from ill-fortune – ill-fortune being something that either does not come to you because you are on your true path or is something that you have to deal with along your path and are therefore capable of dealing with.

## Chakras as Flowers

Here we touch upon one of the most basic tenets of esoteric anatomy and thought – the Chakras. The Chakras are the seven focal points of energy within your aura – rather like the main junctions in a complex system of roads or power lines. Like with the aura itself, there is some difference in ideas about the nature and number of the Chakras, but here I give the most widely accepted version. These are laid out as flowers in the illustration on the previous page. Although the word chakra actually means 'wheel' – and they have been psychically perceived as wheels or whorls – I have set them out as flowers. This is because this imagery works well for our purpose of protection. According to what your issue or problem is (regarding what each chakra is associated with, as given in the picture) visualise the appropriate chakra/flower closing down petal by petal. Concentrate very carefully as you do this, being very aware of how some petals might be harder to close. So if, for example, you find someone emotionally disturbs you, close down the petals of your Solar Plexus Chakra. If you are concerned with whether that Chakra will open again, it will – just like real flowers do. However, some Chakras can be semi-permanently and/or partially closed down. There is probably a good reason for this, and one should not go trying to force the petals open unless you are willing to 'experiment' to get the feel of your chakras, or are doing so under the instruction of someone who knows what they are talking about. Again, like a real flower, such unsupervised opening could damage it as a whole. The whole subject of Chakras is extremely complex and working with them beyond a simple exercise such as this can be hazardous. Even using this safe exercise, you may find that by closing, say, your Solar Plexus Chakra you then feel a sensation or tightness in or around your heart (telling you that the better remedy for being emotionally upset by someone is to learn how to love them by opening your heart (chakra) more with a method such as 'Love Thine Enemy' given above. This is because the Chakras are all interlinked in a very subtle way – a more complete knowledge of which is way beyond the scope of this book.

## PLUTO

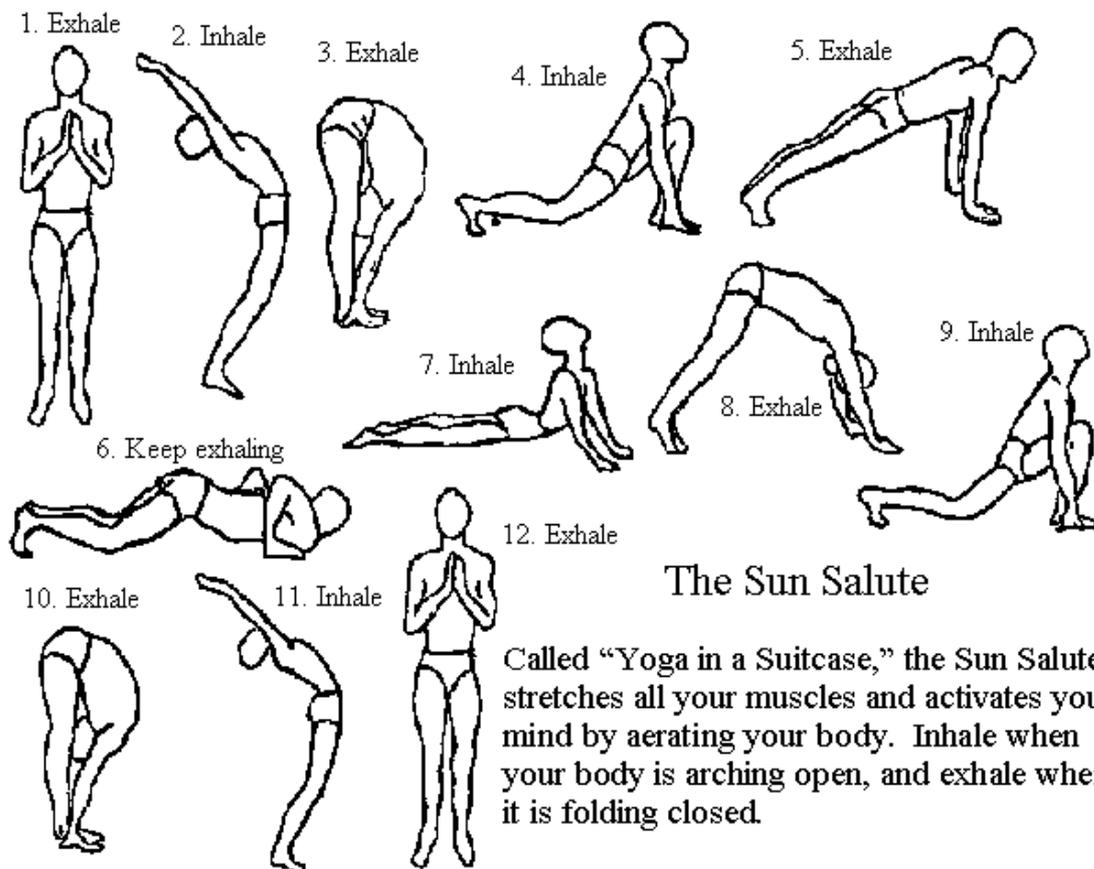
### Genuineness

One of the most protective qualities of all is being yourself – which is what genuine astrology is in aid of showing you how to be. For instance, when you have worked with your Shadow, as described in the Pluto section, you are no longer so afraid or vulnerable to the shadows of others. For example, I might feel threatened by violent types of people or situation, but to a considerable degree this would be down to repressed violence in my own personality. John Lennon was a great promoter of peace in the world, but he died a violent death – like a lot of ‘peacemakers’. This is not to say that their works are not highly positive – they are. But it is their more deeply-seated personal reason for promoting peace that is the provocative question. When I met John Lennon in 1967 while making ‘Magical Mystery Tour’, I was alarmed at the aggression that exuded from him – even though he was being friendly.

## THE SUN

### Salute to the Sun

Here, courtesy of [www.zenhell.com/GetEnlightened/sunyoga.htm](http://www.zenhell.com/GetEnlightened/sunyoga.htm) here is protection through wellness, attained through performing that wonderful yoga exercise, Surya Namaskar, or salute to the Sun. Do it to the Sun itself, or to an image of the Sun, or even a candle. It is especially good as preparation for the Solar Chant which follows after this.



### Solar Chant

Finally, here is the chant from a Mayan Solar Meditation given to me by a Mayan Daykeeper or shaman. The Mayans of Southern Mexico were and are highly aware that everything in life is dependent upon the Sun – it is after all the Solar System that we and all the Planets exists in. The Sun is seen as the Father who protects his children, and this chant is based around the sacred Mayan name for the Sun. So you are basically entreating the Father to look after you, His Child.

Simply chant the Mayan word for the Sun for **three** sets of **seven, thirteen** or **twenty times** for each set – the choice being yours. **!! PRACTISE ONLY DURING DAYLIGHT HOURS !!**

The word is **K'IN**, which is pronounced with a hard, clicking **K'** as if you were saying 'kick' without sounding the 'i'. Physically, the back of your tongue slaps against your soft palate ( the back of the roof of your mouth ). This **K'** is followed, as smoothly as possible, by the **I** which sounds like 'EEEEEE'. Finally the **N** is sounded in the normal way, but is elongated: 'NNNNN'...

**K' EEEEEENNNNNNNN**

I find it helps to sound this word with a pout, as if you were kissing the Sun - the sound then travels from the back of the mouth to the front with ease.

One single chant takes one whole exhalation, allotting as much time and breath to the 'N' as the 'I'. This is important when you consider the onomatopoeic way the word is made up:

'K' represents the ignition of the Sun

'I' represents its light and heat travelling

'N' represents it settling upon whatever it reaches.

Inhale deeply before each chant/exhalation.

As stated above, there are three sets or rounds of the chant, each one comprising of 7, 13 or 20 K'INs. Centre and be still within between each set. Doing it outside, facing the Sun, is best – or if indoors, simply facing in the direction of the Sun as a sign of respect.

#### **First Set**

Chant K'IN to the Pleiades, the Seven Sisters, or 'seven stars in the sky' or 'the Seven Solar Systems' as the Mayans call them. This is in aid of your higher levels of tuning and vibration, the Pleiades being a star cluster of the highest spiritual significance. It is suitable therefore to chant at as high a pitch as you can, which will be in falsetto if you are male. Centre - be still - sense the greater pattern of existence.

#### **Second Set**

Chant K'IN to the Sun itself (in actuality if possible, or to a candle or solar icon). This is pitched at an octave below the high note of the first set. This chant is for 'all your relations', which means anyone or anything that you wish solar energy to be sent to. This is unconditional love, and so avoid any thought or feeling other than a compassionate one and the name and image of who/what you are chanting/sending to. Alternatively, simply focus upon your heart, imagining it as the Sun radiating or unfolding like a flower as it greets the Sun in the morning. Centre - be still - oneness.

#### **Third Set**

This round is for yourself. This time you chant an octave below the last one, so that it should be pretty deep and resonant. This is so you feel the chant (around your solar plexus or even lower down) more than you may hear it. Also, in order to internalise it further, close your eyes if you wish, and in the middle of the chant and at the very end, close your mouth, while still sounding. So in effect it will sound like this:

**K' EEEEEEmmmmmmmmmEEEEENNNNNNNmmmmmmmm**

Make sure that you keep your tongue connected to the front of the roof of your mouth even when your mouth is closed ( mmmmmmm ) at the end. This is important for your tongue is a switch which completes a circuit of energy that goes up the spine, down through the mouth, and down the front of the body to start again at the groin. While performing this round of K'IN, make sure that you think of and nurture only yourself. Centre - be still - I AM THAT I AM.

This completes the essentials of this Solar Meditation.



WITH ANY METHOD OF PSYCHIC PROTECTION -  
DON'T DELAY, DO IT TODAY!