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SPIRITUAL PROTECTION THROUGH INTUITIVE GUIDANCE

What is the nature of spiritual protection? How does one navigate the world avoiding noxious and potential disease causing exposures, meetings with unsavory individuals that intend us harm and dangerous situations, which could result in physical harm? Ever since 9/11 we have wondered about security and how to ensure that our loved ones and ourselves remain safe in what appears to be a violent and potentially toxic world. From Anthrax laden mail to toxic chemicals in our food, we can either live in a state of fear or learn to rely and trust our higher sense or intuition.

We can begin by looking at toxicity through the physical level of our environment. Daily we make choices in our food and water intake. We also have air quality to consider and other physical exposures such as chemicals in the clothing we wear, exposures through makeup, hair care, or personal hygiene products which we use, and choices about drugs, cigarettes, and other chemicals to which we expose ourselves. How do we choose these products? Some are influenced by package design and color, and some by commercial messages. Those with spiritual protection use another guidance system consisting of the “feeling” the substance elicits when brought in contact with the body or envisioned in the mind. I stopped using underarm antiperspirant because of such guidance and switched to a more natural crystal deodorant. I found that I had high levels of aluminum on hair analysis, which would be exacerbated by aluminum containing antiperspirants. I also stopped microwaving foods in plastic containers years before scientific studies showed that this produced carcinogens. For those who are uncertain, other tools such as applied kinesiology (or muscle testing) or the use of a pendulum can be a useful adjuvant. Using your intuition to choose your foods and personal care products is very wise, especially when so many products have the danger of chemical exposures, the effects of which we know so little about. Some experts have estimated that 85% of cancers are environmentally related rather than genetic, which makes the idea of surveying one’s environment for substances that may create physical danger very useful. As some diseases such as Parkinson’s may have both a genetic and environmental exposure basis, it is important to be intuitively guided on what chemicals to avoid. I have seen hundreds of women who intuitively felt that their breast implants were detrimental to their health, recover their health by taking action on this guidance.

Meanwhile, thousands of women are becoming progressively more ill as they ignore their feelings and believe the “authorities” in the medical field who say that implants do not cause systemic disease. As I have hundreds of patients whose systemic disease has resolved after removal of the implants and treatment with a detoxification and immune program, I am certain that the chemicals including silicone which are released into the body when the implants leak and/or rupture are involved in this toxic systemic illness. Whether it is choosing not to use a particular deodorant, not eating a certain hamburger or not drinking water from certain sources, your only true protection resides in your intuition. Therefore, the importance of staying in the present and staying aware of these feelings and intuitive thoughts is very significant if one is to avoid danger. Due to genetic and biological variability, there is no one external guide for safety. One person’s poison maybe another person’s cure, and may have no effect on yet a third person.

Emotional issues contribute greatly to physical health and the primary cause of emotional distress comes out of toxic relationships. Choose carefully those who you allow to be in relationships with you, for these are the people who can affect your energy and your overall emotional and physical health. Assess people’s overall energy level and ethics, as neither changes much during a lifetime. Try to surround yourself with like-minded people who share your ethics. If your friends and family have a different set of rules than you, you will find yourself being taken advantage of both physically and energetically. Unfortunately, many people in the world have no barriers to lying, stealing, and cheating “to get what they want” with no regard for what effect their behavior has on those around them. Keeping such individuals out of your life goes a long way to creating peace. If you find yourself physically exhausted after interactions with certain people, this is a sign that you either need to avoid those people, or if you cannot avoid them, use methods to protect yourself from being drained by them. Remaining aware of your energy level allows you to stay aware of the effect these relationships have on your energy body. Using your intuition to choose the significant relationships in your life can go a long way to creating health.

One of the most important areas in which your intuitive guidance effectively keeps you safe involves leading you away from dangerous individuals and dangerous situations. Through our feelings we can navigate, avoiding situations and people that would cause us harm. This is why excessive alcohol consumption is so dangerous; it blunts our intuition so that we wander headlong into dangerous situations which normally we would be guided to avoid. Many emergency room patients confide in me that they were “warned” not to embark on a particular path, and by ignoring the warning, they ended up in the emergency room with injuries which probably could have been avoided.

Another important area of protective intuition has to do with the awareness of changes in our body and intuitive messages about our health. As one practices “centering” activities, such as meditation, yoga, Tai chi, and Qi Gong, heightened awareness of the energy body occurs, so that early warning signs of disease are often detected in the energy or etheric field prior to physical symptoms developing. Whereas I use to suddenly come down with the symptoms of a viral infection, I can now detect changes in my throat chakra that often allow me to take steps to avoid the viral infection. Medical intuitives are trained to scan the body for such energy disruptions. One such medical intuitive, Carolyn Myss, worked closely with Dr. Norm Shealy to energetically characterize disease in their book, “The Creation of Health”. Medical intuition has helped me many times to understand the energy aspect of disease. On a family vacation I diagnosed a relative with a premalignant tumor of the pancreas using medical intuition which was confirmed on MRI. These energetic changes precede the onset of physical disease. The use of medical intuition for disease prevention is a very promising field of endeavor.

Spiritual protection is created from several factors. One is the awareness of a healthy energy body so that early permutations can be detected and the responsible stimuli identified and eliminated or avoided. A healthy energy body is created from physical factors such as diet and exercise and also from spiritual practices especially those involving quieting the mind and controlling negative thoughts. Your awareness of your energy body will increase with spiritual practices that quiet the mind and focus on concentration. When you have an awareness, it is important to “tune in” to the body on a regular basis to assess the status. When you have a high enough awareness of the energy body, you can then assess multiple factors including other people, places, and even thoughts on your energy body. For example, I can make my neck hurt by the “thought” of a difficult surgery.

Another important part of spiritual protection is the avoidance of negative emotional states that are produced by deceit, cheating, lying, and stealing or the intent to do so. Even the thought of these can cause damage to the energy body. I know the negative energy affect of a simple “white” lie on my throat chakra or energy center. I can only imagine what the harm intentional repeated lying does to one’s energy body. This is actually the mechanism for karma, the ancient law of cause and effect which states, that which you put out returns to you multi-fold.

As defined in the works of Alice Bailey, “the law of karma is today a great and incontrovertible fact in the consciousness of humanity everywhere”. Notice that Karma is not referred to as theory “but as a law”. As you sow, so shall you reap. As you come to understand the effects of the energy of thought or intent on the human energy field, you understand why it is important to remain “harmless”. Once you seek to cause another “harm” especially if you engage in deceit and lies to do so, you invite a disbalanced energy state within yourself that becomes a magnet for trouble.

Take the example of a group of people who decide to invent stories in order to bring a lawsuit against a company for events that never occurred, knowing full well that the basis of the lawsuit is fraudulent. As they perjure themselves during the course of depositions, they damage specific aspects of their energy body. Any monies that they gain from an insurance settlement are also energetically tainted and will draw lessons to them so that they learn not to value money more than ethics and the healthy energy body that ethics creates. It may not be until life review when they can see the course of their life with and without this ethical breach, that they understand at what price they obtained money which inevitably will fail to bring them happiness. So, given that the energetic system is set up in a fashion that “like attracts like” it would behoove each of us to only project that which we wish to receive. Someday, this will be characterized as physical law, especially when the energy of a thought can be measured and followed to its intended destination and back to its origin. In the meantime, remember Edgar Casey’s saying that “energy follows thought”. Become aware of your thoughts and realize that they often merge with other factors to create your reality. Become aware of your “feelings” as they are the sentinels for protection in this world. Learn to navigate through the day using your “feelings” rather than habits to help you with your diet, your relationships, and your decisions in both your personal and professional world. Engage frequently in spiritual practices so as to attune this guidance system to be more sensitive and give stronger signals for you to recognize. Right use of will and the awareness of the “feeling” nature of your energy body constitute your spiritual protection so your guardian angels do not have to work overtime.

Suggested Reading

The Naked Truth About Breast Implants: From Harm to Healing by Susan E. Kolb, M.D., F.A.C.S.

Visit www.TheNakedTruthAboutBreastImplants.com to read about Dr. Kolb's personal experiences and extensive knowledge of the potential dangers associated with silicone and saline breast implants.

Goddess Shift: Women Leading for a Change by Stephanie Marohn

Visit www.goddessshift.com to read about the anthology of over 40 women leaders in diverse fields of human endeavor where Dr. Kolb is a contributing author.