

12th Dimensional Shield*

The 12th dimensional shield is a practice that fortifies and strengthens our aura by reconnecting us to our 12th dimensional blue print, or Kryst or krystal body. As we shield ourselves, we learn energetic boundaries of our aura, and then we can learn to boundary test our aura to discordant energies that are uninvited.

The shield also helps us re-imprint our body to physical and energetic sustainability and health, and this achieved by bringing balance to the body. It also allows communication to be restored with our spiritual forces and star family. It also empowers our body and ourselves, to re-awaken the wisdom of our true origins, which may mean we start to decode light language or start to understand more about the hidden history of our planet and our race.

So, as we work with the 12D shield we use the six-pointed star, two triangles of merkabah that are representative of our merkabah body.

Meditation:

Coming in to the center of your brain, visualize a nice, silver six-pointed star in the center of the brain. This geometry means unity, unity of polarity coming in to oneness with the Eternal Sacred Source. Allow that six-pointed star to be in the inside of your vision in the center of your brain. Feeling that unity move the geometric pattern of the six-pointed star down your chakra column, the center line of your body, and see it release between your legs.

You are going to send that all the way to the core of the earth. As you see your merkabah star, your unity connected to the core of the earth, see that humongous merkabah star in the center of our planet with all of your love, with all of your intentions sending unity to our planet, sending unity to every being on this planet.

As you see a thick feed line of silver/platinum energy start to gather around you from this connection and as you take in inhaled breaths you may feel an imprint of a cool menthol kind of energy, as the platinum shield feels kind of cool. Memorize this imprint for it is: **I am Divine, I am Sovereign, I am Free, I am Love.** It is the true krystal origin of your connection with the Eternal Sacred Source. As you embody this force, you become the promise that embodies it for all of humanity.

With each inhale, as you feel your body start to connect with that frequency, again connect to that six-pointed star in the center of the earth and draw it up with your breath. As you see it returning back to you, have it stop in a position about 12 inches below your feet. This area beneath you is where the core mathematical signature of the kyrstal body connects into where your aura exists.

See your six-pointed star 12 inches below your feet and as you do you will see a circular horizontal platform emerge. This platform is your shield, it is your protector. It is that which builds the bottom of your spiritual house. As you feel the firmness and the support building the foundation of your spiritual house in a circular platform, see your six-pointed star in the center of that platform. It is your core, it is your pillar, it is your strength and it belongs to you and no one else. This is your covenant and protection with the Eternal Sacred Source always.

As you feel your foundation, start to sense and see your 12D shield, a silver/platinum energy, emit off your foundation and feel it building a circular pillar of platinum-sparked white light around you covering your body, every cell and pore of your energy system emitting and connected to crystalline light of the Eternal Sacred Source. As it protects you, as it holds you, as it supports you, it is your foundation and it is your security.

See it building over your legs and hips as it reaches your waist and your shoulders. Start to see it building above your head. You are going to intend to strengthen this pillar and build this pillar about 3 or 4 feet above your head. And this is the first dimensions to build your pillar in order to protect your personal aura body.

Allow the shield to build and see yourself fully encompassed in your personal platinum pillar from 12 inches or so beneath your feet to 3 and a half to 4 feet above your head, your entire aura, your entire body saturated and protected in this strong pillar of platinum light.

And now we are going to build the same foundation on the top as you did on the bottom as you again in your inner vision connect to the six-pointed star in the center of the foundation of your spiritual house. Let's start to bring that six pointed star up through the center column of your body. Again the six pointed star represents the unity of polarities, unity of the inner masculine/feminine, it is all represented in this merkabah star symbol as it we allow it to move up the body's center column and see it release at the top of the crown chakra.

Send that six-pointed star to the very top of your pillar of light and let it linger there for a moment about 3 to 4 feet above your body, right in the center above your head. See that thick white light building strength in your core. That is your monadic staff or your central vertical channel. It's the structure your chakras are built upon.

If you cannot see this, just intend it for that is enough. In your vision, as you intend to put the six-pointed star 3 and a half or 4 feet above your head see it start to build. It will start in its own movement of spinning to start to build yet another circular foundation above your head. You are protected below and you are protected above. As you create another lid to seal yourself inside your personal pillar of light, this is the roof of your house, the roof of your spiritual body.

We are going to see that “lid” as a circular platform just like you did below on your foundation. Create a circular roof that is your lid on top of your shield. And as you feel that roof firmly being built these are the spiritual energies of your inner divine force. Seal that seal to the top of your platinum pillar of light.

Again feel yourself suspended in the protective spiritual house and pillar of the Eternal Sacred Source’s light. Program it through **I am Divine, I am Sovereign, I am Free, I am Love** and allow nothing that is not aligned with those frequencies to enter your field, to enter your shield.

Finally, focus on the six-pointed star, your Unity Merkabah symbol at the center of your personal pillar 3 to 4 feet above your head. You are now intending to ground multi-dimensionally by sending your six-pointed star out into deep space and into the connection with the Heart of the Universe, the heart of the Eternal Sacred Source. See your Merkabah Star flow away from the top your shield through a platinum feed line all the way into the core of the Universe and grounding yourself into the center of the Cosmic Heart of the Universe.

And now from the place of your shield, you are going to invite your higher self, divine self, and your divine teams, those which are in alignment to your sovereign freedom and to your highest evolution and heroic probability as we establish the connection with your beloveds, with your spiritual family. You know you are never alone. You know you are fully supported.

As you thank your Divine Teams and the Eternal Sacred Source, allow yourself to be filled with peace, harmony, balance, and integration. Know that you are on the path of Ascension and on a need-to-know basis. And as you trust, you will receive all that you need in the moment. Learn to trust and to listen to your inner spirit. Release all your worries, all of your doubt. Cast your entire burden to the Eternal Sacred Source now. In deep love and gratitude, complete your mediation and seal your communication and intention.

If you bring your aura in and you want to protect the boundaries of your energy field – you can use this technique so that you can learn to test discordant energies and allow only that which is invited to impact your energy field. You are learning to boundary test. You are learning to create a boundary with your personal energy field before you can start to share this field with the planet and with others which will naturally happen as you become more stabilized and balanced in your own energy field. This process is called “commanding your personal space.”

* This is my version of a meditation originally done by Lisa Renee.