

Our Invisible Force Fields

Isn't it interesting to watch how science fiction movies create force fields around spaceships, people and even planets? But is there any truth in invisible force fields? Do we actually have protection that we cannot see and, if so, what is it protecting us against? In order to even consider the former question, let us first consider the latter.

I am sure we agree that our skin forms a protective barrier against germs. We know that when there is a breach in our physical protective shell we can suffer illness and infections. We wear clothes and have various equipment to enhance our protection. If you already believe in God, or external spirits, angels, the after-life and mystical Chi, Shiva Nature, reiki and The Om, then this is connected to the above. If you do not believe in the non-tangible consciousness enteritis, then consider what the mind is, where thoughts exist, but read on with pleasure. This discussion is aimed at those that believe in a spiritual world.



I experienced what I felt was a bombardment of coincidences that made me question whether something was orchestrating these. I then felt strange connections to others and animals, which seemed as though I was experiencing extra sensory perception. I did not want to believe this, and even thought I was going crazy, so sought help from psychologists. Then the coincidences again seemed to guide me to some spiritual support, so in addition to psychologists, I also chose to look into these spiritual mentors. While studying with these mentors I realised that my thoughts seem to not only be self-generated from both conscious and unconscious thoughts, but started to realise that thoughts may well be coming from the external too. I pondered what I was being told with a lot of deliberation. I accepted that an idea or thought might come from a consciousness that was there to guide and help me, but struggled with the concept that an alternative thought or guidance could be present making suggestions that were not in the best interests of myself or others. Could this be working against me and even dangerous?

In my line of work I have frequently come across people with poor mental health challenges. They hear voices; they see things we cannot see; and they feel so afflicted with traumatic thoughts, awful dreams and plagued with attractions to do things they know are wrong and not beneficial for society. So, if this really effects some people, how can they protect themselves from this mind attack? How can they build up their invisible force field?

The Ying Yang symbol, while always seen stationary, is designed as a far more fluid description of life. It shows how we move through life travelling from the clear white light to the darker black areas of life. It shows how we have dark in light times and vice versa. We want to try and stay in the light. We need to work out how to improve the light around us. One way to do this is to picture ourselves surrounded by white light. In Tai Chi I learned how to imagine the white light pouring from the cosmos or from heaven into my head, while my feet grew invisible roots deep into the ground to 'ground' me. I imagine an aura of white light becoming stronger around me, becoming brighter and brighter, like the invisible force field. With some deep controlled breathing exercises this alone felt great, changing how I felt. When feeling under attack or vulnerable, taking some deep breaths and returning briefly to this meditation can provide some spiritual first aid. But is this enough?



The ancient mystical teachings from many different traditions teach that of all kinds of things can attack us, including demons, ghosts, and the devil. Whatever we call these external forces that play with our minds, there is a concept of being under attack from something that does not have our highest positive potential at heart. However, there are also powerful positive forces that are there to help us. We have try to connect to that and learn from the thousands of years of tried and tested ways of spiritual protection to complement any modern medication and newer techniques of mindful support.

Most of us live in communities. We have tribes, clubs, religious groups, sports and hobbies in common with others. Well I believe the same happens in the spirit world. If you follow a religious path, then that is one of your spiritual frequencies. That means that those personalities that you learned about as a child, are there to protect and guide you. Throughout time there have been some powerful people who passed over. Could it not be the case that those souls support people in the living? Might that be the reward they are given in the afterlife? We hear about angels and their being a hierarchy in spiritual dimensions. I like to think that the more we do for good, the higher the level of protection we can be given. It is possible that more good we do, or potentially can do, the more attractive to the dark side we become. If the dark side is there to try to stop us from doing good, so then we need to ask for that more powerful protection. But we always have freedom of choice. We can choose how we act, even if we cannot choose how or what thoughts pop into our mind, (although once that thought is there, we can choose with we embrace it or gently push it way).



Asking for help is one of the hardest things we can do. Help is possibly one of the braves words we can say. We are not asking for friends or physical people of help, we are praying for help from the other side. We are asking those spirits that are there to support us to protect us. I was once told by a wise elderly lady a week or so before she passed over, that she could see a strong native American behind me. This was, at the time, my spiritual protector. Whether true or not, it was a nice image. By praying for protection in your native tongue or using scriptures from your traditional beliefs, this can activate another dimension of protection.



On top of this, general feel-good activities can help your mind be less vulnerable to that darker energy. I find what can also help is to do some physical exercise, look at the healthier food (bananas) to compliment the feel-good foods (chocolates). If feeling up to it, find a way to increase the laughter in your life, or just force a smile onto your face for a few minutes. Try not to hold on to the negative thoughts and watch out for the amount of time 'toxic' people around drag you down. If you like animals, petting them can help cheer you up too.

A combination of the breathing and light exercises and the praying or connecting to spiritual guides, may well help you reinforce your invisible force field.

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