

# Protective Practices for Targeted Individuals - Introduction

## Shielding Against RNM, V2K & DEWs

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### 1. Remote Neural Monitoring (RNM)

*Defense against thought-reading, memory extraction, and thought-insertion.*

#### Practical Protections:

- **Faraday Fabrics / Shielded Hats:** Wearing silver-thread or copper-lined caps helps reduce brainwave exposure.  
  
Shungite lined hats may also reduce interference.
- **Grounding the Mind:** Daily journaling — writing your own thoughts grounds them in physical reality and reduces psychic bleed-through.
- **Salt Baths:** Epsom or Himalayan salt draws out energetic imprints that may be exploited for RNM tracking.

#### Spiritual Protections:

- **Violet Flame Invocation:** Surround the mind in a violet flame sphere — “All thought-forms not of my divine origin dissolve in violet fire.”
- **Mirror Shield Visualization:** Imagine your head/full body coated in a reflective mirror dome — thoughts sent in bounce back to the source.  
  
Intend for a column of mirrors to surround facing outwards.
- **Chakra Sealing:** Place golden locks on crown & third eye chakras after meditation to limit external interference.  
  
Reduce the size of the Chakra with intention and “Close” higher chakra to reduce interference.

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### 2. Voice-to-Skull (V2K) & ELF Frequencies

*Defense against synthetic telepathy, intrusive voices, and mood manipulation.*

#### Practical Protections:

- **White Noise Machines / 528Hz Solfeggio:** Disrupts ELF intrusion and stabilizes brainwave coherence.

- **Copper or Shungite Jewelry:** Wear near the throat/ears — absorbs and diffuses microwave auditory effect.
- **Sleep Hygiene:** Avoid Wi-Fi/phones near the bed, use blackout curtains to reduce ELF coupling at night.

**Introduce grounding stones** around and under the bed (shungite, obsidian, black tourmaline crystals).

#### **Spiritual Protections:**

- **Command Sovereignty:** Aloud — “I reject all artificial voices. I only hear the voice of my higher self and divine source.”
- **Golden Halo Visualization:** See a ring of golden light at the ears and throat chakra, sealing off audio intrusion.
- **Light Language Chanting:** Vibrational sound clears synthetic tones and resets the nervous system.

**Listen to Singing Bowls** music to clear the room of unwanted energies.

### **3. Scalar Waves & Directed Energy Weapons (DEWs)**

*Defense against pain-induction, holographic projections, and psychic distortion.*

#### **Practical Protections:**

- **Layered Shielding:**
  - **Shungite plates or EMF paint** on walls.
  - **Aluminum foil or thermal blankets** over windows/doors for microwave redirection.
- **Water Shield:** Place bowls of water or Himalayan saltwater in the four corners of your room — scalar and microwave energy dissipate into them.
- **Body Grounding:** Barefoot on earth or grounding mats to discharge excess charge.

**Black crystals** on or around the body to ground energy and protect.

#### **Spiritual Protections:**

- **Armor of Light Ritual:** Visualize crystalline armor covering your body, with rainbow layers. State: “*I am untouchable by artificial fire and energies.*”

- **Auric Repair:** Sweep with selenite wand or clear quartz daily to close auric micro-tears where beams enter.  
**Sweep with Amber** to weld together any holes and tears with your intention.
  - **Hologram Dissolver:** Invoke pure Source Light to collapse all “false screens” — repeat: *“Only truth and clarity remain.”*
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#### 4. Daily Core Practices

- **Morning:** 5-min shielding visualization + grounding.
  - **Midday Reset:** Breathwork (4-7-8 method) + quick violet flame invocation.
  - **Evening:** Salt bath or foot soak, white noise at sleep, close chakras with golden locks.
  - **Weekly:** Home cleanse with sage/palo santo or sound bowls, reset water/salt bowls.
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#### Law of One Alignment:

*"I am a sovereign being of Infinite Creator Light. I accept only what serves my highest good, and I return all distortion to Source for transmutation."*

#### 12D Shield by Lisa Renee

<https://energeticsynthesis.com/where-can-i-start>

First step each morning is to make a daily declaration of your intention to resolve the authority problem between the ego personality and God.

It can be simply stated in these words or words of your own that feel emotionally charged and connected to you such as:

*“My declaration of intention to serve my source. I commit to serve my highest power fully completely and totally. I am God. I am Sovereign. I am Free”.*

**How to build your personal 12D Shield: Video available on YouTube @energeticsynthesis**

<https://www.youtube.com/watch?v=XhuLXYLhz-c>

The **12th Dimensional Shield** is a spiritual practice that strengthens the aura by reconnecting us to our original 12th-dimensional blueprint or Kryst body, creating clear energetic boundaries and allowing us to test and deflect uninvited energies.

By restoring balance, it re-imprints the body with health and sustainability, while reopening communication with spiritual forces and star family.

This process empowers us to awaken the wisdom of our true origins, often unlocking light language and deeper understanding of hidden planetary and ancestral histories, and is anchored through the six-pointed star of the merkabah body.