

EW 101: Shielding
Credits: 2
Required Course for All Students

Welcome to EW 101: Shielding! This course serves as an introduction to basic forms of shielding, and how the student can manipulate their energy to repel or deflect negative energy. We cover a variety of basic and advanced shielding techniques for the practitioner, and then how to incorporate these skills into everyday life and routine practice.

Lessons

Lesson 1 - Introduction to Shielding

Introduction to the concept of shielding, why it's important, and its role in personal energy management and protection.

Lesson 2 - Energy 101: Understanding Personal Energy

Discussion on personal energy, its nature, how it interacts with others' energy, and how to recognize when it's being affected.

Lesson 3 - The Mechanics of Shielding

In-depth exploration of what shielding is, the basic theory behind it, and its various applications in magickal and everyday life.

Lesson 4 - Recognizing Negative Energy

Instruction on how to recognize negative energy, its sources, and its effects on personal wellbeing and magickal practice.

Lesson 5 - Basic Shielding Technique

Introduction to a simple shielding technique that students can begin to use immediately for protection against negative energy.

Lesson 6 - Advanced Shielding Techniques: Part 1

Continued exploration of more advanced shielding techniques, including mirror shields.

Lesson 7 - Advanced Shielding Techniques: Part 2

Instruction on additional advanced techniques.

Lesson 8 - Shielding in Everyday Life

Discussion on how to incorporate shielding into everyday life to protect against energy drains, negativity, and psychic attack.

Lesson 9 - Shielding and Magickal Practice

Instruction on how to use shielding during magickal work, including rituals, spellwork, and astral travel.

Lesson 10 - Shielding Others

Guidance on how to extend shields to protect others, such as loved ones, pets, and spaces.

Lesson 11 - Shield Maintenance and Care

Discussion on how to maintain and care for shields, including regular checking, cleansing, and strengthening practices.

Lesson 12 - Overcoming Challenges in Shielding

Discussion of common obstacles in shielding practice and techniques for overcoming these challenges.

Lesson 13 - Shielding and Ethics

Exploration of ethical considerations in shielding, including respect for others' energy and maintaining personal boundaries.

Lesson 14 - Developing a Personal Shielding Routine

Guidance on how to develop a personal shielding routine tailored to individual needs and lifestyle.

Lesson 15 - Review and Future Practice

Review of the course content, discussion on how to continue developing shielding skills, and maintaining an effective personal shielding routine.

Exercises

- I. **(Lesson 5)** Students will practice some of the basic shielding techniques from this lesson, and reflect in a journal exercise on their experiences.
- II. **(Lesson 7)** Students will compare and contrast two of the advanced methods discussed in lessons 6 & 7. What are some of the advantages and disadvantages of each? Under which circumstances might one be preferable over the other?
- III. **(Lesson 8)** Students will maintain a journal for a week, detailing instances where they felt the need to shield, or times they observed when shielding could have been useful.
- IV. **(Lesson 14)** Students will describe and demonstrate their personal shielding routine. What are the components, what is the maintenance of the shield, and how to do they maintain boundaries?
- V. **(Course Examination)** Students will answer a series of scenario based question on how they might utilize shielding in various instances of everyday or magickal life.

References & Suggested Reading

Protection & Reversal Magick, Jason Miller, 2023

The Witch's Shield, Christopher Penczak, 2004

Practical Guide to Psychic Self-Defense and Well-Being, Melita Denning and Osborne Phillips, 1987