

The SHIELD Technique™

Your Tool for Transformation

You are about to walk into your boss' office and ask for a raise. Your heart races. Your voice trembles. Your hands are clammy. You need to build a case for yourself, yet you can barely remember your middle name at the moment, much less all your contributions to the company that merit a salary increase. In short, your Fear Response has taken over.

How can you regain your composure in this instant so that you do not appear like a blubbing idiot?

You use your SHIELD, a simple technique that instantly fends off your Fear Response and returns you to a state of calm, even in the heat of the moment.

The advantage of the SHIELD is that you can use it any time you need it, even in the middle of a pressured situation. Easy and practical, this technique changes your energy from stressful to calm, negative to positive, from fear to love, in just seconds.

The SHIELD heightens your awareness so that you can hone in on the sources of your Fear Response. It also helps you switch off the Fear Response and initiate the Love Response. It restores positive physiology, so that your health, well-being and life circumstances benefit.

The SHIELD Mnemonic

The SHIELD serves both as a calming visualization as well as a mnemonic (a memory device), so in times of overwhelming stress, you can easily remember the steps of the process.

The following is the SHIELD in a nutshell. I will give you detailed instructions in a little bit. For now, know that each letter of the SHIELD stands for the actions you are to follow:

- “S”: Slow down and visualize the white or golden light enveloping you in love and protection.
- “H”: Honor what you feel or experience. Avoid judging your feelings as bad or wrong. Just acknowledge them.
- “I”: Inhale
- “E”: and don’t forget to Exhale
- “L”: Listen: Listen to your thoughts, feelings, and sensations.
Ask: How am I being reminded that I am not enough or do not have enough? Listen to the answer.
- “D”: Decide: Decide to heal and shift out of the Fear Response and into the Love Response.

I strongly recommend that you practice your SHIELD as often as possible. When in doubt, use your SHIELD. The more you practice the SHIELD, the more the reprogramming takes hold. Do the SHIELD at home, in your office or your car, during any everyday activity. Do it anytime you feel bad or challenged. In a few days, you will

begin to notice how you behave differently in stressful situations and feel much better in general. The more my patients use their SHIELD, the faster the results.

As you continue to practice the SHIELD, you will find that your surrounding life changes for the positive as well. All sorts of wonderful things can happen, so watch out what you ask for!