Sacred Anatomy Energy Medicine Self-Care Technique

The Armor of Light

Approved for use by Certified SAEM Practitioners and Medicine Bag Carriers

In the name and the power of the Living God
I put on the whole armor of light.

On my head I place the helmet of salvation.

I wear the breastplate of righteousness.

My loins are girded with the truth

My feet are shod in peace and enveloped in the flame of the spirit of Almighty God.

In my left hand I carry the shield of faith

In my right hand I carry the sword of the spirit, which is the word of God.

This armor is unassailable.
I am protected in every way.
I am protected in every way.
I am protected in every way.
Amen

Adapted from the Bible by Dr. Gayle Pierce
Taught to Desda by Dr. Gayle in 1975

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