

4. Protection

Etymology: Mid-14th c., *proteccioun*, ‘shelter, defense, that which shields from harm or injury; keeping, guardianship, act or state of protecting’; late-14th c. as ‘that which protects’, from Old French *proteccion* ‘*protection*, shield’ (12th c.) and directly from Late Latin *protectionem* (nominative *protectio*) ‘a covering over’, noun of action from past-participle stem of *protegere* ‘protect, cover in front’, from *pro* ‘before’ + *tegere* ‘to cover’ (from PIE root *(s)teg- ‘to cover’).¹

Suggestions for value-specific questions in VISION dialogues

- What shape does protection take?
- What mood accompanies protection?
- Is justice/injustice associated with protection?
- How does protection relate to sufficiency?
- What does protection hide?
- What are the secrets of protection?
- How can a shield protect you as well as block you?
- Is defence necessary without an attack?
- What would armament for peace look like?
- What is the relationship between protection and beauty?
- How are safety and protection related? How are they different?
- How are safety and care related? How are they different?
- How can we describe the relationship between freedom and protection?

Suggestions for exercises and creative activities to inspire a VISION reflection

The protective cape

Duration: 10 minutes

Description: This exercise is highly adaptable and can be facilitated in various settings, but is particularly effective when conducted outdoors, weather permitting. Facilitating the activity outside fosters a deeper connection to nature and the environment, enhancing participants’ engagement and embodiment.

How the activity works: Instruct participants to sit or stand quietly for a moment. Instruct them to let their body relax into the position, noting their body’s contact points with the ground and/or what they are sitting on, focusing on the feet, the buttocks, and the thighs. Participants should feel their breath moving in and out, noting how their belly and their chest move. Instruct them to allow their breath to slow down, lengthen, and soften. Once settled, invite participants to think about a colour which to them that represents protection; instruct them to simply pick whatever comes to mind first. If nothing comes to mind, they can simply pick any colour they like. Now, they should imagine, see, or think about a cape—a large comfortable cape, one that a superhero would wear, made from the most amazing material they have ever seen or felt, in a shape that would be super comfortable to wear, and in the exact colour representing protection that came to

¹ Extracts compiled from <https://www.etymonline.com/word/protection>, last accessed 1 May 2026.

their mind. This cape is their own personal super-protective cape, which can cover their entire body when needed. The cape works as a magical shield, letting in everything from the outside which is beneficial, positive, and supportive, but keeping out anything harmful, evil, or destructive. At the same time, the cape also lets everything beneficial, positive, and supportive out to others, whilst it resists sending out anything harmful, evil, or destructive. Let participants bring to mind the cape when working with protection in a VISION process. In addition, encourage them to use the cape when exploring any other value. Try replacing 'cape' with 'bubble'.

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