

Energy Protection Meditation

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Take a few moments to hold this intention daily, or multiple times a day if needed, to remind yourself of the protection that can be yours if you choose it.

With eyes closed, take a deep breath, inhaling slowly through your nose. Hold the breath a few seconds, then exhale slowly through your nose. Take two more deep breaths.

Focus your attention on covering yourself from foot to head with the brilliant purple energy from deep under the earth—the color of royalty to remind you of your value as part of Universal Spirit. You can cover your family who live with you and your home and yard too.

Then, breathe in the ascending spiral from the deep energy of Universal Spirit, and let it cover you. Embrace its wisdom and strength.

Next, place your attention on the Oneness around and above you, and the transitioned ancestors and angels and Universal Spirit. Pull in the descending spiral of energy and welcome their love and support

Now, fill your biofield with all the resources of the universe, to remind you that the universe is always working in your favor and you have all you need in every moment.

Visualize sitting in the center of the positive ley line vortex closest to you. You don't have to know where it is to tap into its power. Cover yourself with its positive energy to empower you to create the life you choose.

Holding an intention, speak to Universal Spirit: "I claim your protection from all low or negative energy, and from the hierarchical mindset of lack, fear, and control that is within me and within the world, except for what I need to experience today for my spiritual journey."