
MEDITATION: PROTECTION MEDITATION

By Ali Sharifi

<http://www.relaxation2go.com>

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PROTECTION MEDITATION

This is another simple meditation you can do anytime to help you feel safe and protected. This is particularly helpful when you're about to go into a situation which is hostile and uncomfortable. This meditation helps keep you insulated from negativity and energy draining people.

Script

Find a comfortable spot to sit or lie down. Close your eyes and take a deep breath through your nose, making sure your stomach rises as you inhale. Hold your breath for two seconds. Now breathe out through your mouth. Repeat this three times now. Continue now to breathe normally as you allow your body and mind to relax.

We're now going to create a bubble of protection around you. This will help to protect you from negativity and harm. I'd like you to imagine a golden light appearing from above your head. Imagine this warm glowing light, coming down towards you. This is a healing light of protection. Now imagine this light surrounding you from head to toe. You feel so comfortable and safe within this light. You know this light will protect you from harm and help guide you in the right direction. This light has formed a layer of protection around you now and you feel safer than you have ever felt before. Now imagine that another layer is forming around you. This layer is made up a million tiny mirrors. These mirrors face outward and will help to reflect any negativity that comes your way. You are completely protected now and you know that people cannot affect you negatively while you are within your bubble of protection. You also know that anytime you wish to be protected, you can quickly surround yourself with this golden light.

When you're ready, go ahead and open your eyes, feeling safe and secure.

If you're interested in learning more easy meditations and also how to meditate the correct way, take a look at my full course at the link below.

[SIMPLE MEDITATIONS FOR COMPLEX TIMES](#)

Anyway, thank you for your time and don't forget to check out my blog for all of the latest tips and tricks for relieving stress and having a happy, healthy life.

[Ali's Blog](#)