

# TBM Protection Meditation

Run this protection meditation at least twice a day, on waking and when going to bed.

## Preparation

- Identify where you feel yourself within your body. This is the place within you that you connect with as you; your centre or your spark. It may be slightly above your head, it may be deep within your heart, it may be behind your third eye - there is no right or wrong but try to identify this point within you
- Sit in a high-backed chair such as a dining chair (preferably not a couch) with your legs uncrossed and your feet flat on the floor
- Place your hands so that you interlace the webbing of your thumbs with your right hand grasping your left hand, your right middle finger extending up the centre of your left wrist and wrap your right index finger and thumb around the base of your left thumb



- Place your hands over your Second Chakra (approximately two inches below your belly button)
- Close your eyes
- Without lifting your shoulders, inhale deeply through your nose into the base of your spine, feeling your diaphragm expand; exhale through your nose
- Now as you inhale, imaging a tap root descending from the base of your spine into the Earth. Feel this get deeper and deeper with each breath cycle, and feel it spread out like the root system of a tree
- Imaging that eventually you encounter a deeper energy, like a water table that your root starts to draw upon. Feel this Earth energy slowly spread up your tap root into your spine and start to fill your internal centre. This energy may feel dark, earthy, substance-like
- Now feel a thread or stream ascending from the centre of the top of your head to the Sun. Again, feel the Sun's energy start to flow down into the top of your head and descend down your spine into your internal centre. This energy may feel bright, light and energy-like
- Once you have established the connection to the Earth and the Sun, feel each energy source streaming into your body; the Earth ascending up the left-hand side of your spine and the Sun's energy descending down the right-hand side of your spine.
- Where these energies meet, imaging them slowing intertwining like a whirlpool, spinning clockwise
- Continue to breathe in and out through your nose, drawing these two Yin and Yang energies into your centre

## Protection Meditation

- Once you have filled your internal centre with Earth and Sun, visualise or feel this point gently and slowly start to rise up until it is about 8 inches above the top of your head, to the Eighth Chakra
- As you sit quietly with your hands positioned above and your eyes closed, feel a spark of pure white light deep inside your chest - your Lifeforce or Spark of Qi
- This light may pulse slightly or spiral slowly in on itself
- Now, using your breath, slowly expand this spark of pure white light, feeling it expand and fill your chest, rising up into your shoulders and head, never diluting or diminishing it's intensity, right out to the edges of your skin
- Now feel the white light slowly start to sink down your chest, dropping like a curtain until it fills your legs and feet. Again this light never diminishes or dilutes it's intensity and purity, right out to the edges of your skin
- Now using your breath, expand this pure white light until it is approximately a metre outside your body, encasing you in a bubble of pure white light
- Taking a sharp inhale through your nose, pull this white light just back inside the boundary of your skin
- Imagine a bucket above your head filled with clear, liquid plastic
- Using your mental hands, reach up and tip this bucket of clear liquid plastic over your body, feeling it cover every inch of your skin, including the soles of your feet. Use your mental hands to move it over your body. Pay particular attention to areas that feel "stuck" or uncovered
- Now visualise a second bucket of clear liquid plastic above your head. Use your mental hands to repeat the process described above
- Now imagine a much larger bucket filled with pink foam above your head
- Reach up with your mental hands and tip this pink foam over your head. Feel it run down your head, body and legs until it covers the soles of your feet
- This pink foam is thicker than the plastic. It forms a layer about three inches thick. Use your mental hands to make sure it covers every part of your skin
- This pink foam is pure love. In your mind, realise that it shields you from any psychic knives, blades or needles in the form of gossip, negative thoughts or psychic damage that seeks to harm you
- As any of these negative energies attempt to penetrate your protective layer, know that your pink foam will repel these energies back to their sender ten-fold in the form of pure love
- Repeat this protection at least twice a day on waking and on going to bed
- You can perform this meditation in bed or additionally at any time of the day while seated. Make sure you place your hands as shown over the Second Chakra if lying on your back in bed

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