

## Daily protection script

Often best if standing up

### **Please take 12 deep breaths in and out.**

On the first 6 in breaths, imagine that you are drawing negativity, tension and any greyness up through your body into your head, and on the out breaths you force all this greyness out through your Crown Chakra (the top of your head) into the atmosphere for cleansing. Do this as slowly and deeply as possible, focusing on the tension shifting.

For the next 6 imagine that your Guides and Protectors are sending you a shaft of Golden light, calming, healing and protecting. This light is entering your body through your Crown Chakra, and as you breathe in fill your head with this soothing, healing and protecting light. When you breathe out feel the light slowly filtering through your whole body. After the 6 golden breaths notice that your body is completely full of this protecting golden light, and see it overflow out of your Crown, and forming a bubble of Golden Light all around you. Lift your feet one at a time, until you are completely enclosed, encased and protected by this light. **See, feel and totally believe** that you are completely enclosed and protected by this loving Light, and request that it stays in place for the next 24 hours.

### **Now follow with this special protection:**

“I ask the Archangel Michael, Angels known and unknown, Guides, Protectors, and Companions to guide and protect me in the coming days, weeks and months. Protect me from any physical, emotional or psychic attack, or any serious accident or illness that is not pre-ordained. I see Michael’s Golden Sword above me, behind me, in front of me, to the sides, and I stand on one. Calm safe and protected in your Love”.

Now use your powerful imagination, to see those 6 golden swords all around, keeping you calm, safe and protected in the days ahead.

### **The following can be added as additional protection:**

Again you are speaking to your Guides and Angels:

- 1 “Love and protect” - list all family, friends, loved ones, clients you wish to protect that day, and see a photo of each in your mind, and say their name out loud then say: “Keep them safe and well and free from harm”
- 2 “Love and protect me – keep me safe and well and free from harm”
- 3 “Protect my place of work, keep it safe and free from damage”
- 4 “Love and protect pets, keep them safe and well and free from harm.”
- 5 “Protect our house and our cars, keep them safe and free from harm.”