

• THE TEMPLE OF TRUTH • HYPERDIMENSIONAL ETHERIC HEALING

The Auric Protection Visualization

This visualization was developed to allow each of us to take personal responsibility for our own protection on an ongoing basis. After the fissure in your Auric shield has been sealed, the use of this simple but elegant visualization will assist you in developing a protective shield, which will prevent further ingress from unwanted entities, connect you with higher source on a regular basis, and raise your vibrational frequency so that you will repel any unwanted random experiences in your life.



This visualization has three parts.

Part 1

From a point six (6) inches above your head visualize a ray of violet light emanating from your high-self or soul, however you can conceive that to be. See that violet light as a stream of energy moving in a clockwise direction and visualize it moving around the top of your head and downward around your head, weaving the protective shield, and moving down and around your head, your shoulders, arms, torso, hips, thighs, knees, calves, ankles, and feet and at a point six inches below your feet, see that violet ray energy (moving in a clockwise manner) closing, so that you are now completely enclosed in a shield of violet light emanating from your soul/high-self.

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Part 2

From a point above your head, twelve (12) inches above the violet shield visualize a ray of golden light emanating from a great spiritual teacher, someone you resonate with in your life or tradition (could be Christ, Buddha, Shiva, Moses, Mohammad or any guru or great soul you know and trust). See that golden light as a stream of energy moving in a clockwise direction and visualize it moving around the top of your head and downward around your head, weaving the protective shield, and moving down and around your head, your shoulders, arms, torso, hips, thighs, knees, calves, ankles, and feet and at a point under your feet 12 inches below the violet shield, see the golden ray energy (moving in a clockwise manner) closing, so that you are now completely enclosed in a shield of golden light emanating from a great spiritual teacher.

Part 3

From a point above your head, twelve (12) inches above the golden shield visualize a ray of white light emanating from the Divine Mother of the Universe, however you can conceive Her to be (could be Mother Mary, Gaia or Maha Shakti Parvati). See that white light as a stream of energy moving in a clockwise direction and visualize it moving around the top of your head and downward around your head, weaving the protective shield, and moving down and around your head, your shoulders, arms, torso, hips, thighs, knees, calves, ankles, and feet and at a point under your feet 12 inches below the golden shield, see the white light ray energy (moving in a clockwise manner) closing, so that you are now completely enclosed in a shield of white light emanating from the Divine Mother.

This visualization should be undertaken every day. Once, in the morning when you awaken, and once, in the evening before you go to sleep. It doesn't have to take a long time to perform, but only requires your positive intention.

Remember, energy follows thought.