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## White Light Protection

In order to invoke the divine presence, as white light. One needs to call it and to know that we can protect and heal ourselves or our love ones from any physical or emotional challenge. All we have to do is to learn to visualize and to call it, and it is there.

Let's begin. Relax your body and relax your mind. The more you are unaware of your body during this time, the easier it is for you to concentrate with your mind on just relaxing.

Take a deep breath, hold it for a moment, and slowly let it out. Imagine all the tension that is leaving your body now like a fine gray mist as you breathe out. Take a second deep breath in, hold it and let it go. Allow your breath to be deep, to be slow and to be rhythmic.

And now, with your minds on, just imagine a very large, white ball of light, moving towards you slowly. It comes closer and closer - getting larger and larger, until it is surrounding you completely, covering you completely, like walking in to a cloud. It encourages you to let go of all your thoughts, all your emotions and just totally, deeply relax. From the tips of your toes to the top of your head, relaxing, being more and more fully relaxed. And just concentrate on that beautiful cloud of white all-consuming light.

You are now surrounded by white light. This is a shield. The white light surrounding you protects you. It glows with the love of the divine rich beings of light. As you accept the white light into yourself, into your mind, into your heart, into your understanding; you are committing with the deep rich source of all life, of all love.

The white light symbolizes a divine source of love that knows no boundaries, protects all beings, and protects everyone in a wonderful supportive way. It protects from harm at all times. It is the strongest force in the entire universe. It can protect from all types of invasions, outside the influences. It is a white light armor, this bright, shining white light; this armor is yours to command, to put on and to use if and when you decide that you will accept, you will call, that you will use this white light armor.

You just say to yourself, "I accept this white light protection", and the protection surrounds you, like this white cloud, like a white armor. Instantly, it springs into action, covering you with the purity of light, covering you with protection.

"I accept the white light protection", allows me to be protected by the divine. Now, visualize your love ones. See them in your mind's eye. Extend that beautiful cloud, that white cloud, that white armor out to every one of your relatives, of your friends, your loved ones. See it as a mightiest force in the entire universe. The most radiant white armor around them, protecting them; forming an invisible wall of protection. It protects your love ones against any form of bad thoughts, negativity, worry, or anything that could hurt or harm them. It supports, loves and protects them completely. Visualize that light swirling around them having been called into place at this time.

It creates a beautiful, supporting, loving armor of protection. Should you have a friend or a loved one that needs any form of healing whether it be emotional

