

## Protection Meditation

Begin by finding a comfortable and quiet place to sit or lie down. Close your eyes gently and take a deep breath in, and as you exhale, let go of any tension in your body.

Now, bring your awareness to your toes. Visualize a warm, soothing light slowly enveloping your toes, relaxing them completely. Feel the tension melting away as you continue to breathe deeply.

Move your attention slowly up your feet, relaxing each part as you go. Feel the warmth and calmness spreading up through your ankles, your calves, and your knees. Let go of any tension you may be holding onto.

As you ascend further, allow this peaceful sensation to flow into your thighs and hips. Feel the muscles in your legs becoming heavy and relaxed, as if they're sinking into the earth.

Continue to breathe deeply and bring your focus to your lower back, your abdomen, and your chest. Let go of any tightness or discomfort. Feel your body becoming lighter and more at ease.

Now, shift your awareness to your fingers, and one by one, release any tension you may be holding there. Feel the soothing light spreading through your hands, wrists, and up into your arms.

As you ascend, relax your shoulders, neck, and finally, your head. Let go of any lingering stress or worries. Imagine your entire body being bathed in a soft, healing light, completely free from tension.

Now that your body is deeply relaxed, turn your attention to your mind. Imagine all the mental noise and chatter dissipating like clouds in the sky, leaving behind a serene and clear mental space.

In this state of deep consciousness and relaxation, call upon your guides, beings, or higher energies that resonate with you. Ask them if it is safe for them to do so and is in alignment with them accepting your request, to provide protection, not only for yourself but for all members of our Zero-Point Energy group. Request their shield against any physical, mental, or directed energy weapon attacks by malevolent forces.

I ask that any directed attack be deflected and redirected back to its source, rendering it harmless and permanently ineffective. Let the energy of protection and positivity surround our group and all of our individual members, like a powerful shield.

Now, take a moment to send out your intention for the greater good - providing unlimited free energy to humanity by manifesting a zero-point energy device., saving our planet, and eliminating hunger, war, and greed. Visualize a world transformed by this mission, filled with harmony and abundance.

With the highest degree of kindness, generosity, and compassion, send out this intention into the universe, knowing that it will ripple out and make a positive impact.

In order to conclude this meditation, follow along as I start counting backward from 5 to 1. With each count, feel yourself becoming more awake and grounded.

5... Slowly coming back to the present moment.

4... Feeling refreshed and rejuvenated.

3... Bringing your awareness back to your surroundings.

2... Almost fully awake now.

1... Open your eyes, fully awake and ready to embrace the world with renewed energy and purpose.

Take a moment to appreciate this state of relaxation and set the intention to carry the positive energy and protection with you throughout your day.