

Alpha Healing with the Mind 7

7.3 HOW TO PROTECT YOURSELF

Although your higher love is a blessing to those who receive it, yet you must protect yourself against abuse in order to avoid that you give at the expense of your self. The energy of love is precious and must be cherished.

Also the physical world seems constantly knocking at the door to penetrate your energy resources. Your body is the mansion of your soul, and must be protected against all sorts of intruders.

7.3.1 PROTECT YOURSELF AGAINST LOSS OF ENERGY BY OTHERS

Even without knowing the person that you wish to protect against, from within your Alpha-Theta level you are able to protect yourself from energy abuse by that person. That person could be even a close friend, or an entire group of people, or a building, a car, and so forth.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

Place a transparent crystal shell around you, and mentally say to yourself that this crystal shell will keep your energy inside. Decide for yourself which action in reality will activate the crystal shell; for example, you may decide that each time you press the thumb against the index finger, the crystal shell is activated. In this way, even though you will be in Beta, the shell will be activated as soon as you press the thumb against the index finger, without needing to go into Alpha-Theta.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that each time you press the thumb against the index finger, you are instantaneously protected by a transparent crystal shell against energy loss by others. While pressing the thumb against the index finger, you do not need to do any sort of concentration; it will go by itself.

7.3.2 PROTECT YOURSELF AGAINST BAD INFLUENCE FROM OTHERS

Even without knowing the person that you wish to protect against, from within your Alpha-Theta level you are able to protect yourself from any bad influence from that person. That person could be even a close friend, or an entire group of people.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA

TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

Place a beautiful shell around you, for example made of crystal or roses, whatever pleases you, and mentally say to yourself that this shell will keep your energy inside. Decide for yourself which action in reality will activate the shell; for example, you may decide that each time (in Beta) you press the thumb against the index finger, the shell is automatically activated. In this way, even though you will be in Beta, the shell will be activated as soon as you press the thumb against the index finger, without needing to go into Alpha-Theta.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that each time you press the thumb against the index finger, you are instantaneously protected by a shell against energy loss by others.

Re-create this shell in Alpha-Theta from time to time, to make sure it stays strong and fresh.

7.3.3 PROTECT YOURSELF AGAINST BAD BEHAVIOR OF OTHERS

Even without knowing the person that you wish to behave correctly towards you, from within your Alpha-Theta level you are able to protect yourself from any bad influence from that person. That person could be even a close one, or an entire group of people.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display the bad behaving person on the screen. Place a white frame around the screen.

With your mental hands you take the person's head off the screen and place it over yours as though you would wear a large hat.

Try to grasp the person's basic mood; it may not be at all what you would expect. Is there anything that person is trying to tell you ? Listen to that person and feel the feelings and emotions. Talk to this person mentally, making suggestions concerning respect and advice at the inner level on how that person shall behave towards you; visualize perfect end-results that you wish for that person. Feel within you peace, love, strength, and project this to the person you wish to behave well towards you. When you feel you have done enough for the moment, then take this person's head off and put it back mentally. Put a white light around that person and mentally say to that person that from now on you will be treated with respect through correct behavior and courtesy.

Decide for yourself which action in reality will activate the correct behavior; for example, you may decide that once (in Beta) you touch your nose, the correct behavior of the person in front of you is automatically switched on. In this way, even though you will be in Beta, the correct behavior will be switched on as soon as you touch your nose, without needing to go into Alpha-Theta.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that the next time you meet with that person, you will be treated with respect. All you need to do is to touch your nose once.

7.3.4 PROTECT YOURSELF AGAINST DISEASES

Even without knowing the diseases that you wish to protect against, from within your Alpha-Theta level you are able to protect yourself against diseases. The diseases could come for example through viruses, or catching a cold, or intake of unhealthy food, and so forth.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

Place a bright white halo around you, and mentally say to yourself that this bright white halo will keep your health inside and diseases outside.

Mentally write on the halo that this halo will always be around you and will always keep your health inside and diseases outside.

When you feel that the halo is strong enough, immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that you will stay healthy and that no disease will be able to reach you.

Renew the halo from time to time, to make sure that you have the latest version against new diseases that did not yet exist at the construction of the previous halo.

7.3.5 PROTECT YOURSELF AGAINST ACCIDENTS

Accidents are caused by a great variety of factors. They can be caused by lack of concentration, by a bad mood, by mechanical failure, by a slippery road, by carelessness, by breaking traffic regulations, and so

forth.

It is therefore impor

tant that these factors are not in your vicinity, but rather far away from you. Only shall be there the good factors, that make things like traffic, house repair, shopping, etcetera, go well.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

Visualize on the screen yourself radiating white light that extends around you, say a few hundred meters. Mentally write on this light that no accident prone factor that enters this light will ever put you in danger.

When you feel that the light is extended and strong enough and you feel confident, immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that you will stay outside of any accident and that no accident will be able to reach you.

Renew this extended light from time to time, to make sure that you have the latest version against new accident factors that did not yet exist at the construction of the previous extended light.