Meditation Tools

Find Your Own Answers...

Find the power within and learn to ground yourself to experience powerful meditations.

Learn the skills of psychic self-defense to protect yourself from unwanted energies and influences.

Meditation Tools Workbook

by James Van Praagh

For more information about the author, his products and appearances, visit: w w w . V a n P r a a g h . c o m

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MEDITATION TOOLS

| meditation, take some time to set | Where is your sacred space? |
|--|-----------------------------|
| up the space. It is important that | |
| you set aside a room or a space in a garden for yourself, a place | |
| where you will not be disturbed. | |
| This is your time to do inner work. | |
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| Before you begin to meditate, make sure you have | - |
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| reviewed your checklist: | |
| • Turn off all phones, cell phones and pagers | |
| • Inform family members that you cannot be | |
| disturbed for a period of time | |
| Write down any items about which you are | |
| concerned so you can address them later. By doing | |
| this, you won't waste the time or be distracted | |
| during the meditation thinking about what needs to get done. | |
| neeus to get uone. | |
| • Make sure any pets will not disturb you while you | |
| meditate | |
| Have a writing pad close by in case information | |
| comes to you which you will need to remember | |
| | |
| • Prepare the space | |
| | |
| When you prepare to do inner work, make sure you wear | |
| loose and comfortable clothing – nothing too tight, | |
| binding or uncomfortable. Choose a chair with a straight | |
| back, so that you are able to sit straight with the spine | |
| erect. This will enable the energy to flow freely up and | |
| down the spine. | |
| | |

| What do you hope to accomplish with meditation? | When you begin your inner work preparation, remember the three Ps: Preparation, Practice, and Perspective. It is all about being mindful. When one seeks to do |
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| | meditation and inner work, you need to first make a |
| | clear dedication to yourself. It is also |
| | Important to have a clear idea what your |
| - | — motivation is. |
| | When meditating, it is important that you not have a |
| | specific or necessary goal or any expectations. Simply |
| | make a commitment to yourself that this is a time set |
| | aside for your own inner learning, your own inner work. |
| | Any time one pursues meditation of any kind, it is to |
| | understand more about ourselves as spiritual beings. |
| | |
| | the source |
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| | |
| | gently close your eyes. Listen now to the sound of my |
| | voice and the music that accompanies it. Do not judge |
| | what comes into your mind, just experience itjust let it |
| | be. Come back to the sound of my voice and the music |
| | behind my voice. |
| | Begin with your feet on the floor. Become aware of the |
| | feet. Feel the feet and then the ankles. Now become |
| | aware of the pelvic area. Become aware of your lower |
| | back and your stomach. Become aware of your chest |
| | — |

| and your shoulders; become aware of your back and | |
|---|--------------|
| neck. Now become aware of your head and your face | |
| your eyes, your nose, your mouth. Be aware of your | |
| shoulders and your arms and then your hands and fin- | |
| gers. You now have a full awareness of your body. | |
| , , , , | |
| Now bring to mind any discomfort, any pains or aches in | |
| the body. Be aware that they are part of the body and | |
| that it is acceptable to be mindful of them. Just bring | |
| those feelings to the surface and be mindful of them, | |
| but do not judge. | |
| | |
| Now, relax each part of the body beginning with your | |
| head. Imagine your whole head area and the brain and | |
| everything in that areayour neck, your shoulders totally | |
| relaxed. Relax your forehead, your eyes, and your | |
| noseyour mouth and chin. See them and feel them | |
| totally relaxing. Now allow your neck and shoulders to | |
| | |
| relaxslowly just let them relax. Feel now the chest and | |
| the back. Relax them. Let go of any discomfort, any pain, | |
| and just let it be. Let it goand relax. | |
| M | |
| Now your armsrelax. Your hands, your fingers,relax, | |
| relax. Let it go. And your stomach and your backand | |
| your lower back. Relax and let it go. Release any tension | |
| you might have and just let it go. Next your pelvic area, | |
| your lumbar regionsee it and feel it relaxing. See every | |
| organ relaxing. Your legs relaxyour knees relax Let it | |
| golet it go. Good And now feel your feet relaxing, | |

| just letting it go. Every part of the body is now fully relaxed. |
|--|
| Now, as you sit in your fully-relaxed state, it is time to remember to breathe. Breathing fresh oxygen into the body will help sustain relaxation. And when you exhale, you let go of old stagnant energy, old tension. Remember, in meditation it is very important to always remember to breathe. |
| Begin to breathe in through the nostrils breathe in and inhaleone, two, three, and hold. One, two, three then exhale through the mouth. And let it go. One, two, three Good. Continue this rhythm of breathing as the ebb and flow of the oceancoming in and going out. |
| Now, put your awareness three feet above your head area. As you become aware of this space above the head and shoulders, see or feel any energies around this area which are not in harmony or balance with your body. Become aware of the space three feet out to the right side of the body and as you place your focus there, become aware of any energies which are not in harmony or balance of you body. Be mindful of them. Don't judge them. Just become aware of them. Now, place your awareness to the left side of the body, becoming mindful of the total space there. See the back area of the body, behind body. What is going on there? Become aware of |
| that space, that area. And now, become aware of the |

| space in front of the body. Become mindful of any ener- | |
|---|-------------|
| gies that are there which are not in harmony or balance | |
| of your own body. Now it is time to become aware of the | |
| complete circle of energy around the body. | |
| Focus on the very bottom of your spine. Imagine that | |
| you tie a cord to the base of your spine and bring this | |
| cord straight down to the very center of the earth. Now, | |
| find a big boulder and tie that cord around the boulder. | |
| Make it very snug and secure. And now, around each | |
| ankle, tie another cord. Bring both of these cords down | |
| to the center of the earth. Now find two more big | |
| · | |
| boulders and tie these cords to them, making them | |
| very snug. Good. | |
| As we are grounded to mother earth, envision the nur- | |
| turing, loving mother earth energy. This can be the color | |
| of green or light brown, whatever you associate with the | |
| nurturing energy of mother earth. Now bring this beauti- | |
| ful energy up those cords to your spine and your ankles. | |
| As you bring this energy from mother earth through the | |
| cords, see and feel the mother earth energy coming up | |
| the spine to the heart center. Feel it coming straight up | |
| the legs, all the way to the heart center. As we're feeling | |
| this beautiful mother earth energy, we become centered, | |
| strong, grounded, and loved. | |
| Now, envision a beautiful, golden sun, which represents | |
| the cosmic energy, the cosmic force, or cosmic light. | |

| | See a beautiful ray of golden light come from that sign |
|---------------------------------------|--|
| | and go straight down the top of the head, the back of |
| | the neck, going down to the center of the heart. See this |
| | beautiful cosmic light mingling with this mother earth |
| | energy and feel these two energies blending, blending |
| | and becoming one. As these two energies blend, feel |
| | your heart center expand. And as your heart area |
| | |
| | expands, see it forming a green light in this area. This |
| | area of green light becomes larger and larger and soon |
| | encompasses the entire space around the body. |
| | Continue to revel in feeling a beautiful blending of these |
| | energies: a beautiful balance of energies dancing |
| | together as one. Good And as your space is filled with |
| | this light, this beautiful universal light, we are ready and |
| | prepared to open ourselves further |
| | |
| | One of the most important parts of meditation is |
| | breathing, for breathing is a gift from God. The breath |
| | sustains life. It refreshes us, recharges us. Always |
| | remember to breathe. |
| | remember to breathe. |
| | Pagin by inhaling, and as you inhalo, envision a golden |
| | Begin by inhaling, and as you inhale, envision a golden |
| | light coming in through the nostrils – a golden light of |
| · · · · · · · · · · · · · · · · · · · | breath, this gift of God. As this light breath comes into |
| | the body, it refreshes and recharges every cell, every |
| | single organ. When you exhale, envision a grey mist, |
| | which comes out of the mouth. This grey mist represents |
| · | any anxiety, any nervous tension, any problems you |
| | might be having, as well as any difficulties, any fears, or |
| | |

| any nervousness. It is represented by the grey mist and | |
|---|-------------|
| is replaced with the golden light of God. | |
| | |
| It is time to begin and bring in that beautiful golden | |
| light. | |
| Inhaleand hold that breath one, two, three, four | |
| Now exhale, blow it out, blow it out. Let it go, the grey | |
| mist let it go | |
| Now again: inhale the golden light touching every cell, | |
| every single organ. Inhale. And hold it: one, two, three, | |
| fourand exhale. | |
| Every cell in the body is filled with this light and with | |
| every exhalation we let it go, let it go, let it go | |
| ,g-, g-, g-, g-, | |
| Remember as you bring in the light, every organ, every | |
| cell is filled with light. Inhaleand hold it: two, three, | |
| fourand exhale. Blow out any anxiety, any nervous | |
| tension, any fears. Let it go out of the body. | |
| It is no longer needed | |
| | |
| Now, we expand our breathinga little bit more Inhale | |
| a little bit more. And exhale a little bit more. Again, | |
| Inhale that golden light. Inhale as deeply as you can | |
| inhale and hold it: two, three, four, five | |
| Now exhale completely Let it go. Blow it out, | |
| slowlytwo, three, four, five Let it go. Good | |
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It is time to become aware of just how the body feels.

Become aware of how different it feels now than when we first started. Become mindful of how the body has changed, how the body is recharged and rejuvenated – how the body has become electric. Now, keeping the same rhythm of breath, concentrate on that breath as we continue on our journey. Always being aware of the breath, for it is our guide as we go further and further within.

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| Whose negative feelings, whose negative energy are you picking up? | There is, indeed, a positive and a negative to our spiritual work. The positive is love and the negative is fear. By buying into fear, we open ourselves up to any negative thoughts or feelings which are out there and may be directed toward us. Being in fear is perhaps the weakest link to our being. Living in fear is living in illusion and gives life to that negative energy. By not living in ignorance – and enlightening ourselves to higher learning and understanding and correctly living the principles of life – we can experience truth and freedom. As was once written: only the truth can set you free. |
|---|--|
| Who is psychically attacking you with their thoughts and their feelings and their negativity? | Understand that you are pure energy. You are made of energy and all around is your energy. Many times, we a subject to other people's thoughts and feelings. For example: one day, you may be depressed and not know why. It could be that you are psychically 'picking up' on another's negative feelings in your own energy field. Look around youat the people you work with, the people you live with, the people you socialize with. Whose negative feelings, whose negative energy are you picking up? Who is psychically attacking you with their thoughts and their feelings and their negativity? Before we begin to defend ourselves, we must clean our field and rid it of other people's energy. |

| CENTERING IS THE FIRST STEP | |
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| In order for your meditation to have the most optimum | |
| effect, you should begin every meditation exercise by | |
| taking a few minutes to properly ground and center your- | |
| self in the body. | |
| | |
| Begin by finding a straight back chair in which to sit. | |
| Place your feet on the floor, put your hands in your lap, | |
| and close your eyes. | |
| | |
| Meditation is the awareness of self. Take the time and | |
| commit yourself to relaxing. Listen closely to the sound of | |
| my voice as I gently guide you through the process of | |
| coming into the center of your being. | |
| | |
| We begin by placing our awareness on our breathing. We | |
| inhale through the nose to a count of three and then | |
| exhale through the mouth, also at the count of three. | |
| Breathe rhythmically like the ebb and flow of | |
| the ocean. Let's begin. | |
| - | · |
| And as you continue this rhythm, become aware of your | |
| body and bring it to its perfect balance, center and | |
| rhythm. Begin with your head and neck. Tense them and | |
| slowly release them. Now tighten the muscles in your face | |
| and then relax them. Good. Next: your shoulderstighten | |
| them and roll them up to your ears then roll them around | |
| in front of you and behind you and then lower them | |
| and release. | |
| Now the muscles in your arms: tighten and release. Your | |
| | |

| hands: make a fist with both hands, tighten, and release. Good. Let the energy flow. Become aware of the muscles in your chest and abdomen. Tighten them and now relax. Now become aware of your back. Tighten the muscles and then relax them. Upper legs: tighten and release. And now to your calves: tighten and release. Let it go. And, finally, tighten up your feet, even curl your toes, tense them and then release them. Very good. Now the body is fully relaxed and you're prepared to begin your meditation. |
|--|
| As you sit, imagine a beautiful ribbon of gold light flow- ing from the top of your spine down through your spine to your lower back. See this bit of light, going in and out of the spine as you open yourself up and become one with your being-ness. This ribbon of light is the source of life, your energy. |
| This meditation begins with your eyes closed. You may be lying down or sitting up – it doesn't matter. We will start this meditation with a focus on our breathing, to center ourselves. With your mind's eye, become aware of a pin of gold light, right above your head. |
| BREATHING |
| Begin by inhaling, and as you inhale through the nostrils, envision a golden light coming in – a golden light of breath, this gift of God. As this light breath comes into the body, it refreshes and recharges every cell, every single organ and every muscle. See the gold light |

| swimming through your bloodstream and enriching you | Whose energy have you |
|--|----------------------------|
| with a sense of peace and lightness. When you exhale, | been picking up? |
| envision a grey mist, which comes out of the mouth. This | |
| grey mist represents excess energy or old stagnant | |
| energy the body no longer needs for its growth. See the | |
| grey mist exit and dissolve into the ethyrs. Good. We're | |
| maintaining the rhythm of constant breathing. | |
| • | Where have you been |
| Imagine, in your mind's eye, a miniature vacuum. The | walking? |
| back of the vacuum has a hose, which goes directly into | |
| the earth. The front of the vacuum has a long hose with | |
| an attachment. Place the front attachment of the vacuum | |
| at the top of your head area. Now begin to suck away and | - |
| take away into the vacuum any energies in your aura, | |
| your energy field, which are foreign and | As you do this, notice the |
| don't belong to you. | difference in the body. |
| don't octorig to you. | How does the body feel |
| You may even notice that you see a thick brown or grey | different? |
| "gunk" going into the tube. See this gunk go down the | |
| tube to the center of the earth to be recycled. This gunk is | |
| foreign energy – energy that is not yours, and that has | |
| | |
| been sitting in your energy field. | |
| Now hadin to may the vacuum down your hade. Slowly | |
| Now begin to move the vacuum down your backSlowly, | What have you seen that |
| very slowlyas the back is very important. It is a major | you shouldn't have? |
| psychic center, an opening It can be a | |
| vulnerable spot, where people can easily be attacked. | |
| And other people's energy can easily get to you there. | |
| So very slowly bring that vacuum down and take access | |
| So, very slowly, bring that vacuum down and take away | |
| any foreign energies. See them being peeled off you and | |

| Who is showing things that they shouldn't? | going down that tube to mother earth. |
|--|---|
| | Now, as you do this, you might even notice people's faces come into view. That represents those whose energy is on you. Go down all the way on the back, and take them away, suck them away. Send them down. Send them away with love. Send that energy back down to |
| Who has been talking to you? | mother earth to recycle. Now to your lower back and your legs and down the legs. And the feet Whose energy have you been picking up? Where have you been walking? As you do this, notice the difference in the body. How does the body feel different? |
| Who have you been speaking to recently? | Now begin on the front, at the eyebrow center, the third eye. It's a very important center. This is the center for clairvoyance, clear sight, and spiritually seeing. Cleanse this area very carefully. What have you seen that you shouldn't have? Who is showing you things that they shouldn't? Take it away. Pull it awaydown the tube. Very good |
| Whose energy in on your throat area? | Now to your throat, your communication center. Who has been talking to you? Who have you been speaking to recently? Whose energy is on your throat area? Take it away. Suck it awayDown the tube. Now to the chest and the heart area, a very, very important area: the seat for unconditional love, healing, emotions. Whose emotions are plugged into you? Whose emotions are plugged into your heart area? Take them away. |

We are constantly receiving and transmitting in this Whose emotions are plugged into you? center. So make sure no one is plugged into you there. With your vacuum, suck away - take away, cleanse away - that area. It is very, very important. Now down the front of the legs. Once again: feel the difference. How much lighter do you feel once this foreign energy is away from Whose emotions are you? Now, do the same on either side of the body for as plugged into your heart long as you need to, until you feel completely clean, until area? you feel back to yourself. When you've finished, put the vacuum away in a box and place it wherever you want: on your body or in a little storage area in your mind. It doesn't matter, as long as you have a place for it. Now, in your mind's eye, recall whom you have spoken to How much lighter do you today. Where were you today? Where did you leave your feel once this foreign energy? Who did you leave your energy with? Was it energy is away from you? someone you were speaking to on the telephone? Someone at work? Perhaps, a loved one? Where did you leave your energy? Imagine now, the very top of your head as if it is an open doorway. And coming through that doorway is all of your energy, returning from where you left it today. Bring it Where were you today? back into your own body, into its source. As you visualize and see the people and places where you left your energy, take it back and bring it back into your body, into its source. And be filled, once again, with your own energy. As you begin to fill with your own energy again, notice - almost like stardust coming into the body -- the difference in how you feel.

| Where did you leave your energy? Who did you leave your energy with? Was it someone you were talking to on the telephone? Someone at work? Perhaps, a loved one? Where did you leave your energy? | Notice that you feel more like yourself. Notice how more in control you feel. Continue doing this for as long as you need, to fill your body with your energy. |
|---|--|
| | Around every living thing there is a natural defense called the aura. This envelope surrounds the body and extends several feet beyond it. The best way to strengthen our defenses is to reinforce that aura. The easiest way to accomplish this is to stand and, as you're standing, imagine a bright, blue light globe about three feet above your head. Visualize the shining light entirely surrounding you from the top of your head to below your feet. Feel this light with a strong sense of your energy, of who you are. Label it as you. Put your name on it. You are the strongest one you know. Feel this light with your being-ness, completely. with who you are and everything you love about yourself everything you hold dear to yourself. Fill this space, fill this light. Good |
| | Finally, cover this blue light with streaks of white light and envelop yourself with this white light on top of the blue. This is a barrier of protection. For further protection, you can imagine covering the white light with an amulet or even a religious symbol which you may associate with protection. Remember, having the thought of protection around you is what matters most. |
| | A final defense, which is quite powerful, is to stand erect, once again, and imagine that a reverted mirror surrounds you. This means the reflection is shining away from you |

As you imagine this, it will seem as if you are in a box.

Any thoughts or feelings which come at you, will be reflected back immediately to their source, the place from where they are originating.

When working with psychic self defense, it is important to keep your defenses strong, through your meditation. It may also be important for you to evaluate your present life and see who it is in your life who seems to be pulling and draining your energy on a regular basis. For your own well-being and health, evaluate your life. Evaluate the people in your life. Evaluate your home and your workspace. If you find that there is foreign energy —anywhere — that does not belong, you may also use the technique of the vacuum to eliminate it.

Now, slowly, become aware, once again, of your feet on the floor, of your legs, of your back, and your shoulders.

Become aware of your arms, your hands, your neck, your chest... your stomach, your head, your face. Become aware of the physical body and also become aware of the space, the aura around you. Experience how much lighter it is, how much stronger it feels, and how much more it extends.

You are a child of the light. You have the power. No one has power over you. For when there is love, there is light. For when there is love, there is God.

For more information on James Van Praagh, his work and his appearances visit:

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