

# *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:

[www.VanPraagh.com](http://www.VanPraagh.com)

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What do you want to accomplish in this space?

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What kind of objects can you fill the space up with, to enhance the relaxed state?

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*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 inhale...one, 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 ocean...coming 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*





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.

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.*

*Inhale...and 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, four...and 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...*

*Remember as you bring in the light, every organ, every cell is filled with light. Inhale...and hold it: two, three, four...and 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 breathing...a 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, slowly...two, three, four, five... Let it go. Good...*



# PSYCHIC SELF DEFENSE

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*We live in a world of unseen thoughts, forces, and energies. They are all around us and we need to make sure, on a daily basis, that we are strong and protected from any influences outside ourselves which may impede our own well being.*

*To help in understanding this, here are some examples:*

*Have you ever had the phone ring, only to learn that it was a telemarketer trying to sell you something? They interrupted your peace and quiet. Or perhaps, someone comes to your door and tries to sell you magazines that you really don't want. Once again, they are interrupting your peace, your life.*

*By being in defense, I do not mean that you constantly live in fear and worry, but simply that being aware is the first step in being awake. By living with a certain sense of awareness – and by using your own natural strength and force – you can protect yourself. A good offense is a strong defense. The stronger you are spiritually, the stronger you are mentally, emotionally, and physically.*

*This is an exercise to incorporate your sense of balance and well-being.*

Whose negative feelings, whose negative energy are you picking up?

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*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?

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*Understand that you are pure energy. You are made of energy and all around is your energy. Many times, we are 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 you...at 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.*



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 flowing 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 with a sense of peace and lightness. When you exhale, 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 ethers. Good. We're maintaining the rhythm of constant breathing.*

*Imagine, in your mind's eye, a miniature vacuum. The 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 don't belong to you.*

*You may even notice that you see a thick brown or grey "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 begin to move the vacuum down your back....Slowly, very slowly...as the back is very important. It is a major 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 away any foreign energies. See them being peeled off you and*

**Whose energy have you been picking up?**

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**Where have you been walking?**

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**As you do this, notice the difference in the body. How does the body feel different?**

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**What have you seen that you shouldn't have?**

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**Who is showing things that they shouldn't?**

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**Who has been talking to you?**

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**Who have you been speaking to recently?**

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**Whose energy is on your throat area?**

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*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 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?*

*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 away...down the tube. Very good...*

*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 away...Down 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 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 you? Now, do the same on either side of the body for as long as you need to, until you feel completely clean, until 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 today. Where were you today? Where did you leave your energy? Who did you leave your energy with? Was it 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 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.*

**Whose emotions are plugged into you?**

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**Whose emotions are plugged into your heart area?**

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**How much lighter do you feel once this foreign energy is away from you?**

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**Where were you today?**

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Where did you leave your energy?

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Who did you leave your energy with?

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Was it someone you were talking to on the telephone? Someone at work? Perhaps, a loved one? Where did you leave your energy?

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*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 work-space. 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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