

When Dr. Victor L. Frank was asked what was next in importance following getting our bodies to properly regulate our blood sugar and to be adequately hydrated, he responded, "Protection!" He taught that the level that we vibrate attracts things of a similar level. If we want to change our health then we need to work on increasing our level of vibration. The higher our level of vibration the more positive people and experiences we attract. Vibrating at a higher level can also make us a target. Therefore, we not only need to energetically cleanse and increase our level of vibration, but we must also shield ourselves. The following visualization was developed in the 1950s by Dr. Frank and was practiced everyday by him and was something he taught his students the world over. It serves to cleanse our energetic or luminous body, raise or vibration level and shield us from outside attacks or negative energies.

### TBM Protection

The TBM Protection procedure both raises your level of vibration and protects you. It raises your level of vibration by cleansing and filling your body with white light. It protects you by placing shield around you.

- 1) Uncross your legs and place your feet flat on the floor.
- 2) Close your eyes. Place your hands over your belly button with the left hand pressed against your belly and the right hand against the back of the left. Now interlock your thumbs by place your right thumb under your left one. Now bend your right index and ring fingers so they curve back under your left hand and leave the middle finger straight in the center of your left forearm. Keep your hands in this configuration until you've completed the exercise.
- 3) Now visualize a hot, bright, white flame behind your sternum. Use your breath like a bellows to increase the intensity of the flame and make it grow. As it enlarges into a ball turn it in on itself in a centripetal fashion, continuing to increase the intensity as it becomes more and more dense. Do not spin it. Note: If you are having a hard time visualizing a white flame, then do the same with a harmonious tone or a feeling of love.
- 4) Now cause it grow throughout your chest and abdomen. Continue to use your breath as a bellows to build the intensity. Allow the light to flow into your neck and shoulders, then down your arms and into your head. Now feel it flow into your pelvis and buttocks, then down into your thighs, legs and then feet.
- 5) Continue to build the brightness and intensity of the light as it fills your body from the original source behind your sternum. Now let the light pass beyond your skin and fill the area around your body. Feel it cleanse not only your entire body, but the space around you.
- 6) Once the light has filled your entire body and a space of at least six inches around you, take in a quick, deep breath and draw the white light back into your body. Your body is now filled with the light, the Spark of Life behind your sternum continues to grow brighter, hotter and more concentrated and radiates throughout your entire body like dense Styrofoam.
- 7) Now visualize a large bucket above your head that is filled with a clear, liquid plastic. With your mental hands reach up and pour the contents of the bucket over your body, allowing it to flow over all parts of you. Use your hands to smooth it out and to make sure that it is spread over every square inch of you. As you do so it becomes a paper thin, fully flexible, breathable armor and protection to you.
- 8) Above your head is a second bucket of liquid plastic. Do the same thing with this bucket, smoothing it out, making sure that no spots are missed. Feel it become paper thin, flexible and breathable again.
- 9) A third bucket is now overhead. This one, however, is filled with a pink, liquid foam. This will form a layer around you that will repel any attacks and convert the energy into pure love and sending it back to them 10-fold! Once again, using your mental hands, pour the foam over your body, smoothing it out and insuring that all areas are well covered.
- 10) Now take three long, deep breaths and open your eyes.

This procedure is to be completed at least each morning and evening. If at any time during the day you wonder if you shield is worn down a bit, take a moment to "check in" and repeat any aspects of the shielding that may be needed.



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