



# *The Vibrant Protection*™ Release, Allow and Receive

*Respectfully inspired from Donna Eden's Energy Medicine*

This exercise combines two of Donna Eden's signature energy medicine tools for protecting your energy from negative outside influences, as well as clearing areas in the body and mind that are stagnate or stuck. The Vibrant Protection™ works by strengthening your aura (the electromagnetic energy outside your body) and by closing, thus protecting the vulnerable central meridian area from toxic energies. The power of the TriVibrance™ Clarity and Manifestation oil helps amplify the results of these combined exercises by embedding clear, open, protected and positively receptive energy to every cell in the body. If possible, perform the Vibrant Protection™ outside, grounding barefoot on the soil. Your feet will absorb the health-enhancing negative ions that act as a sort of antioxidant.

Begin by rolling The TriVibrance™ **Clarity and Manifestation** oil (or the oil of your choice or recommended by your practitioner) on the heart area and on both palms. Take 3 deep breaths.

Start by deeply inhaling the aroma of the oil on your hands. Rub your palms together vigorously. With your eyes closed, hold your charged hands about a foot apart from each other in front of your heart space. Pretend you are holding a blow-up ball. Slightly pulse both hands back and forth as if you are pushing on the ball until you can "feel" the energy (the "ball") between the hands. Place your elbows together. With elbows attached, cross your forearms over each other in front of your chest, then swing both arms out away from both sides of your body, straightening your arms. Bend slightly and bring your elbows together again in front of your pelvis. Cross your arms and swing them out. Bend more and bring elbows together. Cross your arms in front of your ankles and swing them out. Swing your arms behind you and face your palms toward your front and scoop the energy up from your ankles and over your head.

End by "zipping up" your central meridian and sealing in the protective energy. If you like, you can repeat an affirmation each time you zip up. Face both palms a few inches away from your body. Stack them on top of each other so that both palms are facing the center of your body. Place both palms at the bottom end of the central meridian, which is at your pubic bone. Take a deep breath as you move your hands straight up the center of your body, to top of your head. You are "zipping up" and protecting your central meridian. Repeat three times.