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| page194image25462192APPENDIX 3 ✦✦✦ Covid Panic Emergency Meditation IF YOU ARE HAVING a panic or anxiety attack: 1. Feel your feet. Place your awareness in your feet, and stay there as long as you can. Feel your legs: imagine you are a tree, firmly rooted.
2. Slow your breath, counting to four as you inhale, counting to six as you exhale while making a *shhh* sound. Create a mild tension in your stomach muscles if you can.
3. Close down your crown chakra. Imagine at the very top of your head a wheel of light spinning to the right and closing down. Keep it open just a crack, and only allow the highest light of the universe to come in.
4. Begin to think of the things you love: trees, mountains, pets, riv- ers, Mom, Dad, children, Jesus, Quan Yin, and so on. Generate the feeling of love. Hold it in your heart. What does that love feel like? Imagine a candle there in your heart, a flame that can never be extinguished.
5. Call on master angels (such as Michael) or Jesus or St. Germain or Mother Mary or whomever you trust in the spirit world to help you. Pour out love to them. Or call on a loved one who you trust.

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Covid Panic Emergency Meditation ✦ 181

1. Continue breathing deeply and slowly. Inhale and think *I am love.* Exhale and think or say *I love,* while thinking about love.
2. If you can, light a fire or a candle or gaze at the sun and begin to do Breath of Fire or the Fire Love Loop exercise (appendix 2) for twenty minutes while gazing into the flame. If you are not able to light a candle and you are lying in bed, breathe into your belly while holding a mild tension in your stomach muscles on both the inhalations and exhalations. Pulse the root lock (mula bandha) twenty times.
3. Drink some water. Lie back down and now imagine a cooling stream or river gently flowing through you, cleansing and calming your body.
4. Seal yourself with protection, such as the Violet Flame (see page 150), swords on all sides of you, horns on top of your head, armor, the seven mighty Elohim, Hercules, or whatever feels like protection.
5. Thank your guides, angels, and masters for helping.