

## THE TOWER OF LIGHT<sup>1</sup>

This method makes your aura a luminous and potent shield of spiritual protection.

1. *Breathe* deeply and evenly. (Keep doing this throughout the practice.)
2. Progressively *relax* your whole body.
3. *Stand erect* without stiffness, arms at sides. (In making practical use of this method, you may not always find it possible or reasonable to stand. If you are walking, *walk upright*, evenly, calmly, arms swinging loosely at your sides. If you are seated, *sit with spine erect*, feet parallel and firmly planted, hands palm down on your thighs. In either case, *proceed with what follows just as if you were standing*. But when doing your customary practice you should ALWAYS stand, unless prevented by serious health reasons.)
4. *Visualize* all around you a long ellipsoid of intense **bright blue light**. It extends to about 9 inches beyond the surface of your body all around, and to about 16 inches above your head and below floor level at your feet. (Your psychic aura is much more extensive than that, and is usually visualized in silver; but for defense purposes you need it to be blue, and it is easier to create the conditions you need in this smaller compass.)
5. When you can visualize (or simply be aware of) this well-defined field of intense bright blue light entirely surrounding you, visualize within the top of that aura, slightly above (not touching) your head a globe of brilliant white light.
6. Concentrate your attention on this globe, so that it becomes brighter, glowing white like burning magnesium. (You don't need to look upwards; just sense its presence.) You are making this image to represent the Light of your Higher Self, *which is truly there*; and you imagine this globe ABOVE your head, *not touching*, because you do not in any way identify your Higher Self with your conscious self, your ego-personality.
7. Be aware of these two images: the intense bright blue ellipsoid in which you are entirely contained, and the effulgent white globe over your head, occupying the apex of the auric shape. (See illustration.)
8. Aware of the brilliant globe over your head, aspire to the highest good you are capable of conceiving—realizing that though this globe is a visualized symbol it represents a part of true Divine Force.
9. When you feel ready, see that dazzling globe sending down glittering white light. This light, filled with silver sparkles, floods your aura and at the same time completely permeates you, coursing vibrantly through you.
10. The outer shell of your aura remains sharply defined as an ellipsoid of intense bright blue, all filled now with the living, vibrant, sparkling white light. Continue this formulation for some time (as long as you can effectively concentrate upon it) *seeing it as a living, moving reality*. The brilliance flows down continually into you and around you—it is inexhaustible, for it is a part of the Source of All—and in your aura it continually circulates, effulgent and sparkling, reinforcing that hard, sharply-defined and brilliantly blue outer shell. *Be aware of yourself, blissful and alert at the center of this glorious manifestation of Divine Power!*
11. Let it fade from your consciousness, knowing at the same time that IT HAS NOT FADED FROM REALITY.

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<sup>1</sup> *The Llewellyn Practical Guide to Psychic Self-Defense and Well-Being*, by Melita Denning and Osborne Phillips. Second enlarged edition.