

**Prayers of Protection**

*This prayer is best said with the fingertips placed over the heart.*

I heal, shield and protect myself in God's Loving Light.

*The Unity Prayer*

The Light of God surrounds me  
The Love of God enfolds me  
The Power of God protects me and  
The Presence of God watches over me always  
And all is good.

*When making the sign of the cross, say:*

I am protected by the White Light of the Holy Spirit  
Above and below, from side to side  
Front to back, within and without.

I am protected on this plane and all planes  
This time and all times.

This protection goes out to all who are connected to me in any way  
And also to those connected to them as well.

Remember the words of these prayers are very powerful. You can change the words to include others, either singly or in groups. Such as, "The Light of God surrounds Bob or surrounds us, or them."

**The intent is the most important!**

**All of this must come from a foundation of Love!**

**Love is all there is!**

### *House Blessing*

To bless your house, it is good to have these items on hand:

1. Sea Salt
2. Incense
  - a. Nag Champa
  - b. Ylang Ylang
  - c. Sage/Sweet Grass
3. Music
  - a. Calm, meditative, soothing
  - b. The music should make you feel peaceful
4. Copy of this blessing

Start by placing a small amount of the sea salt in the corners of each room of your home.

Light the incense and start the music at a level that you can hear it throughout the home.

As you go from room to room repeat the blessing:

*When making the sign of the cross, say:*

This home is protected by the White Light of the Holy Spirit  
Above and below, from side to side  
Front to back, within and without.

This home is protected on this plane and all planes  
This time and all times.

This protection goes out to all who are connected to this home in any way  
And also to those connected to them as well.

Only those with Love in their Heart may enter here.  
(Say this around each opening, doors, windows, etc.)

By doing these blessings, you are bringing into your life the energy that comes from God the Father, and nothing is stronger than this. By committing to this process, you are calling in **all the Love and Light there is**. There is nothing more powerful than this!