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Releasing Fears Meditation Script

By Brad Austen

The following meditation offers psychic protection and assists with breaking down the fear matrix that may make you feel fearful, anxious or agitated.

Everyone experiences fear from time to time, but for some it can become a constant problem that causes grief and suffering. This meditation is designed to assist you in releasing your fears and strengthening your aura.

Begin now by calling on the light, Archangel Michael, God or whatever you perceive it to be. Take a deep breath in and exhale gently. Just become aware of the speed of your breathing. By breathing deeply and slowly, your body and mind gradually relax. Take another deep breath in and exhale gently.

Visualize a violet transmuting laser of light coming down into your crown at the top of your head. See this laser zapping away any negativity, any fear based energies. This violet laser of light is transmuting any fear-based energy that may be affecting you now.

Keep calling on the light to transmute your fears now, whatever they may be.

Fear can manifest in different ways; phobias, fears or repetitive habits. See this violet light transmuting your fears and returning them to neutral energy.

Within a few minutes, your fear or anxiety will reduce and become more manageable. Ask the light to seal your aura and visualize your aura becoming clear and strong.

If you are still feeling some fear at this point, visualize the fear based energies bouncing off your aura. This energy can no longer penetrate your aura and bodv.

Ask the light to take away any energy or entities that are not for your highest good. Ask the light to remove these energies from you on a full and permanent basis now.

Finally visualize the violet light sealing your aura with light and protection, so that only love-based energies may enter your field.

If you can, try to hold a happy or joy filled emotion in your heart. Allow this feeling to expand out from your heart and expand throughout your entire body and aura.

Thank the light for helping you during your time of need.

Remember that we have free will. Spirit respects our free will, and so we need to ask for assistance when required.

Whenever you are feeling anxious or fearful, remember to practice this meditation. Over time your fears will become less and more manageable, but it does require effort and practice.