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Protection Meditation

<https://www.meditationsonthetarot.com/protection-meditation>

And the light shineth in darkness, and the darkness did not comprehend it. ~ John 1:5

The failure to harmonize the three soul functions opens one up to lower influences. Specifically, these are:

Those who base themselves on thinking alone or primarily on thinking, will become detached from conscience and will; they will become the prey of Lucifer. They will be easily seduced by ideas of grandeur.

When feelings predominate, Ahriman steps into the shadow of the Luciferic spasms. The fall into Ahriman’s kingdom takes place in this way. They become hypnotized and are prey to propaganda and deceit

In the case of gut vision, one becomes the prey of Asura. The stomach, the intestines, and the genitals, figuratively speaking, become independent. They develop a separate I of the body that makes it impossible to become a real person.

The Our Father prayers is intended to prevent the 6-petaled sacral chakra from absorbing these forces. However, for most people this prayer only reaches down to the heart, 12-petaled, chakra. This protects the head, but below that, there is still darkness and unconsciousness.

The first three petitions affirm divine authority, not divine power. Hence, God is powerful to the extent that his power is freely recognized and accepted. (Letter IV) Hence, Valentin Tomberg proposed this protection meditation against the usurpation of the soul functions by the 6-petaled lotus.

Triangle in root chakra

Imagine an equilateral triangle in the 6 petaled lotus, with the first three petitions forming its three sides. The first petition must become a living line, then the second petition and finally the third. All the lines must be alive. First the two sides, then the baseline: Thy will be done. This is shown in the following diagram:

Then imagine the spleen as Lucifer’s domain and the liver as Ahriman’s realm in the human body. Then two living lines proceed from the fourth and fifth petitions, to the centre of the 8 petalled lotus, i.e., to the centre of the triangle.

From the liver, the fourth petition for daily bread

From the spleen, the fifth petition about trespasses

Then think of Asura’s reign in the genitals and from there form the line of the sixth petition about temptation

Circle in root chakra

Then, with the petition about evil, draw a circle in a clockwise direction inside the triangle; move the words of the petition in the circle around the centre, then the interior of the circle fills with light like the sun and dispels all darkness.

There are three ego, or I, centres in man. This chart shows their relationship to the lotuses and to the aspects of the higher self.

Ego Centres in Man Ego Centre Aspect of higher Self

6 petaled lotus Manas

12 petaled lotus Buddhi

2 petaled Atma

Further teaching on this prayer can be found in the Our Father Course.