

This is the protection exercises from Stylianos Atteshlis, the Greek Mystic. His teachings are very close to Bailey's stuff but they had many practices. The ones that I include are those which could be given publicly and hence can be found in his books. He wrote only a few of them because he was occupied with healings and classes daily for all his life since the age of 9!!!

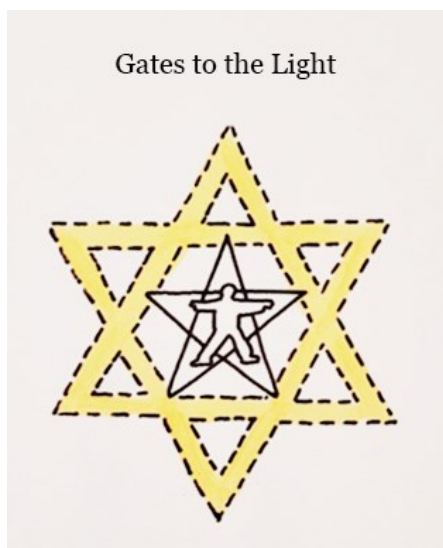
If you need more material to study, just ask me.

Take care my brother.

Vasilis

Archangelic Five-pointed Stars

“For he shall give his angels charge over thee, to keep thee in all thy ways.” (Psalm 91:11)



People wear talismans for protection and good fortune. By consciously constructing Five-pointed stars on our etheric doubles we, ourselves, become powerful talismans. When we spread out our arms and legs, we see that we form a five-pointed star.

Our symbol has two points down-ward (our legs), two to the sides (our arms), and one point up (our head). This star represents the human form in perfection. We can work with the Archangels of the Elements to form five-pointed stars for our protection and general well-being.

If I need to improve the condition of my blood, I create the star with Michael's red light on my etheric double. When I am in need of energy, I work with Raphael, the Archangel of power, energy and strength, by constructing a five-pointed star of violet light.

If I feel vulnerable, or if I have problems controlling my emotions, to whom do I attune myself? To Archangel Gabriel, by creating a five-pointed star in sky-blue light. In the psychical and noetical universes we can form five-pointed stars on the etheric doubles of the corresponding bodies for heavenly work as invisible Helpers.

After constructing five-pointed stars on our etheric doubles, we can visualise ourselves embedded in the centre of a larger six-pointed star of golden light. The six-pointed star is constructed of two overlapping triangles: an upward directed triangle expressing our divine nature and a downward pointing triangle symbolising our descent into the worlds of separation.

Placed in the middle of a six-pointed star, we feel attuned to our divine nature, always in Him, and He always in us.

Protection by Michael's Fire

With your etheric eyes, visualize yourself standing with your arms extended to your sides and your legs apart. Breathe deeply and call Archangel Michael.

Raise your etheric right hand above your head and draw a straight line of red light down to your left foot.

Visualise Michael's red light emanating from your etheric hand. See, feel and hear the light pour from your hand as you construct the five-pointed star on your etheric double.

Now, from your left foot draw a diagonal line up across your body, until your right arm is fully extended off to your right side and level with your shoulders. Breathe deeply and move your right arm across your chest, in a straight line, and continue as far as it will go off to your left side.

Visualise a line of red light, projecting beyond your hand, to form a line that extends equally off to your sides.

From there continue the motion, in a straight line, down to your right foot. Raise your hand from your right foot to the point of origin over your head, thus completing a five-pointed star.

You are now surrounded by a five-pointed star of radiant red light. Within it your etheric double shines. Be aware of Michael's presence in.

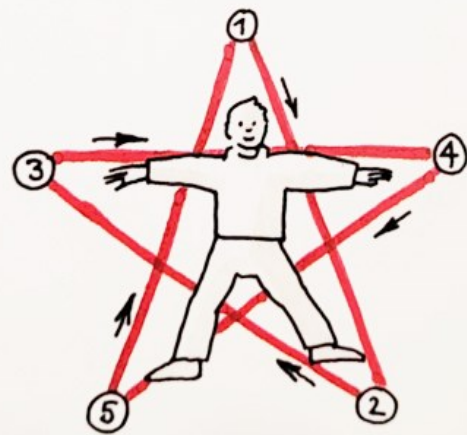
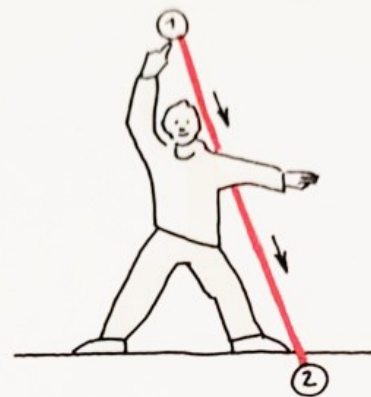
Breathe deeply, your warm red blood in and around you as a protective shield. Thank Michael for his help.

A large six-pointed star of golden light forms and surrounds the five-pointed star,

"He telleth the number of the stars; he calleth them all by their names."

(Ps. 147:4).

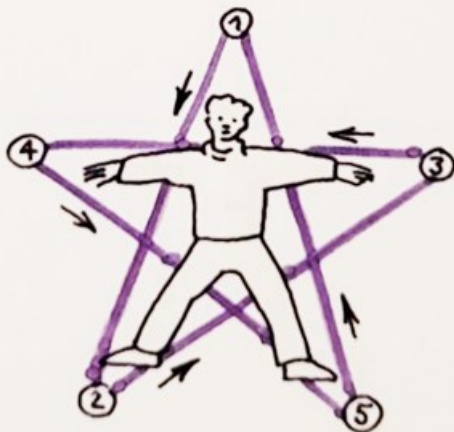
Permit the exercise to unfold. Breathe deeply and return slowly to your material body.



Michael's protective star is constructed of red light, pouring from the right etheric hand.

Protection by Raphael's Energy

For Raphael's five-pointed star use violet light and the left etheric hand.



With your etheric eyes, see yourself standing with your arms extended to your sides and your legs apart. Breathe deeply and call Archangel Raphael.

Raise your etheric left hand above your head and draw a straight line of violet light down to your right foot. Visualise Raphael's violet light emanating from your etheric hand. See, feel and hear the light pour from your hand as you construct the five-pointed star on your etheric double.

Now, from your right foot draw a diagonal line-body, until your left arm is fully extended upwards and out across your left side and level with your shoulders. Breathe deeply and move your left arm across your chest in a straight line, and continue as far as it will go off to your right side.

Visualise a line of violet light projecting beyond your hand to form a line that extends in an equally straight off line, your sides down. From there continue to your left foot.

Raise your hand from your left foot to the point of origin over your head, thus completing a five-pointed star.

You are now surrounded by a five-pointed star of vibrant violet light. Within it your etheric double shines. Breathe deeply. Be aware of Raphael's presence in you as etheric vitality and around you as protective shield. Thank Raphael for his help.

A large six-pointed star of golden light forms and surrounds the five-pointed star.

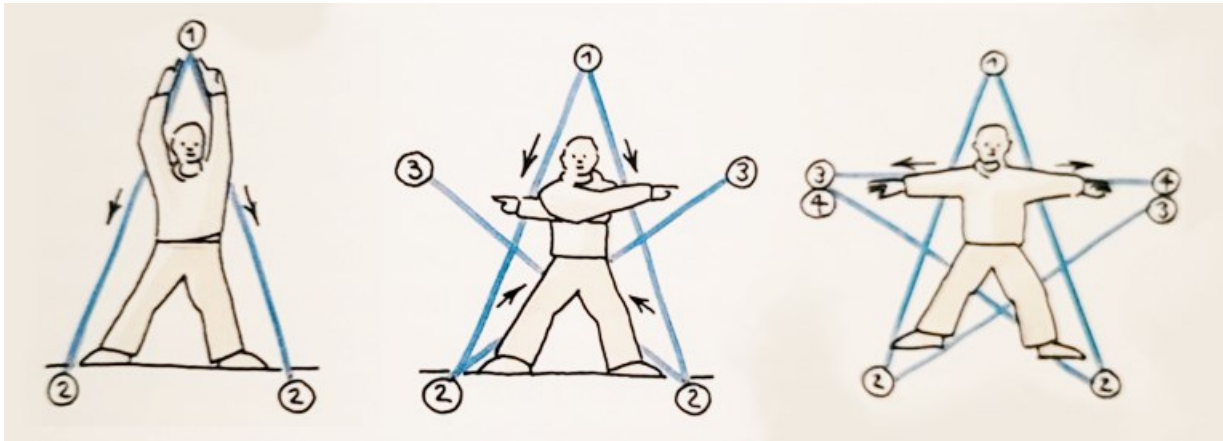
“There is one glory of the Sun, and another glory of the moon, and another glory of the stars: for one star differeth from another star in glory.” (1 Cor. 15:41)

Allow the exercise to unfold. Breathe deeply and return to your material body.

Protection by Gabriel's Serenity

With your etheric eyes, see yourself standing with your arms extended to your sides and your legs apart. Breathe deeply and call the gentle Archangel Gabriel.

Raise both etheric arms above your head and have them meet to form a point. Visualize Gabriel's sky-blue light emanating from your etheric hands. See, feel and hear the light pour from your hands as you construct the five-pointed star on your etheric double.



From the point above your head, simultaneously lower your right arm down to your right foot, and your left arm down to your left foot, marking two straight diagonal lines of bright sky-blue light.

Next, raise both etheric hands to extend off their opposite side – the left goes off to the right side, while the right extends off to the left side – creating two intersecting straight lines. Breathe deeply. You have your arms crossed over your heart centre with your etheric hands, projecting streams of sky-blue light about two feet off each side.

Unfold your etheric arms and extend them off their sides to form a horizontal line level with your shoulders. You are now surrounded by a five-pointed star of sky-blue light. Your etheric double is shining within it. Breathe deeply. Be aware of Gabriel's calming and comforting presence in you, and his protective shield around you.

“I am Gabriel, that stand in the presence of God.” (Luke 1:19)

Thank Gabriel for the peace and protection he offers. A large six-pointed star of golden light forms and surrounds the five-pointed star.

“Praise ye bim, sun and moon: praise bim, all ye stars of light.” (s. 148:3)

Let the exercise continue. Breathe deeply and slowly. Return to your material body.