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BEAUTY HEROES

Worldwide Circle of Protection Meditation

Meditating with other people has a beautifully cumulative effect that goes beyond the self. We invite you to join in our global Circle of Protection meditation, and invite others to join you, with this [five minute meditation](#).

Everyday, find a time that works best for you, either early in the morning or in the evening before bed. After a shower, massage Circle of Protection into your whole body or warm some drops between the palms of your hands.

Find a comfortable seated position. Close your eyes. Let your body, mind and soul arrive at the same place at the same time. This is your space. Fill it with your energy.

Hold your hands over your mouth and nose and inhale naturally to receive the beautiful scent of this high vibration body oil.

Feel the energy of the oil cocoon you. Release into that energy knowing that you are now connected and protected.

Become enchanted by the rhythm of your breath. Tune in and follow it through your body. This is the home of your inner light. With every inhale, visualize this light. With every exhale, spread it through your body. When your body feels filled with light, and you can feel the radiance on your skin, expand your luminosity to the space around you.

Continue to visualize bathing everything and everyone around you with this protective, loving light. Expand your inner vision to include your family, your community, your country, your planet. With every breath, you are filling the world with your luminous energy.

