

## Sleep Protection

A couple of things you can do for preventing or lessening sleep attacks:

1. Ground as you are laying in bed, before you go to sleep. Focus a minute on each chakra after grounding, as I describe on my site below the grounding exercise. Make sure you fill up your space with the golden sun energy, and fill up your whole aura and the sphere around you. Make yourself a big ball of light.
2. Dowse for ley lines in your bedroom and put orgonite directly on the ley lines. This makes it harder for them to attack you. Also put a chunk of obsidian in each corner of the room. Another good crystal combo for protection is selenite, danburite, celestite and stibnite, all touching in a bowl. We have this bowl on the ley lines that run through our bed. Carol Croft has this gem combo available on her site at <http://www.crystalinsights.net/carols-choice-crystals/#rough>.
3. Say some protection prayers before you go to sleep. I personally use the Prayer Against Darkness that you can find on the right sidebar of my website if you scroll down a little. Sometimes I say this prayer over and over, until I feel like I have enough protection
4. Light a black candle to absorb negative energy and a white candle to bring in angelic protection. Say the protection prayer while you light the black candle and while you light the white candle ask for protection from the angels.