

TEMPLE OF ZEUS



Vultus Templorum

Guided Meditation

PURIFICATION · PROTECTION · PRAYER · BLESSING

SEPTEMBER 2026

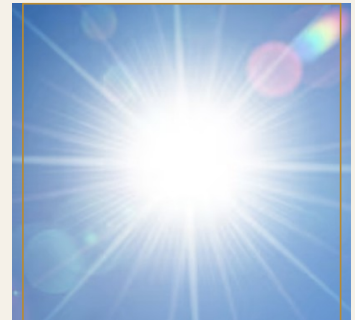
Priest Alexandros

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SECTION 01

Purification & Luminous Aura

Begin with cleansing, then hold the image of an inner light growing brighter.



PURIFICATION

SOWILO · ANSUZ

This energy and light cleanse and remove all malevolent and harmful energies, harmful thought forms, and curses from my aura, mind, soul, and chakras, through ways and manifestations that are entirely beneficial and healthy for me, both spiritually and materially.

PRACTICE

Repeat each 10 or 50 times; say the affirmation once or thrice.

As you repeat the affirmation, feel and see this superbly divine, luminous glow rising through your aura.

It dissipates, washes away and repulses all negativity from within and outside you. Stay inside and meditate. Focus on this state: your aura is luminous.

Feel this inner light growing in you and eliminating all this dross - from mind, emotion, body, spiritual body, soul and atmosphere. Negative thoughts are gone.

Breathe slowly. Feel this in your arms: they are lighter and illuminated.

Your whole body illuminates itself with clear, powerful light. If you try to see yourself from the third person, you would see a walking sun - a brightness that hurts your eyes. Imagine it.

SECTION 02

Divine Protection

Proceed with the Divine Protections Ritual from Hall of Osiris, or use the following

DIVINE PROTECTION

SOWILO · ALGIZ · URUZ

This energy completely protects me from every kind of negative energy, curses, hatred, and ill will directed against me, in entirely beneficial and healthy ways, both spiritually and materially for me.

Repeat each fifty times. Say the affirmation once or three times. You can rewrite it in your mother tongue.

If everyone is ready, start now.

You will create this shield - this barrier - that will completely isolate you from any negative energies and whatever stays there.

Through this, it will never touch your mind, soul, body, spirit or emotions.



SECTION 03

Daily Prayer

Turn from protection toward direct, honest prayer and receptive stillness.

Perfect. Now is the time for the daily prayer to the Gods that each person must do.

One to the Guardian who loves you and guides you like a parent and a grand divine entity.
One to supreme Zeus.

Stay calm. Close your eyes and speak your mind and heart to them: what is on your heart,
what is on your soul.

Speak of what is keeping you back, what you know you did wrong since the last time you
spoke with them, and your solution to this.

Enter and accept their presence and guidance. Let it flow from above into you and your mind.

*Let yourself be carried away, even into sleep if
needed.*

SECTION 04

Discernment & Community Blessing

Before extending the practice outward, assess your present capacity.

Are you overwhelmed, exhausted or neutral?

IF NEUTRAL

Proceed to the community blessing.

IF EXHAUSTED

Vibrate 'Amon Ra' 20 times onto your body. Relax afterwards and continue with life.

Ask yourself: do I really need to do this - to give out from my own?

Community blessings are for those here and now who need a helping hand.

And I hope your soul and heart receive it in light.

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