

Trigger Protection Mantra

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Calm down
Calm down
Calm down eventually
Calm down
Calm down
Calm down eventually
Protect your energy
I am protected
I am protected
I am protected
I am protected
Calm down
Calm down
Calm down eventually
Calm down
Calm down
Calm down eventually
Protect your energy
You are protected
You are protected
Slow down
Calm down your energy
Calm down
Slow down
Slow down your energy
Calm down
Calm down
Calm down eventually
Protect your energy
I am protected
I am protected
I am protected
I have protection
Calm down
Calm down