

Energy Protection Practice

SO YOU CAN RELEASE YOUR POWER

The energy of the world affects us daily thus energy protection is important. Energetic clearing, grounding, and protecting is a statement of reclaiming your personal energetic space and power.



Ground Yourself

Begin by grounding yourself. Ask Mother Earth to anchor you, to hold you safely and securely. Stand tall and feel the energy running through your body. See the energy going from your head down to your fingertips, then down to your toes and see the energy anchor down deep into mother earth. Imagine your legs sinking into the ground, or tree roots coming out of your bare feet branching into the earth. When we ground, we are asking to be held and supported as we go higher energetically. Just like a telephone pole... the deeper it is buried, the taller it can climb. The support of the earth will center you and give you the ability to go energetically higher, safely.



Clear Yourself

In your mind, use the image of wind, water, air, or any other element to clear yourself of negative energy, feelings or ailments. Be creative and use what resonates with you. Imagine water pouring through you, washing away negativity. Or, visualize wind blowing through your body releasing darkness. With the element of your choice, see the negative energy leaving your body. Witness the black clouds or sludge being cleared out of your personal space.



Protect Yourself

Next, build an energetic "shell" to protect the balance you have just created. Start with a bubble unless something else resonates with you more strongly. Make sure your protection is impenetrable, allow the bubble to be thick if needed. Have confidence that in this space, you are safe.