

Grounding & Protecting With The Bubble Method

This process creates energetic boundaries, and can be used several times a day.

Using intention, ground yourself into the magnetic core of the Earth.

See a beam of energy going down from the soles of your feet, the base of your spine, or the center of your heart into the center or heart chakra of the Earth. When you have made this connection, pull 3 bubbles of energy up from the Earth around you:

The first one is white and 12 feet in diameter

The second one is pink and 8 feet in diameter

The third one is purple and 4 feet in diameter

A good way to remember the colors is to think of going lightest to darkest, toward you.

Energetic Spiral Up