

Bubble

Daily Ritual

The outer body layers are made of energy particles. Strengthen them by the use of energy and intention.

Just like any muscle the more you use it or exercise it the stronger it gets. It is about repetition on a consistent basis.

Power Pill

Can be done in private or while you're in a conversation. Don't get in your head - it's just energy.

Take 1 to 3 seconds

See yourself glowing in a white light.

The Power Pill should be done 2 to 5 times a day minimum.



Reflection

Take time to journal or simply notice what you do or do not experience.

- What did you notice about yourself?
- Does your perception or outlook change at all?
- How do you feel?

Rooted Bubble

1 to 5 Minutes

Begin by taking a deep breath, - as you release feel all the stresses and anxieties in your body release down into your feet.

Notice - Feel tingling or pressure start to build up at your feet.
Continue to breathe.

Visualize roots pushing through your feet into the Earth releasing all the energy you no longer want.

Connect - Growing your roots to connect to the center of the Earth's healing white light.

- Bringing the white healing light from the center of the Earth up into your body filling you entirely.
- Then pushing this white light out around you seeing yourself engulfed in the Earth's healing energy creating your bubble.

Breathe - Take a deep breath taking in the new fresh energy. Now feeling grounded and clear.

The Rooted Bubble should be done between 1 & 2 times a day or a minimum of 2 to 4 times a week.