

Energetic Protection

INSTRUCTIONS

- Ground
- Imagine a bubble ~12-15" away from your body (365 degrees around you)
- Imagine a beautiful golden light coming in through the top of the bubble above your crown chakra and filling all the space between you and your bubble
- When your bubble feels full, imagine more light continuing to fill the bubble and being absorbed into your body until your body feels completely saturated with light
- Breathe - you're protected!

