

# Grounding and Protection

## VISUALISATION & MEDITATION



Grounding and protecting are essential when working with spiritual energy, particularly before providing a Reiki treatment. It helps to separate other energies from your own.

Establish a regular practice of the following grounding visualisations to protect yourself from foreign energies. By grounding yourself, you are restoring your connection to the Earth and bringing yourself a few moments of quiet to focus and centre yourself. It also helps to keep you in the present moment.

### PROTECTION VISUALISATION

Visualise a clear ball (or bubble) of pure white light. As you concentrate on this light, notice it getting bigger and brighter with every breath.

As you focus your awareness on the light it begins to slowly move, surrounding your body until you are completely encased by the shielding light as it embraces you with the most wonderful sense of calmness, love and protection.

The light continues to grow and expand. You realise it surrounds you and reaches out on all sides of your body, protecting your aura as well. While you do this, state your personal intention for protection. Something like...

'I am surrounded by the divine white light of love and protection that will keep me safe from any and all harm and keep energies at bay that do not serve my highest good or purpose.'

### GROUNDING MEDITATION

Sit or stand upright, with your feet firmly on the floor. Take a few deep breaths, then imagine tree roots extending from your sacrum (or base of your spine) down your body and out through your feet and into the ground.

With each exhale, imagine the roots travelling deeper, through the soil, through the bedrock, and eventually to the very core of the Earth.

Once the roots have reached the core of the Earth, breathe deeply and feel yourself fully supported and held by the Earth. As you inhale, follow the roots back up through the Earth, into the soles of your feet and back to your sacrum. You are now grounded!

Practice doing this often, especially before Reiki treatments and if possible, work barefoot. Another great grounding technique is to swim in the sea or walk barefoot outdoors, with your feet touching the Earth.

**REMEMBER**, intent is what makes this work. You have to BELIEVE that what you're visualising is happening, and that what you're saying, your intent is binding this action to be true.

