PROTECTIVE BUBBLE

This is a way of protecting yourself from negative people and negative influences.

Imagine that the crown chakra at the top of your head is open, like a lotus flower.

Now imagine that you are standing in a stream of universal energy, like sunlight.
This universal energy is healing, loving, balancing and protecting.
This may be a white or golden light: any colour that makes you feel safe & protected.

Imagine now that this energy enters in through your crown chakra and filters down through your head, your neck, down your shoulders and into your heart.
Imagine now that it passes down your arms and into your hands, where it gathers to form a beautiful ball of shining light in each hand.

Now draw your protective bubble around you imagining that this light is coming out of your hands and creating a shield around you that is complete and intact.

As you draw your bubble, say out loud or in your mind:

"I am safe and protected. Only good energy enters my protective bubble."

(Repeat 3 times)

If you want to extend this bubble to surround your desk, car, bedroom etc., then simply imagine the bubble expanding out from you and encasing the desk/car/home.

Anything negative that comes your way will just bounce off now that you have your protective bubble intact.

Refresh it as often as you want: First thing in the morning, anytime during the day if you feel the need, and last thing at night before you go to sleep. After showering.



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