

Shielding with the Bubble of White Light

In a comfortable sitting position or lying down, close your eyes and begin with the Breath of Life.

Take 3 deep breaths; in through the nose and out through the mouth. As you exhale your third breath, imagine creating a bubble of white light before you. Breathing normally, walk towards it and enter it, feeling it wrap itself around you like a comforting blanket. Feel the Love, Peace, Serenity, Harmony, Balance it exudes as you sit within its embrace. Image your body like a sponge, soaking it all up and as you do so, your body fills with unlimited energy for your day. Once you are "filled" up, feel the gratitude of this gift and slowly come back to the present moment. You can also use this to encompass your home, loved ones or anyone / anything you wish to divert negative influences or energies away.

This will re-energize you and help protect your energy field. Do this as often as required. It takes little time and gives a "boost" when you need it!

With Love,

Gisèle

