



Grounding Exercise

The purpose of this exercise is help you ground in your body.

Close your eyes and breathe.

With three slow breaths, imagine you are pulling white light energy down through the crown in your head, through your neck, and that this white light energy is swirling and mixing all through your torso and limbs.

Breathe and Feel the connection to all that is around you and within you.

Now, with three slow breaths, imagine you are pulling the earth energy up through the soles of your feet, through your ankles, calves, legs and that this earth energy is swirling and mixing all through your torso and limbs.

Breathe and Feel the grounding effect.

As you breathe take a moment to Pause to feel the mixing of these energies for a few moments. When you feel complete and ready, open your eyes.

Heart Centered Exercise

The purpose of this exercise is to get you out of your head and into a 'heart space.'

Close your eyes and breathe.

Imagine a beautiful ball of energy, about the size of a tennis ball, floating weightlessly just above your head.

See or feel it as a platinum, silver-white color.

Allow this ball to gently descend slowly, down through the crown of your head.

Past the back of your eyes, your nose, your mouth; experience it gently descending slowly to where it comes to rest inside your chest, above your heart.

Take a moment and experience the pureness of this platinum ball of energy.

Now all yourself to feel the sight of your own physical eyes moving into this ball of energy. Imagine your physical eyes are now in the platinum ball of energy, and it is as you can actually "see" from just over your heart, inside your chest. With these eyes, take a moment to look out at your surroundings and experience what you "see."

Note that as you use these eyes you do not need to move your head. With these eyes, you can look over the top of your head and see all that surrounds you. With these eyes you can see anywhere, on any plane, in any place. You can see into the future and the past. You can see what cannot be seen.

Now take a moment to imagine your physical ears, your sense of hearing, is in the ball of energy floating weightlessly just above your heart. And as you listen it is as though you can actually hear from over your heart.
Listen.

GROUNDING & CLEARING EXERCISES

What do you really hear? 95% of all communication is not verbal or physical but energy. With these ears, you can hear the truth; you can hear what one is really saying.

Now vision that you are placing your sense of touch, taste, and smell into the platinum ball of energy and experience your world through these senses.

Lastly, move your ability to speak into the platinum ball of energy. It is as though the sound of your own voice is actually coming from deep in your chest, just over your heart. What are you accurately hearing? How is this inner voice guiding you, from the place of love and compassion of your heart?

When you next meet someone, experience them from this place, over your heart, and respond to them with your senses and speech in that ball of energy.

Open your eyes when you are ready.

(This meditation can be done with the eyes open) You can do this anywhere, anytime you wish. Not recommended while driving a car or any other endeavor that requires your full attention.)

Clearing the Fields of Energy (which surround you)

It is recommended that you clear your biofield daily. We often encounter energy that is not ours and taking it home or on as our own is not recommended. This exercise helps guide you to clear any negativity or clinging energies. You accomplish the clearing through the power of your will, your intention to let it go. Remember, you are in charge.

Close your eyes.

Imagine that you are in a rain shower of silver-colored droplets descending from a beautiful sky.

Allow this soft, cleansing rain to touch you at the crown of your head, and then feel it expand into a purifying mist. Take a moment or two to really envision and feel the mist as it begins to drape over your body.

Next allow this mist to effortlessly slide off to the ground. Carrying with it any and all negativities including negative thought forms and energies that are ready to be released. Even if you do not know what that energy is, if it is ready to be released it will flow effortlessly to the ground.

Be and feel the energy of the sacred feminine principle, allowing yourself to release and let go.

This mist is magnetically gently pulling these energies out of you, leaving cells, molecules, and atoms clear and refreshed.

You can imagine the mist cleansing the emotional, mental, light and desire bodies allowing all negativity to harmlessly slip from you into the Earth, where it is transformed into neutral energy.

Breathe in and out for a few moments to feel and experience and the cleansing action.

When you are ready, open your eyes.

GROUNDING & CLEARING EXERCISES

Clearing the Mind

(Letting go of Thoughts which do not serve you any longer)

Close your eyes.

Imagine a comb, like a sweeping hand, is moving through your mind, gently catching, and removing any errant thoughts, any discordant thinking, any doubts, or fears.

Repeat three times the combing action sweeps through your entire mind, thoroughly removing anything that is ready to be released, even if you do not know what that is.

When you are ready, open your eyes.

**These exercises have been adapted from the work of Dr. Richard Jelusich of Light News Institute (www.lightnews.org) and have be used with permission.*