

## **Daily Visualizations to Help You Feel Better**

Variations of these two visualizations have been around for many, many years. They can help you to feel more centered and grounded, which can then help you to feel calmer and more relaxed.

### **Protection Visualization**

This visualization will help to protect you from other people's words, feelings, and energy. It is recommended that you do it at least once each day.

1) Start by visualizing yourself standing inside of a big bubble which surrounds your body. You want the bubble to be big enough so that you do not feel cramped, yet small enough so that you feel safe and secure. The bubble does not touch you, but will move with you throughout the day.

2) Make the color of the bubble translucent (a whitish color) so that you can see that there is a human form inside of it but you can't make out any of its features.

3) Next, imagine spraying a layer of white acoustic foam around the inside of the bubble. Put just enough around the inside of the bubble to muffle any sounds from outside of the bubble, yet leaving enough room for yourself inside of the bubble so that you feel comfortable.

4) Visualize a golden cord going from the top of your bubble and connecting to your Higher Power. Now, see golden white light flowing down the cord and filling both you and your bubble with golden white light. Let it fill up so much that the golden white light extends about 4 feet in all directions around your bubble.

5) When you have filled up your bubble so that it is radiating golden white light, disconnect the cord from the top of your bubble and completely seal the bubble.

6) While visualizing yourself inside of your protective bubble consciously say, “Whoever wants part of this light I am radiating may have some, but nothing passes in through my protective bubble except love. This golden white light will continue to regenerate itself.”

You can repeat this visualization as often as you like.

### **Grounding Visualization**

Do this visualization for a minute or two each morning, and as many times during the day as feels good to you.

See yourself encased in a white ball of light. Now turn that ball into a rod of white light and form it into a giant figure 8. Loop the bottom of the figure 8 down into the center of the earth and the top way up into the cosmos. Place yourself right at the center of the figure 8 and see the white light circulating around the figure 8 and through your heart.