

# Grounding & Bubbling

## Remembering the three "i"'s

When it comes to creating intentional change in your life (otherwise known as 'magick'), it is important to remember the three "i"'s:

- Intention
- Imagination
- Intuition

What I love about magick and energy work is that there really are no rules - which means you can't screw it up! As long as you have set your Intention, engaged your Imagination and then tuned into your Intuition, you can't help but get anything but success.

## Why Bubble & Ground:

Bubbling and Grounding is about setting energetic boundaries and connecting with your three-dimensional self. By identifying your place in space, you can dispel any unwanted or excess energy, activate your Root and Earth Star chakras and connect with the unlimited earth energy. Physiologically, this process will activate the parasympathetic nervous system and induce alpha brain waves which are associated with relaxation and mental focus.

### When to do it:

- When you feel unsafe, unfocused, spacey or out of your body
- When you are in the midst of chaos or overwhelm or you can't stop overthinking
- If you are a HSP (Highly Sensitive Person) or Empath you MUST do this daily



## What goes up must come down

Learning to play in the energetic field is wonderful and we always want to remember: safety first.

If your goal is to attain higher levels of connection, you **MUST** give that energy somewhere to go. Beginning to manifest in your life isn't about waiting for the energy to come down to you. It's about learning how to ascend up so you can bring it down. This requires you to be connected and grounded otherwise these higher realms will literally remain inaccessible to you.



## How to Bubble & Ground

1. Sit or stand with your feet touching the ground
2. Initiate intentional breathing (extended exhales)
3. As you exhale, imagine roots growing out of your feet into the earth
4. Allow these roots to connect with the crystal at the centre of the earth
5. Pull earth's energy up your roots and into your body along the centre meridian (root – sacral – solar plexus – heart – throat – third eye – crown)
6. When you feel the energy reach the top of your head (Meta-K) allow it to overflow and cascade around you in a beautiful bubble of light