

BEGINNER ENERGY WORK FOR EMPATHS

*A free guide from
www.soulfrequencycoach.com*



A SIMPLE BUT POWERFUL TOOL

If you're a person who feels other people's energies and easily take on their feelings, it is super important to protect your own energy field.

I recommend doing this short ritual every morning before you leave your home, to help you stand strong and connected in your own energy throughout the day. If you are around a lot of people, or people who you feel are challenging, you might need to repeat this ritual during the day as well. When you've got the hang of it it's quick and easy to do it!

I also recommend cleansing your energy field from other energies every evening. But in this guide, I'll teach you how to protect your energy in the morning.

Lovisa Lindelöf



1 BREATH IN COSMIC ENERGY

Imagine a beam of white glittering light entering the crown of your head on every inbreath and spreading through your whole body on every outbreath for three breaths.



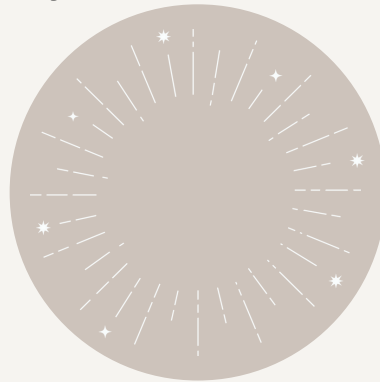
2 GROUND YOUR ROOTS

Feel the ground beneath your feet and imagine roots growing from your feet deep into the earth. Breath in green luminous grounding energy from the earth up through the roots and into your whole body on every inbreath and let the energy spread out from your body on every outbreath, for three breaths.



3 CONNECT TO YOUR CENTER

Let the two energies blend together on the fourth inbreath and feel them radiating out from your body on the outbreath. Focus on your heart center and say: Protected from all negativity, protected from all energy that doesn't belong to me, I am standing strong in my in my light, in my power, in my center. Held by mother earth, carried by the divine. I am protected from all energy and negativity that isn't mine.



4 CREATE AN ENERGETIC SHIELD

Lift your hands up to the sky and let them touch over your head. Imagine an elastic glass bubble form around your body when you do that. Then take your hands down to the middle of your chest again and breath out and say: And so it is.