

Grounding and Protection Exercises

from Barbara Stone, PhD

Two Exercises to set proper polarity on all three vectors of the Human Energy Field:

Heart Massage (Up-Down Proper Energy Flow Correction)

Move the palm of the hand in a clockwise circle (as if the client is the clock) over the midline of the body, level with the heart. Start under the throat, go around and down to the left, down to the bottom, and up to the right, etc.) While continuing this heart massage, say statements of self-acceptance such as,

“I deeply and profoundly accept myself with all my problems and limitations.”

“I accept all my feelings about everything.”

“I also accept all of my gifts and talents.”

Five Finger Quick Fix (Front-Back and Left-Right Corrections)

from Touch for Health practitioners Elizabeth Barhydt, MS, MT, and Hap Barhydt, PhD

Put all 5 fingers around the navel and with the other hand tap

- Both collarbone points, then
- Under the nose
- Under the lips

Grounding to the Earth Energies

A simple way to ground is to bring awareness to the feet and the feeling of the earth supporting us.

Hawaiian Grounding

One can also stomp the foot four times saying the Hawaiian word for earth, “**buh**,” grounding the foot into the earth with each stomp.

A more elaborate way is the Hara Alignment or some variation of connecting above and below.

Hara Alignment

Standing, bring your awareness to the tan tien, an energy ball in your belly a couple of inches below the navel. This is the point from which all martial arts forms draw their power. This belly center can also be called the hara.

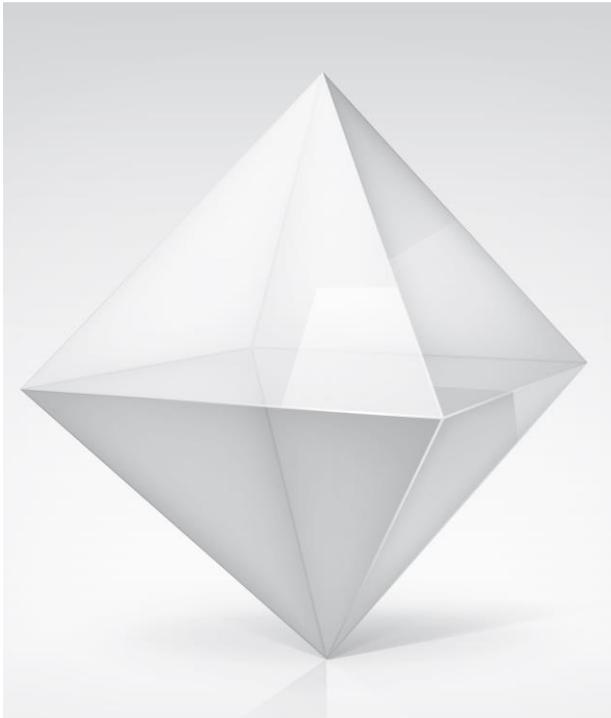
From the tan tien, send a line of energy down your pelvis, down through your legs, through the kidney points on the balls of the feet, deep down into our beautiful Mother Earth, imagining you are a tree growing deep, strong roots. Then let these roots draw up nourishment from the earth into the tree trunk, into your tan tien.

Next, become aware of the energy around your heart. Feel your physical heart beating. Call to mind a list of things you are grateful for, bathing your heart in the elixir of gratitude. Then from your heart, send a line of energy up through your throat chakra, third eye, and out the crown chakra, up to the sky. If you have a relationship with spiritual helpers, you can send it up to the heart of your guardian angel, the heart of Divine Mother, Divine Father, or any other spiritual figure that holds meaning for you.

Then breathe in energy from the sky through this energetic cord back into your heart. If you have spiritual helpers, feel how grateful they are to you for who you are.

Next, bring the energy of the belly up to the heart, so that you are simultaneously breathing in energy up from the earth and down from the sky, meeting at the heart. On the in breath, draw energy in from above and below, and on the out breath, send your love and caring out through your heart to the world around you.

Angelic Octahedron of Protection



A four-sided pyramid above ground

Ground Level

A mirror pyramid going down into the ground

Call a pyramid of love and light around you, a pyramid of golden light and a pyramid of crystalline clear white light with a golden capstone above and below. Ask to have the right Beings of Light surround you on the four sides, above, and below. Call into the inside of the sacred octahedron your guardians and guardian angels, but only beings that are working 100% for Love and Light! Ask that only what is for the highest good of everyone and everything would come to pass in your life.