

***Centering** ~ the purpose of this practice is bring our selves to the present moment, to align all our “bodies”, body, mind and spiritual/heartspace. It takes only a minute or two, depending on your breathing rate of comfort. Say the words aloud or not but its best to hear yourself say them to reinforce them!

1st 3 breaths: Begin by taking three slow breaths,

On the Inhale, of the next 3 breathes, imagine you are breathing in Positive Life-force energy.

Hold IN your inhaled breath comfortably, just enough to note where tension is within your body. Exhale, Relaxing and Releasing all muscular tension that you noticed...

2nd set of 3 breaths: for 3 more breaths Inhale in life-force energy again but on each exhalation - let go of the the stressful thoughts that occur to your mind..and let go of any further unnecessary muscle tension.

1. Let go of all thoughts and images about your actions/events from the past.
 2. Clear your mind and your body of all concerns about what "should have" or "shouldn't have" happened in the past.
 3. Let go of old burdens. Let go of trying to fix your “problems”
 4. Completely drop any thoughts of trying to fix other people.
 5. Let each exhalation become a cue to just let go of the past.
- Say silently to yourself as you exhale: **"I release my mind and body from the past."**

3rd set of 3 breaths: Let go of all images and thoughts about what you think may happen in the future — all the "what ifs." With each exhalation, clear your muscles, your heart, and your mind of trying to control the so-called future.

Say to yourself as you exhale: **"I release my mind and body FULLY from the future worries or concerns."**

Then in 4th set of 3 breaths, say to yourself as you exhale: **"I'm choosing to be in this present moment FULLY, Effortlessly"**

Let go of trying to control any other time or striving to be any particular way. If any body area is fighting this, send Loving thoughts, energies to this area, tell the body part: “It is okay to be relaxed and in the moment, it is SAFE to be in the now”

In the next few minutes relax and enjoy your centeredness! Feel your high Heart and embrace the Love that is naturally flowing out and around you, now that you are truly centered in the moment.

Then say to yourself as you exhale: "I am centered within my larger, wiser, stronger Self."

Final step to centering is very important as it brings all the centering you have done to the conscious mind, as all this counting of breaths has allowed a light trance to occur which is a natural state for this type of self work and ensures that you have anchored all your work fully through all layers of your bodies, physical, emotional and spiritual!

1. With your next three breaths count up from 1 to 3:

say **“One, I am becoming more alert and aware of my bodies alignment with each breath.”**

say **“Two, I am becoming even more alert and are bringing even more awareness to all your bodies that are in perfect alignment.”**

say **“Three, You are energized and fully centered and NOTHING from your past or future can move you from the present moment!”**

~take a few minutes to enjoy the present moment!~

***Grounding**

To Ground, be a comfortable position, standing or sitting: **Imagine you have roots growing from the bottom of your feet and from your root chakra**, (which is your tailbone area)

Grow these roots right into the very depths of the Earth, Lock on, Anchor to the center of the Earth in just such a way as to embrace the Gaia’s Earths energies completely, comfortably, like engaging in a warm welcoming embrace.

With each breath in through your nose, to a count of three...fill your lungs comfortably, slowly~ **as you do this visualize drawing down to you your own higher self energy, see this in any way that speaks to your heart!**

You as the incarnate here on Earth are the conduit to carry your specific, amazing higher self energies...to share with others around you and the Earth as She shares with you! **See your higher self energies flow down your spine and out the root you anchored to Her center**...this is a two way conduit of Love and Healing that will feed you and the Great Mother!

When you exhale, through the nose, with mouth closed, do so with a count of six, this is to fully real-ease all “old air” internally held stress..release it all to the Earth, She can transmute it for you~feel your connection both physically and spiritually to the Earth.

Your breathing should be normal and easy. If you feel stressed while doing the breathing exercise, don’t worry, just breathe at a comfortable pace for you~ it is the intent and visualizations of the directions of energy flow and release that does the “work”. Gaia wants us to be Balanced, it will help Her too, as She helps you ground via Her energies!

Now that you are Centered and Grounded, you may do your Shielding practice in complete assurance that your shield will be impenetrable!

***Shielding:** Imagine a pure White or clear dome-like sphere all around you, be sure to make this a complete sphere underneath, around you, **visualize this as a completely spherical impenetrable shield.**

Once you have this imagined strongly in your minds eye **anchor it, firmly knotting your shield to into your grounding root**, assist this by seeing, imagining your shield substance grow to cover your whole grounding cord to the centre of the Earth, see it grow deep and strong!

This will ensure your shielding is powered by the Earth's energies even when you are not paying attention to it!

Next set your shield intention:

Say strongly and with much intent

“This shield is impenetrable to all energies, beings, and Ai entities that are not for my best and highest benefit, ONLY my own higher self is allowed within my sphere of influence”

While doing your shield practice you may notice an area or feeling of discord within your sphere of influence, or may even see a dark shadowy shape, if so **visualize a decreasing white circle spiral, spiralling continuously from beneath your feet to go up around your whole body-see it go all the way to the top of your head.**

Set the intention while visualizing this inner spiral shield that any being approaching it, or near it will be destroyed by fire or any other weapon of preference. (Do not worry about “how” to do this- just by your KNOWING this intention to be true you are real practicing protective magic, be confident and strong and what ever you say will be true!)

You may add anything to your shield that you see fit to- but the words set in bold are fairly important, you can experiment as it is important you feel right with your practices, and intuition phrasing but if its not working do try to say and visualize the words in bold to gain more effectiveness.

*Method that is very effective to repulse psychic attacks is to concentrate on the physical area, location of where you feel the attack, (this can be from the tech. ELF, Haarp or from a Ai entity, or another human)

To defend yourself concentrate on the pain, sensation in such a way as to amass it into one dense ball, pluck it out of you with your minds eye, then say out loud, “I return this attack back to its sender” and throw it back at them, it matters not if you know who is doing it, or if its Ai tech, it will come back to “them”

***Revocation of consents**

Now while you are inside your shield state the following to ensure that all mal-intentioned beings, contracts, and agreements are nullified to reinforce your sovereignty. Say it like you mean it!

“I revoke any and all agreements, consents, oaths and or contracts that are not for my highest benefit, made by myself or forced upon me by other beings, either consciously or sub-consciously!

All such pacts are nullified and cease to be binding in any way to my mind body and soul in all timelines”

~Do these exercises when ever you feel frayed, attacked, nery, knocked off balance by events in your life....then Have fun day or great sleep!~

