

**Truth, Honor and Integrity Centering, Grounding and Shielding practice to re-affirm, claim, clear, Balance your auric field energies for your own well being!**

The purpose of this practice is bring our selves to the present moment, to align all our “bodies”, the physical, mental and spiritual bodies each of us have in order to access all of our own natural abilities to self heal, and as an important tool to practice, hone to find our inner balance and most of all connect to our true soul purpose by reaffirming our connection to each of our higher selves and Our planetary being and Earth Mother.

It takes only 10 minutes to half hour out of your day, depending on your breathing rate of comfort.

You may sit, stand or lay down while doing this practice. Eyes closed is best to activate inner visualizations. Say the words aloud or not, but its best to hear yourself say them to reinforce them until your practice is solid.

Let’s begin..

**1<sup>st</sup> step is to align your physical body.**

Begin by taking three slow breaths,

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

Hold IN your inhaled breath just long enough to sense where you are holding tension in your body- on the exhale of that held breath REAL- ease it.

Breathe in life-force energy, picture green plants, picture the bright Sun..breathe in the essence of Life

hold..find places of tension and release it in the exhale

breathe in life..hold breath in a moment

release even subtler lays of tension on exhalation.

enjoy the ease you feel in your physical body from releasing all this physical stress in your muscles an bones.

**2<sup>nd</sup> set of 3 breaths to align your mental body:** 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."**

**3<sup>rd</sup> 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 4<sup>th</sup> 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!~

\* There is other ways to align oneself, if you care to replace the above centring practice with another, just as effective way of becoming in the moment, present with the practice of reclaiming your energy sphere as your own!

### **\*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!

**See your higher self energies flow down your spine and out the root you anchored to Her, the centre of our planetary being.**

When you have this connection from your own higher self well established and rooted with our planetary being you may do as many breathes as you like to release to Her, our planetary being any lingering stresses, sorrows or good wishes for Her and your fellow Human or animal or plant life upon our planet.

She will help you transmute and transmit your feelings. Visualize your exhalations to be the conduit for your prayers or releases.

Inhale Her loving energies filling up the place where you felt the release, or need to communicate.

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.**

You can do this by saying it aloud as well picturing it with your minds eye, or just silently and saying it only within.

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, technological frequencies beings, 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 spot, 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 shielding that comes to you to do you - 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, or even your psychical hand while seeing it 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”

**The following breath work is best accomplished from within your shield.**

This is a simple breath work practice that will greatly help you activate and charge up your bodies energy centers. Our energy centres aka chakras are essential to our soul growth while we are incarnated on a planet.

Lay down someplace comfortable,  
where you will not be disturbed for at least 15~ minutes.  
Focus your attention on your navel area, your awareness to this area of your body will direct your drawing in of

\*Consciously breath in through your navel exactly 27 breaths.  
(This area of our body, our Solar plexus, is our main energy centre for our mind/body and soul- it is our warrior’s will! filling this energy centre with the consciousness of your attention will chafe you to be an even stronger warrior)

When 27 breathes completed for the Solar plexus-allow your attention, your mind to rise up, don’t “pull” energy up to heart!

~just bring awareness to to your heart..the heart is like a gold centre, its a very valuable, a place to protect, guard it!

\*breathe into your heart centre only 18 breaths.

Lastly, when Heart centre is full and protected,mentally raise your mental attention to your third eye area, it is like brittle crystal, so really lightly focus attention on the breathes you draw in thru this energetic structure..breathe in ONLY 9 breathes..feather touch with this delicate area.

So again, 27 breaths to the navel area,  
18 to the heart,

and 9 gentle breaths to the 3rd eye!