

ENERGETIC SELF-CARE



an easy, three-step guide
to care for your energy

Hello Beautiful Soul,

WATERS EDGE HEALING
by *Erin Vivian* 

This guide takes you through my method of Centering, Grounding, and Shielding. Whether directed toward you or not, we can all absorb energy from other people and the world around us. We may or may not be aware that it is happening. The following ritual should be practiced daily to care for your energy. Each step may be implemented independently, too – as needed throughout the day.

Blessings to you,
Erin Vivian

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01

daily ritual for protection and boundary setting

Our energy fields are incredibly complex, and it's important to protect them and tune into our energetic health, just as we care for our physical, mental + emotional health. With practice, this exercise can be done in bed at the beginning and ending of each day in just a few minutes.

Like anything new, it takes time to explore and become efficient with. You will also develop your own methods; use the following as a general guideline to get started. The intention is to create boundaries, awareness + clarity around what energy is/isn't ours as we move through life.

centering | return your scattered energies

Close your eyes, and replay your past 24 hours through your mind. As you recall interactions and events, visualize your energy returning to the 'center' of your spiritual body. Follow your intuition – for some, 'center' is the Solar Plexus Chakra, for some perhaps the Heart Chakra. Focus on your breathing; inhale white light as the energies return and exhale any unrest or energy you feel isn't yours until you've replayed the whole day.

02



grounding | replenish + connect to earth

Close your eyes and visualize your bare feet planted firmly on the bare earth. [If it's feasible to do this outside - even better!] Then imagine roots being sent down through your feet and deep into the earth's layers. Use your intuition to really visualize the details of your roots - it will be different for everyone! Inhale and draw the earth's energy [white light] up through the roots into your body. Exhale and send the roots deeper or wider, growing them stronger. Repeat until you feel more calm and peaceful.

03

shielding | protect your energy field

Draw up earth energy from your roots into the center of your body. Visualize a clear, bubble-like barrier forming from this center, and stretching all the way in front of you. Wrap it up and over your head, down your back and under your feet, and surrounding you on all sides. See this protection at the edge of your energy field - about six feet away from your body.

Set your intention to allow your own energies to leave this bubble, and only allow positive energy of equal or greater value to your own, which is in your highest and best interest, to pass through. Anything else can be set to 'ground' - returning any negative energies your shield catches to the earth to be neutralized.

If you're curious about Energy Healing, or want to learn more, I offer FREE 20-minute Phone Consultations for first-time clients. I look forward to connecting with you.

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