

Bio Energy Academy of Dublin



Grounding

Ensuring to have grounding practices in place to support you to feel centred, present and at ease. Grounding practices can simply be providing for time in nature. Being barefoot on the ground for about 10 – 15 minutes. Using energy visualisations. Seeing roots of light, rods of light, strongly deeply connecting you to Mother Earth. Our Qi Gong practice also grounds us.

Clearing energy

For energy clearing there are many practices that we can do. Ones that can be easily put into practice anywhere are energy visualisations.

Visualise a white sheet covering the entire ground floor of your home. Allow this sheet to rise up passing through everything with ease. As it rises up it gathers all negative energies with it.

Bio Energy Academy of Dublin

Send this sheet up and out through the roof of your house. Returning this to source energy/universal energy and light.

Visualise a large tube of a 'hoover' of light, violet in colour. Allow yourself to sit in meditation and clear all of the energy space around you. Visualise all of the energetic debris that you are collecting and cleaning is being sent back to white light, back to source to be transmuted.