



# *3 Energy Saving Meditations*

3 Quick and Incredible  
Practices to Shift and Protect  
Your Energy

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# *Blue Bubble*

## BLUE BUBBLE MEDITATION

*This is one of my favorite, tried and true practices which I have used and taught to others for decades. Are you stressed about other people, perhaps others you encounter in meetings, gatherings, who may be toxic and who might drain your energy? Then follow these simple steps!*

*Sit quietly for a few minutes where you will not be disturbed.*

*Tune into your breath for a few moments.*

*Inhale peace, and exhale stress.*

*Place your hands over your solar plexus, around your navel, the seat of your power.*

*Picture yourself surrounded by a blue bubble. This is a blue bubble of healing light enveloping you, and protecting you.*

*Imagine the situation and the persons you will be encountering. Visualize this meeting turning out in a positive way, for the highest good of all those in attendance.*

*Sit with the positive feelings of your visualizations for a few minutes.*

*If needed, use the affirmation "I am surrounded by the blue light and all shall be well" before, during, and after your meeting.*

# Water Waves

## WATER WAVES MEDITATION

*I like to use this practice when I am dealing with difficult relationships that cannot be resolved on the physical plane. You can use it with any relationships that pose challenges.*

*Sit quietly for a few minutes where you will not be disturbed.*

*Tune into your breath for a few moments.*

*Inhale peace and relaxation, exhale stress and anxiety.*

*Place your hands over your heart. Picture yourself on a small island, with gentle waves lapping at its shores.*

*Imagine the negative thoughts, words, or intentions, of someone you are having difficulty with, arriving at the shores of your island. This island symbolizes your true being and essence.*

*As the waves break onto the shores, imagine that they are neutralized as they splash against your shores or essence, for they are being met with Love and healing energy.*

*You are the island – and you radiate healing love, energy, and positivity, sending it back out in all directions. Your energy neutralizes, and transmutes all that arrives on your shores and that does not serve you. Whatever you receive is changed, and sent back as Love wherever it is needed.*

*If needed, use the affirmation: “I am surrounded by the blue light and all shall be well,” before, during, and after your meeting. Do this as long as needed and give thanks.*

# Shield of Light

## SHIELD OF LIGHT MEDITATION

*This is one of my favorites meditations and I have often begun my days with it.*

*Sit quietly for a few minutes where you will not be disturbed.*

*Tune into your breath for a few moments.*

*Inhale Love, Joy and Light, and exhale all that does not serve you.*

*Place your palms facing up on your thighs. Picture yourself surrounded by a very bright light with rays shining out in all directions.*

*Visualize these boundaries of light as impenetrable and acting as a shield.*

*As you shine your light outward, visualize yourself shining and radiating Love, Compassion, Joy, Peace, and whatever else you wish to send out.*

*Receive and let in all of these things as well. But be assured that your boundaries will not let in anything that harms you. You are impenetrable.*

*Your Shield of Light and its impenetrable rays will not allow anyone to send you anything that is harmful or damaging. No one can hurt you. Only those who approach with you with loving energy will be able to approach.*

*Feel the energies of Love and Light bathe over you and sit for as long as you would like in this energy.*

*End your practice with an expression of gratitude.*

*Try all of these, add them to your toolbox, and see which one speaks to the most. Enjoy!*