

# LAVA *to* STONE

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## ENERGETIC SELF-CARE FINDING 'YOU' AGAIN

5 Step Process: Grounding | Shielding | Clearing Your Energy | Clearing Out Energy That Does Not Belong To You | Calling Yourself Back Home

### THE LODGE AT WOODLOCH



For a guided visualization/meditation/exercise please refer to the "Ground, Clear & Call Yourself Back Home" video you receive when signing up for Lava to Stone's Newsletter. Give it a listen, take what resonates and leave the rest behind!

### Ways to Ground Your Energy.

To stay in the present moment you have to have your energy in your physical body (not up in the clouds, in your head, stressing about the future and what hasn't happened yet, or locked into the events and memories of the past). How do you do that? Ground!

- Exercise with intention
- Imagine a grounding energy cord from the base of your spine anchoring into the heart of Mother Earth, soften your knees
- Take a walk in nature
- Place palms of hands on a tree
- Place bottoms of feet at the root of a tree
- Hug a tree (it really works)
- Sit with your root chakra (base of your tail bone) at the base/roots of a tree with your back against the trunk
- Place your bare hands and feet on the ground and breathe your lower vibration out through your hands into the earth and breathe in the healing, grounding energy into your physical vessel through your hands and feet
- Gardening
- Walk barefoot in the grass

- No access to a walk in nature? No problem. Find a potted plant, pick up a rock, pick up a stick, touch a stone wall, find a wooden table. Mother Nature is all around you, you just have to look.
- Open your chakra centers at the bottoms of your feet, send energy into the ground while drawing energy up like a magnetic pull
- Imagine an energetic grounding cord from your tail bone to the heart of Mother Earth, one from your chest to the wall in front of you, from your back to the wall behind you, from your left side to the wall to your left, from your right side to the wall to the right and a cord from the top of your head to the heart of Spirit. Imagine a nice tightening or pull from all cords at once to center you
- Grounding Foods: Anything grown in the ground, anything with roots
- Crystals: Petrified Wood; Anything black is typically great for grounding and protection- Black Tourmaline, Obsidian, Jet, Shungite, Lava/Basalt, Apache Tears, Black Kyanite etc. Other options- Septarian, Phantom Angel Quartz, Smokey Quartz, Mookaite Jasper, Rainbow Fluorite, Unakite, Zebra Jasper

## Ways To Shield Your Energy (Energetic Boundaries)

This is a bubble of permission. You are giving yourself permission to do whatever you want to do with the energy INSIDE of your bubble, and you are giving everyone else permission to do whatever they want to do with the energy OUTSIDE of your energetic bubble.

- Visualize/Imagine a Golden Bubble of Light surrounding your entire energetic body, equal distance above you, below you, to your left, to your right, in front of you and behind you. When in meditation and doing internal work, I personally like to have my bubble 12 feet around me. When walking around in my everyday surroundings I place my bubble 3 feet around me. When in heavily crowded areas like on airplanes, in the airport, on a train, at the train station, in crowds, at the theater, in a stadium filled with other people, I like to pull my bubble in so it's about 1 foot around me. You can do this simply by setting the intention or imagining yourself pulling the bubble closer to you.
  - Set the intention that it is a bubble of Divine Love and Light and that only the highest of frequencies and vibration can enter into your energetic space. Only that of pure, unconditional love.
  - Fill your bubble with pink light/energy. It is the energy of compassion and unconditional love.
- Ask your Spiritual Team/Guides to surround you and protect you as you go into your everyday world. Let them be your bouncers.
- Be sure your bubble is one of light and is porous. Love can come out of you and into your energy. If you are a steel bubble, you are actually disconnecting with the people you are encountering. Putting up an actual wall.
- This is especially helpful when you work one on one with clients or patients, and when communicating or listening to a loved one share their heavy stories. With this bubble it will allow you to hold space for them, be present with an open heart and an open mind, and be able to hear them clearly without getting sucked into their vortex of energy with everything they are going through. You won't take on their pain, stress or struggles. That vibration is for them to carry and work through, not for you to take on and suffer from.

## Ways to Clear Your Energy

Just like brushing your teeth or taking a bath/shower to clean your physical vessel, it's important to cleanse your energetic body. Time to release energy you have collected throughout the day from the outside world as well as your own lower vibrations and frequencies including self-doubt, fear, stress, anxiety, overthinking, basically anything that no longer serves you.

- Direct/breathe out your lower vibrations down your legs and out the bottoms of your feet as well as down your arms and out the palms of your hands, sending the energy down to the earth
- Wash your hands between sessions and clients
- In the shower imagine energy you've collected throughout the day or night as soot or dirt on your body and scrub it away. As you do, visualize golden glittery light coming down through the shower head replenishing the energy that's being cleared out. As the low vibes wash away, imagine watching it go down the shower drain
- If you are near a natural body of water (stream, lake, river, ocean etc) placing your bare feet into the water and allowing Mother Earth to extract the lower energy from the energy centers at the bottoms of your feet. Breathe it all out of your body into the water
- Sit by the ocean and breathe with the movement of the waves. As the tide draws out, let the ocean clear the unwanted energy out of you. As the tide comes in, allow the ocean to bring in the new cleansed energy.
- Soak in a tub with oils, flower petals, teas, herbs, orange peels etc (look into cleansing baths)
- Receive Reiki/Energy Healing from a practicing practitioner. If you are a practitioner, run reiki through yourself
- Wave smoke all around your energetic body: incense, palo santo, sage, lemon grass, etc
- Bask in the sunlight to cleanse your energy and recharge. Set intentions on what you would like to release and what you would like to welcome in.
- Sit under the moonlight to cleanse your energy and recharge. Set intentions on what you would like to release and what you would like to welcome in.
- Sound: Singing bowls, rattles, chimes, bells, Solfeggio Hz frequency, mantras, 'Om', chanting, intoning
- Breathwork
- Really doing anything with intention: Washing dishes with the intention of scrubbing the energy you're standing in while scrubbing the plates; washing your hair "Gotta wash the man right outta my hair"- South Pacific
- Spa treatments: massage, facials, extractions - Ask your Spiritual Team to clear out all energy that no longer serves you and welcome in new energy into your story with new intentions.
- Workout/Physical Exercise with intention
- While walking, running, hiking, sailing etc, allow the wind around you to blow all of the low vibes out of you
- Walk barefoot in the grass and breath your energy into the earth
- If you work with a pendulum have the pendulum clear your energy for you
- Soak in a mineral pool or hot springs
- Run a selenite wand through your energetic field

- Hold black tourmaline to any part of your body you feel the heaviest energetically and direct the energy into the stone
- Imagine yourself sitting in the center of a spin cycle of light (like in a washing machine) and let the light spin all the lower vibrations out of you, transmuting them into higher vibrations

## Clearing Energy That Does Not Belong To You

It is NOT your RESPONSIBILITY to carry everyone else's weight, energy, pain, stress, etc. This includes but is not limited to: Your Partner(s), kids, family, co-workers, parents, patients, clients, friends, etc

- Every night at the end of the day (after shielding and clearing my own energy) I place one hand on my heart and one toward the earth or just outward away from me and say "If there is any energy that is within my energetic field that DOES NOT belong to ME, I send it back to its original owner." If you do not want to send it back to them, send it to the earth. The point is not to hold on to it.

## Calling Your Own Energy Back Home

After cleansing and clearing your energetic field of all of the energy you've been collecting, you then have space to fill yourself back up with just your energy. Nobody else's.

- Connecting in with your own personal energy that you have extended out to others over the last day, week, month, year, lifetime- begin to draw your energy back home to you. Be sure to call in only your highest vibrational self. Imagine a golden mesh surrounding your energetic body to act as a strainer so only the purest you come back into your physical vessel. You can think of it like a magnet, or you can use your breath. With every inhale, welcome yourself back home. With every exhale feel the energy spill into your body filling you up more and more until you feel yourself completely filled with you and ONLY you.



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