



Hi this is Lisa Glanzel of Earth and Beyond Healing Therapies. I am a Light worker and carry the frequency of high vibration energies that anchor with me, and flow through me, in working with others. It is my mission to introduce others to healing energies so that they experience healing and inspiration at a Soul Level, thereby transforming their lives and the lives of those around them.

The following meditation script can be used as a tool to help clear, balance and ground your energies. By being grounded your connection to all that is strengthens and you open the doors to infinite possibilities.

You can keep your eyes open, closed loosely focused if you choose to read the script. The key is to be comfortable.

Center Yourself

Take a deep breath in, breathing deeply and completely. Breathe in through your nose and out through your mouth releasing all energies, thoughts and concerns of the day. Allow yourself to relax. Whatever it is...it can wait. Now is your time. You deserve these few minutes to relax and rejuvenate. Keep breathing - good.... Continue to breath for a few breaths to establish a consistent rhythm. Allow yourself to breath in deeply, deep into the lower part of your belly expanding your belly as you breath in. If you can, hold your breath for a second and release. Breathing in again deep into your belly and release. Take one more breath, deeper, a little deeper, a little bit more... and when you don't feel like you can go any further, hold for a second and release through your mouth with a big breath outward. Good, you are doing great.

Clear Your Energies

Now it is time to clear energies further, releasing any energy that are not yours, energies that may have been picked up in interactions with others. These energies are not needed so let us release them now. Holding the intention, speak softly or say out loud "I choose to clear my energy of any and all energies that are not for my highest and greatest good".

Now take a deep breath in and raise your arms upward to the sky reaching further and further, palms facing inward. If your arms are tired or you cannot raise them just rest them on your body, just be comfortable. Take a deep breath in and hold. Exhale. Continue to breath normally. Allow yourself to feel the energy cascading down and encasing your body, your head, your face, your shoulders, your arms, your fingers, down over your chest and torso cascading further downward to your belly, legs, feet and toes. It feels so good, the energies washing over you now, clearing all energies that are not yours.



Now, inhale and feel the energy rise back upward from your toes, your feet, your legs, your belly, your torso, your chest. Going back up over your fingers, your hands, your arms, your face and your head. Allow the energy to cascade, back down and up completing three circuits around your body.

Once the circuit has been completed three times, lower your arms and place your hands in prayer position in front of your chest or allow your arms to fall softly by your side palms up.

Ground The Energies

With palms facing up, allow yourself to feel connected with the ground or the surface that you are on. Take a few more breaths in and speak softly, out loud, or to yourself "I choose to ground my energies for my highest and greatest good, allowing all good things to come to me now". Continue to breath and feel, sense or visualize your feet sinking into the ground. Feel yourself connected to the ground and the energies from Mother Earth. Feel the energies of Mother Earth swirling around you and becoming a part of you. Allow yourself sometime to breath it in and know that your energies are clear, balanced and grounded. When you are ready – breathe deeply, inhaling through your nose and exhaling through your mouth. Continue to breathe normally and start gently move your fingers and toes, reconnecting with the surface you are on and the room you are in. When you are ready slowly open your eyes. Take your time in getting up. Taking care to drink a large glass of water and notice the feeling of connectedness to all that is.

Enjoy this meditation daily to Clear ~ Balance ~ Ground your energies.

To learn more about me, and my work go to:
www.earthandbeyondtherapies.com
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Many Blessings,

Lisa