

Daily Grounding and Protection Ritual

Repeat the following guideline before you start your day or as your schedule allows. This will help to release any scattered energy that you feel throughout your body also allowing yourself protection as you continue your day or before your go to sleep.

You will first plant both of your feet onto the ground either by sitting in a chair or while standing. Take 3 deep breaths in through your nose and out through your mouth. Once you feel a sense of connection, repeat the following:

The light of the Divine surrounds me

The love of the Divine unfolds me

The power of the Divine protects me

The presence of the Divine watches over me

The mind of the Divine guides

The life of the Divine flows through me

The laws of the Divine direct me

The power of the Divine abides within me

The joy of the Divine uplifts me

The strength of the Divine renews me

The beauty of the Divine inspires me

Wherever I am the Divine is

And so it is!