**Are you ready to elevate your energy and open your heart?**

As we transition into this new era of heart-centered energy, it’s vital to ground ourselves and connect deeply with our bodies. One of my favorite daily rituals happens right in the shower! This simple yet powerful practice not only opens your heart but also helps you become receptive to high vibrational energies.

**Before you get out of bed - Set Your intention:** Before stepping into the shower, take a moment to breathe deeply and set an intention. What do you want to invite into your life today? Ask yourself: “What sacred geometrical shape do I need with me today?” What is the first shape to comes to mind? – (sphere, pyramid, spiral, star, etc). If you are feeling you need 2 shapes – ask if you need another sacred geometrical shape to assist you today. (Remember – whatever first comes to mind – go with those shapes).

If you believe in a higher power, creator of earth, God, and/or any other guides, you can invite them to help in this session or just ask general to the universe. This is up to you and what your heart desires. Either way is perfectly fine*.*

**Morning Ritual for Clearing, Grounding & Protection**

**Step 1: As you step into the shower - feel the water flowing over your body:** Visualize yourself standing under a waterfall and the water washing over your entire body. **Say something like:** “Anything that no longer serves my highest good must leave now. Please transmute all low vibrations into white light and send it back into the universe.”

**Step 2: Visualize a Sacred Geometrical shape (i.e. sphere) around your aura. Visualize a golden, white, pink, or purple** **light or combination of white, pink & purple)**  filling your (Sphere) and pouring into your body. If you feel you need extra layer of protection, ask for another sacred geometrical shape to be placed around the outside. You can use a **pyramid** for example. **Say something like:** “Please protect my intentions, energy and boundaries within and shield me of any low vibrations from entering this (Sphere). Anything that wants to release, can leave this (sphere) but nothing can enter this (SHAPE) unless I allow it to.”

**Step 3: Visualize a cord of any color extending from your root chakra or sacral chakra, down to the center of the Earth** (root chakra for men, Sacral for women).Follow the routine below taking 3 deep breaths, hold and blowing out.

**1st Breath** -Breathe down from your crown, down to the Dantien (just below the bellybutton about 2 inches), hold, blow down to the centre of the earth.

**2nd Breath** - Breathe up from the centre of the earth, hold at the Dantien, blow out through the crown.

**3rd Breath** -Breathe in from the centre of the earth and the Crown, blow out in all directions.

**Ending the ritual Say:** “I seal this protection, clearing and grounding with divine love and wisdom.”