



Day 2 – Bonus Bubbling Up Technique

In today's video, I mentioned a blogpost I've written about the "bubbling up" technique. To read that blogpost, simply click [this link](#).

Below, however, to save you reading the full blogpost, I have re-created how you can bubble up. It's super quick and super easy.

All you need to do is:

- close your eyes and stand tall
- take a few deep breaths, breathing in through your nose expanding your stomach outwards, and out through your mouth allowing your stomach to push all the air out
- imagine lovely roots growing out of the soles of your feet and down into the centre of Mother Earth
- as the roots hold you strong and steadfast, imagine a bubble surrounding you and your aura
- the bubble can be filled with any colour, whichever colour pops into your mind first
- keeping your eyes closed, repeat the following affirmation out loud: "Today and all day, I surround myself in a bubble of light. Only high vibrational and positive energy may enter into my bubble"
- open your eyes and enjoy your day in the knowledge that your energy is safe and protected
- repeat this ritual every morning

If you're a Highly Sensitive Person and/or empath, this is like a lifeline. No longer will you return home after a night out or after spending time with someone, feeling tired and drained by their energy.