

Visualise your energy emanating from within you, and on your out breath, imagine your energy spreading out from you and filling your aura. Breathe in more white light. This time on the out breath, imagine that your energy is filling the room. Then imagine it outpouring into your whole home. See the energy spreading even further, up and out into the sky, reaching up to the clouds, the faintly twinkling stars and the light source high in the sky above.

Sit in quiet, contemplative meditation until you feel drawn to end your meditation practice.

When you are ready, draw your energy back into you. On each in breath, visualise your energy slowly retreating back down from the sky, into your home, into the room you are in, into your aura and back into your body. Draw your energy right back inside you and feel all the white light that fused with it, cleansing your body, mind and spirit.

When you find yourself in a situation that is or has drained your energy, close your eyes and visualise this white light, circling around within you. Notice it sits within you, not outside you.

PROTECT YOURSELF. Before you leave your meditation practice, imagine you have a cloak. Feel yourself wrapping it around your shoulders, Harry Potter style if you like. Feel the softness of the material as it shrouds you – a cloak of protection. Ask your guides, the universe, your inner guidance or your loving energy to hold you close, to protect you and those you love as you step into your day. Remember you are not alone and you can ask for help and support at any time. This loving force is waiting to assist you in your daily life.

STATE YOUR INTENTIONS. For your day and for what you want to experience in your life. Visualise what you want to allow into your life and experience for that day. State to yourself your intentions, for example ‘I intend to only invite in loving, nourishing and happy energy and experiences.’ You can restate your intentions and call out for protection at any point.

BARE FEET. Take your shoes and socks off. Imagine you have tree roots growing from the heels of your feet deep down into the ground. Feel the intense pull from these roots, anchoring you to the earth beneath you. Then imagine at the ball of your feet that tree roots are grabbing you from beneath and pulling you back down to the ground. They firmly wrap around the top of your feet and ankles and tug you down. This will earth and ground you.

In the moment of the interaction that you are in, be sure to experience the situation. Be present and listen intently. Hold off with judgments, expressing opinions or being drawn into drama.

THINK BACK INTO YOUR HEELS. This will subtly take your weight back into your heels, instead of the balls of the feet. As a result, you will straighten your posture and your lungs will open more which will allow you to breathe more easily. It will draw your energy field back further from the person, give you a little more space and you will

“Know what your triggers are: the situations, people and circumstances that leave you feeling your energy has been drained. Recognise what feels good to you in the moment and what doesn’t feel so good.”

notice you won’t feel the need to jump in to the conversation. You will feel calm and open to listen.

STAY IN YOUR POWER. Imagine your power is within you (like the white light and your energy) and allow it to fill your aura. Keep your power within your auric field. When your power seeps out of you and it crosses in the middle with someone else’s, that is when disagreements and frustrations occur. Hold it close to you. Consider the other person too. Are you taking away the other person’s power by ‘rescuing’ them in some way?

Leave it in the middle. When talking to someone, imagine you have an invisible white line painted on the ground in front of you. When you say something, imagine you are placing it on the white line for the other person to consider, and if they choose to, they can take it in to their experience. You also have the choice to leave it in the middle or to take the comment into you and your experience. When you imagine your interactions in this way, you are more able to consider whether you are going to take it or leave it in the middle. It creates a quiet space where you can pause and think through the conversation, without jumping in feet first.

SAY NO. To anything that doesn’t feel right or seem like a good fit for you. If it doesn’t serve you, say no and leave it behind.

Afterwards, check in with your thoughts. Your thoughts create your experience. They affect how you feel, who you are, how you behave and what your experience is of the world. You are responsible for you. You are in control of you, your thoughts and how you feel. No one else can take this control and inner power away from you, unless you let them.

Choose to think and feel the higher frequencies of love, happiness, inspiration, joy, appreciation and freedom. Hold the intention that you are choosing a high vibration emotion, despite external influences. When you hold these higher vibrational feelings, you will experience more of what you want.

RELEASE. Anything that doesn’t serve you after the conversation. Say to yourself what you want to let go of. Imagine you are blowing up a balloon and on the out breath blow into the balloon all the negative thoughts, feelings and experiences associated with it. Tie the balloon off and secure a piece of string around it. When you are ready, let go of the balloon and blow it up and away into the sky. Watch it drift further and further away from you. Feel the difference within you as you visualise it drifting away.

CHANGE YOUR SCENERY. Step outdoors and into nature. Experience the elements. Hear the beautiful calls of the birds, the crickets hiding in the grass, the rustle of the leaves in the wind and the creak of the trees as they grow. This will restore your body, mind and spirit.

Above all, come from a place of love. Send healing and loving vibes to the person both during and after the conversation. They came to you for support because they trust and value you. Learn to protect yourself, manage your energy and stay in your power in these situations to live a calm and peaceful life. 🙏

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