

## CENTRE, CONNECT, GROUND, PROTECT AND PRAY DAILY

*Do as early as possible each day and repeat during the day if you feel out of sorts. Take what works for you or add, remove, change it to what does.*

**CENTRE:** allow all of your energy to come into your body, feel yourself getting heavier wherever you are, fully present in your physical form.

**CONNECT:** allow your awareness to ascend, to stand within the rays of Love and Light of Source (the God of your understanding); express your gratitude for the nurturing of your Soul. Feel Source's response - Source always responds. Express gratitude for the new day and for all the experiences to be had, a chance to try again and send love to Source. Ask for Source's pure unconditional love to flood every cell in your body and visualise pure golden white light entering your crown and filtering throughout your body, filling every cell.

**GROUND:** take that pure unconditional love to the earth. Send roots from the soles of your feet, or sink into the ground like water, all the way down to the central core of the earth; acknowledge Mother Earth's nurturing with gratitude and love. Feel her loving response in your heart - She always responds. Thank her for keeping you grounded and supporting all of life that surrounds and supports you.

**PROTECTION:** bring that blended pure light and love energy back up through your feet, through your body to the top of your crown and then settle in your heart space. Feel the connection to Source and to Earth blend there, then allow it to grow, filling outwards and surrounding yourself on all sides as in a bubble or sphere, if it feels right see the Flower of Life on its surface, allow it to surround you fully. Ask that anything that is not yours, coming at you bounce off and go wherever is for the highest good of all. This protection does not exempt you from the Natural Laws but helps you as a sensitive from taking on other people's energies.

**PRAYER OF INTENT:** since you have free will you must ask for whatever assistance you need; even Source can't help you unless you ask. Always work from your heart energy of love and ask that it be for your highest good. In prayer you need to also express why or what you want to do with whatever you are asking. Always end with a prayer of gratitude for your blessings.

Then send Love and Light ahead of your day. It will help you deal with your challenges in a more harmonious way.



RAISING CONSCIOUS VIBRATIONS

[www.rcvibrations.org](http://www.rcvibrations.org) | [info@rcvibrations.org](mailto:info@rcvibrations.org)