

I shine brightly when

**I wrap myself in a
bubble of light.**

Close your eyes and take a deep breath into your belly and blow it all the way out. Take another deep breath in and sigh it out. Imagine a bubble of light, wrapped all around you encompassing your entire being from your head to your toes. What colour is the light? Is it gold, pink, white or maybe sparkly purple. What do you see? Inside this bubble of protection it is warm, safe, and full of love. As this light of protection wraps around you nothing can get through, and all of your worries melt away. The people around you, if they are not in a great mood, possibly a little grumpy, it bounces off your bubble, their energy or lack thereof cannot affect you. If someone chooses to speak to you in unkind words, the words literally bounce off the bubble and vanish into the air. Inside your bubble of protection you get to choose who is welcomed in and whom isn't. You are in control of your emotions and how you want to feel. You are safe, you are loved, you are amazing. Take a deep breath into your belly and blow it all the way out. Take another long deep breath in and sigh it out.

