



Staying Grounded & Focused: Energy Practices for Chaotic Times

A Practical Guide to Managing Your Energy and Staying Aligned with Your Mission- Sovereign Priestess

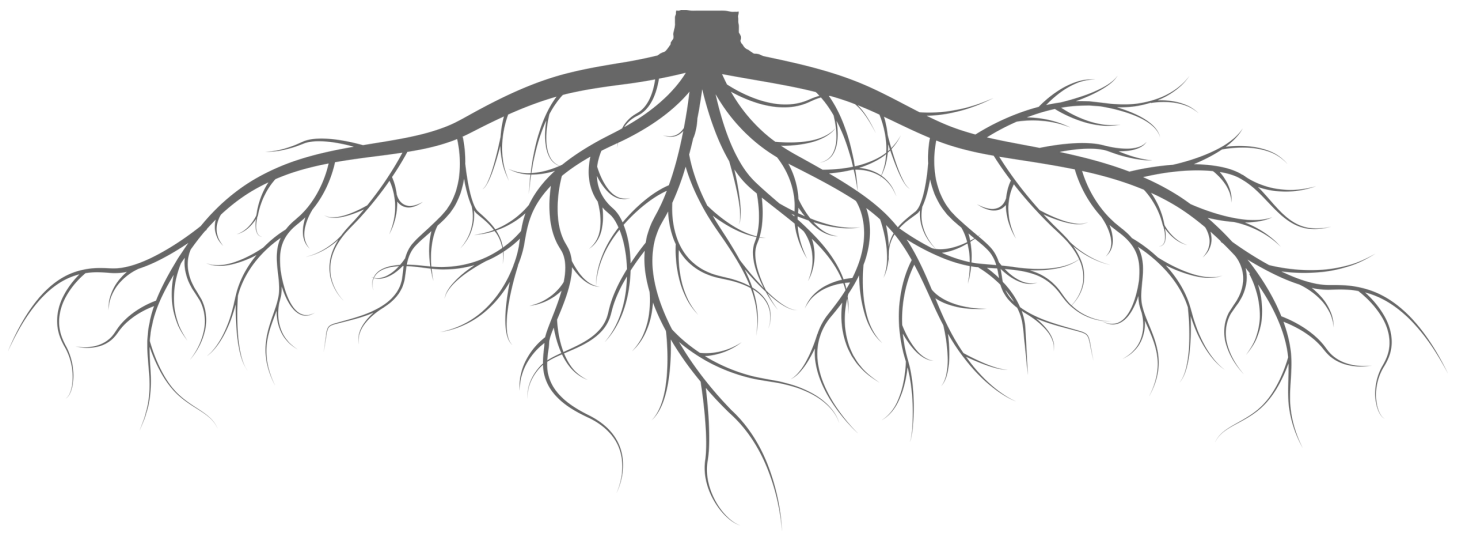


At this time, we all feel the effects of the entire world in chaos. But chaos brings change—it is part of the natural cycle of evolution and transformation. While it may feel overwhelming, it's not a call to participate in the uncertainty and turmoil. Instead, it's a call to go deep within, stay focused, and birth the new dream of the new world. The way we do this is for all of us to be living in the new dream while still experiencing this current one from a state of detachment.

This does not mean ignoring what's happening around us, but rather holding space for transformation while staying centered in our own energy and truth. When you focus on your inner alignment and maintain your personal energy field, you become a beacon of stability, calm, and hope for yourself and others.

In this guide, we'll explore energy practices that help you:

- Ground yourself and stay present
- Protect your personal energy
- Focus on your life's mission and heart's desires
- Cultivate and radiate positive energy into the world



I. Grounding & Centering Practices

Grounding connects you to the Earth's energy, bringing you back to the present moment. When you're grounded, you feel stable, clear-headed, and calm, no matter what's happening around you.

Practice: The Root Grounding Technique

- Sit comfortably with your feet flat on the ground. Close your eyes and take a deep breath in, and exhale slowly.
- Visualize roots growing from the soles of your feet deep into the Earth.
- With each breath, imagine these roots anchoring you, drawing up nourishing Earth energy. Feel this energy rising through your legs and into your body, filling you with stability and calm.
- With each exhale, release any tension, anxiety, or external energy that does not belong to you.

Repeat for 2–5 minutes each morning or whenever you feel ungrounded.

Bonus Tip: Take a walk in nature, hug a tree, or work with grounding crystals such as hematite, black tourmaline, or red jasper to strengthen your connection to the Earth.



I am loved

2. Protecting Your Energy Field

During chaotic times, external energies can influence your emotional and mental state. Protecting your energy doesn't mean closing yourself off; it means creating a sacred space for your inner peace.

Practice: Golden Shield Visualization

- Sit quietly and close your eyes. Take a few deep breaths to center yourself.
- Visualize a golden sphere of light surrounding you, starting at your heart and expanding outward until it fully encircles your body.
- This light is a protective shield that allows only love and high-vibration energy to enter while gently deflecting anything that does not serve your highest good.
- Breathe into this shield, feeling it grow stronger with each inhale. Know that you are protected and safe.

Affirmation: *"I am surrounded by light. I am safe and protected at all times."*

Advanced Tip: Reinforce your shield with additional layers—use violet light for transmutation or white light for purity and peace.

I AM SUPPORTED

3. Energy Alignment for Focus & Clarity

Staying connected to your life's mission requires clarity and focus. Energy alignment practices help you clear mental clutter and reconnect with your heart's desires and soul's path.

Practice: Heart-Centering Meditation

- Place your hands over your heart. Close your eyes and take a deep breath in through your nose and out through your mouth.
- Imagine a soft, glowing light in the center of your chest. With each breath, this light grows warmer and brighter.
- Silently ask your heart: *"What do I need to focus on today?"* Allow the answer to arise naturally without judgment.
- Breathe into this heart space for 2–3 minutes, letting the warmth of your heart energy spread throughout your body.

Journaling Prompt: What is one small action I can take today that aligns with my soul's mission?



4. Balancing Your Energy Daily

When you're feeling scattered or drained, it's often a sign of an energy imbalance. Incorporating small daily practices can help you realign and keep your energy flowing.

Energy Balancing Routine:

1. Morning Check-In: Begin each day by scanning your energy. How do you feel—grounded, anxious, scattered? Adjust your practice based on what you need.
2. Breathwork: Use deep belly breathing to reset your nervous system. Inhale for 4 counts, hold for 4 counts, and exhale for 4 counts. Repeat 3–5 times.
3. Evening Energy Clearing: Before bed, release any accumulated energy with a cleansing shower or a visualization of white light washing over you.



5. Staying in Service While Maintaining Boundaries

Being of service to others doesn't mean sacrificing your well-being. The most powerful way to contribute is by radiating your light while maintaining healthy boundaries.

Tips for Being of Service Without Burnout:

- Hold Space, Don't Absorb: You can listen and support others without taking on their energy. Remind yourself that you are a witness, not a container for others' emotions.
- Choose Your Battles: Focus on what you can influence. Let go of situations outside your control.
- Energy Exchange: Always give from a place of fullness, not depletion. If you feel drained, pause and refill your cup first.

Mantra: *"I serve the world best by staying connected to my own light."*



6. Radiate Positive Energy

When you stay aligned with your true self, you naturally radiate positive energy into the world. This creates a ripple effect, uplifting those around you.

Ways to Cultivate Positive Energy:

- Gratitude Practice: Write down three things you're grateful for every day. Gratitude shifts your perspective and raises your vibration.
- Creative Expression: Channel your energy into creative outlets—art, music, writing, or dance.
- Intentional Kindness: Small, deliberate acts of kindness create profound ripples in the collective energy field.



In these times of chaos, your greatest gift to the world is your calm, grounded presence. By protecting your energy, staying focused on your heart's desires, and aligning with your life's mission, you become a beacon of hope and stability for yourself and others.

You are not here to carry the weight of the world—you are here to radiate your light into it.

Sovereign Priestess