

## Meditation to Create Safety Bubble

**Use to promote a feeling of being in your own safety bubble/establishing compassionate boundaries (something you could practice prior to hearing a speaker share or facilitating a mediation)**

- 1 Stand up and take a few moments to bounce up and down on your toes, even jump a little, making firm contact with the ground. Now shake your entire body, head to toe. Repeat the shaking several times. These two exercises, taken from Qi Gong, loosen up stuck and stagnant energy. In a complete Qi Gong session, these two exercises are followed by an entire series of movements designed to loosen, strengthen and tonify the energies of the entire body and the organs, but I am going to abbreviate things to give you some very rudimentary tools to strengthen your energy field.
- 2 According to Chinese medicine, we have three areas within our energy field. The first is inside the body and extends just outside. It supports bodily functions and is called the first *wei qi* field. If you rotate your wrists while holding them close to the body, you can get a feel for the distance this energy extends outside the body. Next rotate your elbows, one at a time. The length of your forearm is the extension of the second *wei qi*, or the mental/emotional energy field. This is the area of your energy field in which you allow your loved ones and intimates. Now extend your entire arm, one arm at a time, and rotate it in a circular motion from front to back and from back to front. This is the third *wei qi*, or the spiritual energy field, which when strong, protects you from the negative influences of the world. For the most part, we keep casual acquaintances and others we do not know at all outside this field. If you notice, it is the distance that we feel comfortable in maintaining when having discourse with people we do not know well.

- 3 Now I am going to show you a qi gathering exercise that can help you consolidate this healing, rejuvenating energy. Best of all, is to do a complete Qi Gong regimen. I cannot speak highly enough of the value of Qi Gong in getting the energy moving and slowly building health and stability into the body/mind system.
  
- 4 Now, if you will, imagine a warm, glowing pinkish-yellow light with a viscous quality, like honey, pouring over and through your body, filling you up with healing, vitalizing, strengthening energy and radiating out to your third *wei qi* field until it forms a protective egg shape around you. This is a mix of heaven and earth energy and it is very powerful. Feel it as having a bouncy, resilient, reflective quality at its outer edges. This can serve as a barrier to negative energy from the outer world. See this radiance growing in intensity and visualize yourself fully protected from any harm.