

Protect your energy!

This small and simple exercise protects your energy and prevents others from taking it.

Hey there! The sun is shining and the temperatures are rising! I recently went to visit a friend who let me down, but I didn't let that get me down. Instead, I took some time to explore the beautiful nature around Nottingham, where I used to live. It was so refreshing to have nothing to do all day but sit in the sunshine and watch the ducks and swans floating by on the lake.

While I sat there, I stumbled upon a powerful Chinese healing meditation, ideal for helping me deal with negative environments. I was feeling pretty down about the decision I had made to relocate, and the energy in that environment was just so heavy and stagnant. I could feel a knot forming in my belly.

But then, I sat down in the sun and this amazing Chinese lady showed me an easy and genius trick. Are you ready for it?

- First, take a deep breath and exhale several times. Let yourself relax.
- Next, visualise a beautiful golden sun in front of you.
- Step into the sun and bask in the beautiful golden light and energy. You can even visualise yourself driving your car in the sun!

I have to say, this exercise works wonders. When I got back to my friend's house, we decided to part ways, and I felt a deep sense of gratitude and lightness. Give it a try and see for yourself!

