



# CLOSING DOWN

## Closing and Grounding Visualization

**USE THIS VISUALIZATION AFTER A SESSION OR IF YOU JUST NEED TO GROUND**

- Settle into a comfortable position, and gently close your eyes.
- Direct your attention to your breath and concentrate on it for a few moments.
- Shift your focus to the energy field that you previously expanded around yourself while opening. Envision it, coming all the way back to your body
- Take your awareness to the area just above your head and imagine a basketball-sized orb of light hovering there.
- Imagine the orb of light shrinking in size until it's the size of a marble before it sinks down through the crown of your head.
- Watch as it gracefully descends, gliding from the brow down to the throat.
- From the throat to the heart space and then gradually down the chest, down the stomach to the base of the spine.
- Now imagine the orb of energy dividing in two and sinking down through your legs and leaving through the soles of your feet creating roots into the earth.
- Feel this energy leaving you and connecting with the earth.
- Feel the downward movement deep into the earth as the energy flows through the roots and fades into the earth.
- Start to move your toes and become more aware of your body. Open your eyes and feel your feet, your legs, arms, and the rest of your body. You are back in the present moment now.
- Take a moment to thank your Spirit Guides, Angels and loved ones in Spirit for their presence, protection and wisdom whilst you've been working.