

## **Energy Bubble Visualization**

Heal Yourself with Qigong by Suzanne B. Friedman, L.Ac., DMQ (China)  
Energetic Boundary Practice, page 170-171

People often ask me if there is a qigong exercise to help protect them when they are about to enter an uncomfortable situation. For example, sometimes they want an exercise they can do before, during and after they visit their families. Sometimes they want to prepare for a big meeting. And sometimes they just want something they can do before they go to work each day. Interestingly, the doctors who practice ancient Chinese medicine use this type of visualization before they work with contagious patients, in the same manner that surgeons wear gloves and masks.

Energy-bubble visualizations work because you invest your valuable time and energy in creating a protective space surrounding you that cannot be invaded without your permission. When you invest this time and energy, your body becomes programmed with the message you are creating. If you decide that you won't allow someone to knock you off your center and you take steps to prevent it, you minimize the chance of it happening.

1. Stand in wuji posture or sit upright in a chair with the backs of your hands resting on your thighs. (palms up).
2. Close your eyes and slow your breathing. Feel your whole body relax.
3. Visualize a bubble around your body in your mind's eye. Take as much time as you need to mentally create a thick bubble enveloping you. Visualize and "see" the shape, color, and size of the bubble.
4. Once you clearly see yourself surrounded by a bubble, draw up a memory of a time or an experience when you felt particularly powerful, calm or in charge.
5. Let that feeling emulate out of your body to fill the entire bubble. Take a minute or two to do this. Perhaps feeling has a color or a quality you can see that fills the bubble.

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6. After you've filled your bubble, take another minute to see and feel it surrounding you.
7. Take a few deep breaths before concluding this meditation.

This is one of those exercises that gets more powerful each time you practice it. You don't need to create the bubble immediately before entering the problematic situation. The key is to take a second to remember and visualize your bubble just before entering the situation. You can create the bubble the night before, or the morning of the situation and then bring it back into your awareness just before you need it. Practice this whenever you feel as though you need some form of "energetic armor" to keep you strong and feel protected.