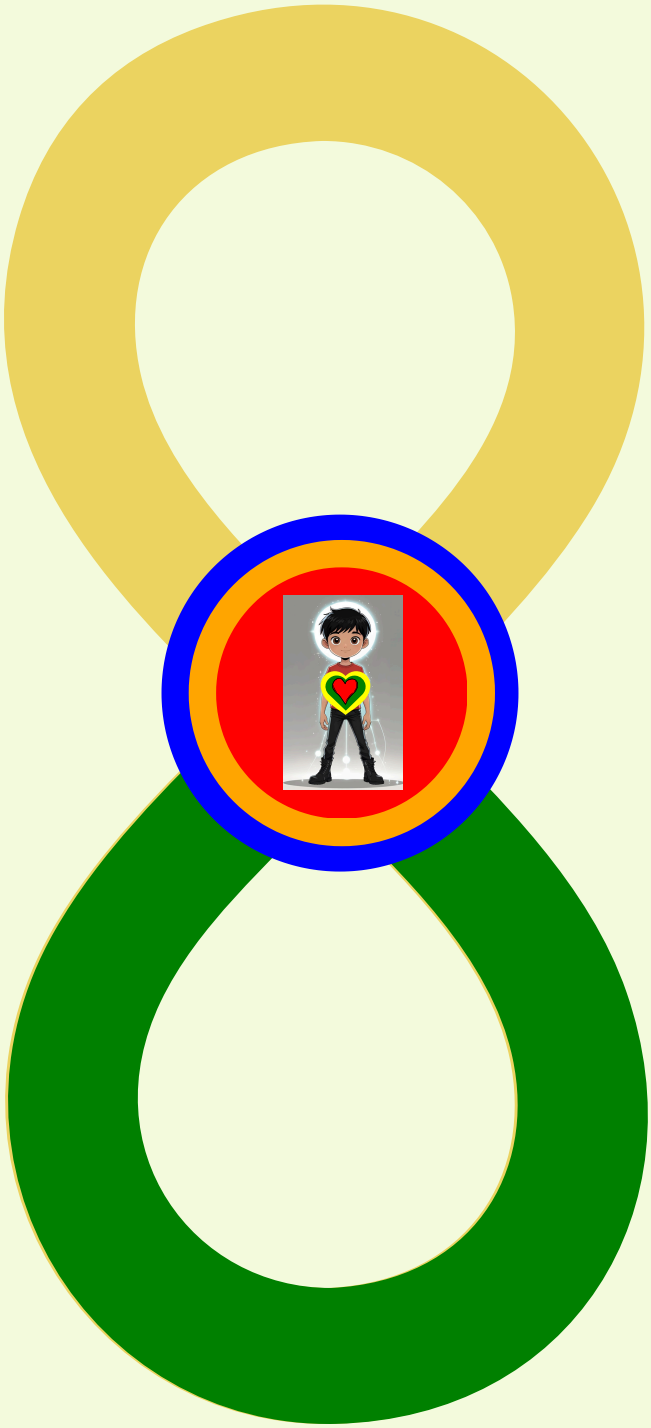
GROUNDING & SHIELDING MADE EASY



by Sheridan Ripley

Sam was a young boy who liked to be in the world *sometimes*.

Sometimes it felt like too much. He felt like he wasn't quite on the earth or in his body, and he was overwhelmed by everything going on around him. There were so many sounds and emotions and it just felt like so much.

Then he learned some tools that helped him to be in the world, to be in his body and feel safer and present.

Grounding and Shielding

Here are some simple steps
so YOU can learn to
Ground and Shield too!

Grounding

First there is grounding. Grounding helps bring our energy back into our body and into balance and alignment.

Mind and Spirit Connection

Grounding starts with connecting our mind and our spirit; our eternal self and our thinking self.

You can close your eyes and imagine your spirit coming fully into your head - connecting to your mind,

and know they work together much better when they are connected.

Spirit, Mind, AND Body

It's important that your spirit and mind also connect with your **body** fully:
from the top of your head
to the tips of your toes.

This helps your spirit and mind communicate to all the cells in your body and your cells to communicate back
and respond in a way that is in harmony.

Close your eyes right now and ask
Can I feel my whole body?
Are my mind and Spirit fully here in my body, in this moment?
Can I feel my toes?
Can I feel my fingers?

It’s ok if you can’t yet. You can learn how!

Take a deep breath and know that breathing is one way to help connect your spirit, mind, and body together.

Rooted to the Earth

The third step is grounding to the earth.

You can imagine like you are a tree with roots growing out from the
bottom of your feet
deep into the earth.

Whatever does NOT serve your
body, mind, or spirit,
you can send down out those roots
into the earth
and it will process it for you.

Connecting to Heaven

The fourth step is connecting to heaven.

You can send your gratitude and love upwards to heaven.

And you can feel
God's divine love and light
shining back down on you.

Fully Grounded

Now your body, mind and spirit are connected and you are fully grounded from heaven to the center of the earth.

You are in an infinity loop of love.
With positive energy flowing down from above, through your body into the earth, and then cycling back up with gratitude and love.

You can understand and believe:
every time I am grounded,
I stand in the middle of an endless flow
of love and support.

2 wonderful affirmations to help remember that is:
“This is my body, here I am!”
“Mind, body, spirit all connected together and I am connected to heaven and earth!”

Shielding

Now that you are grounded, let's also get you shielded.

Sam sometimes would struggle with too much energy or emotions in his body,

but often it wasn’t that HE had that many,

but he felt so many of the emotions and energy around him

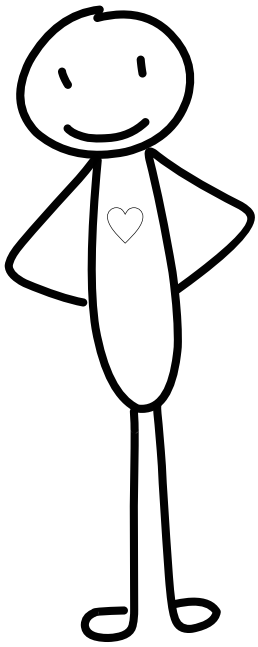
and they all got INTO him so easily.

He learned he could feel safer and stronger when he used shielding.

Color Along

(A friend can do the coloring if needed)

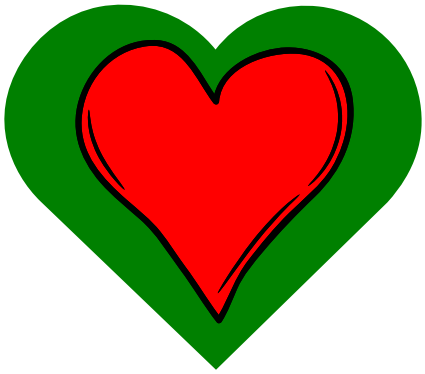
This will be fun if you get out your crayons and a piece of paper and color along.



First start by drawing a stick figure in the middle of your paper and a heart on your stick figure.

Green

Imagine (or color) green
around your heart.
This helps keep your eternal self safe,
that spirit self that is inside of you.



Yellow

Take yellow and color around the green. This yellow helps protect
your spirit self HERE on the earth.
It helps you feel more confident
and keeps you steady when things around you feel uncertain.

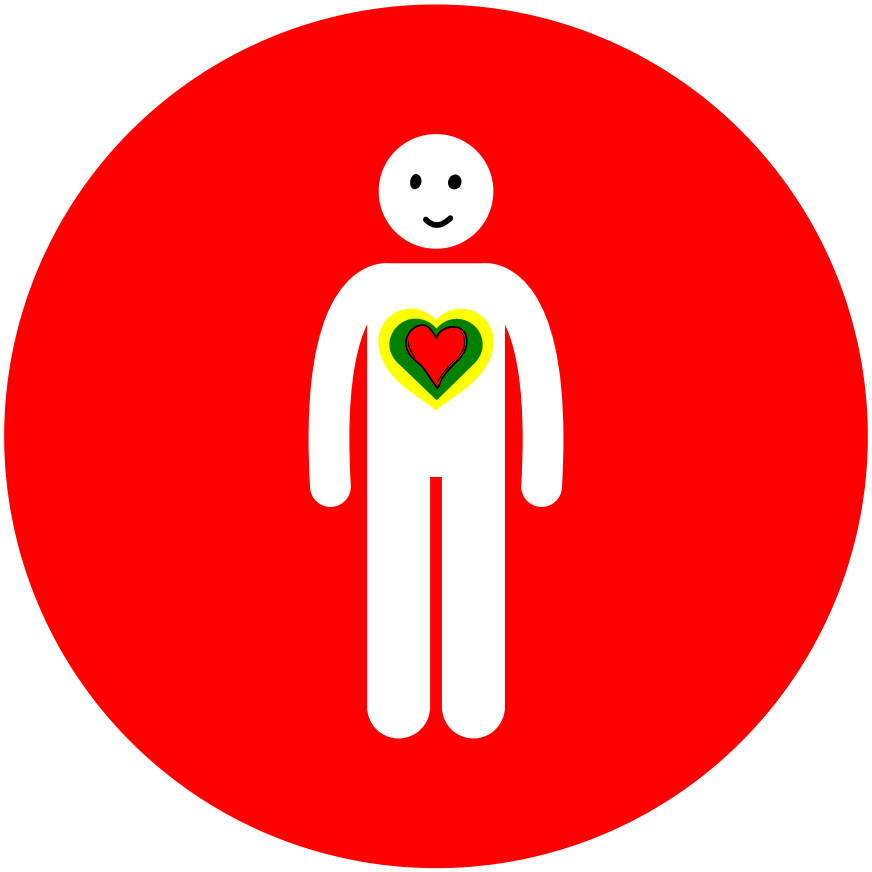
Red

Red is the next color.

Color red around your whole body.
(It can be a circle or the shape of your body)

This provides an energetic protection for your **physical** body.

It can keep out unwanted energy,
like too much noise,
unexpected interactions
or even germs
if somebody sneezes near you.



Orange

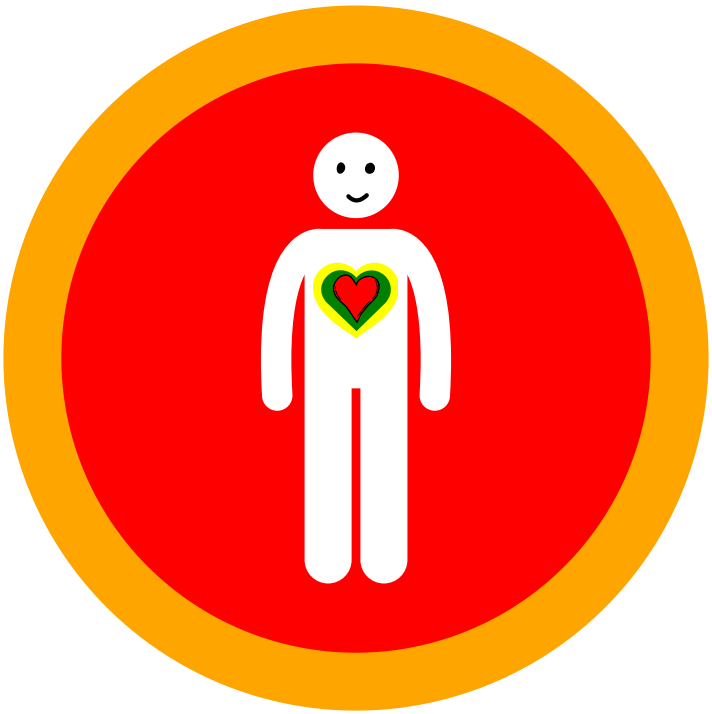
Orange is the next color.

It is the one that shields us from other people's emotions.

Sometimes when Sam was at school
and a friend felt very sad,
he used to feel that sadness too.

Once he learned that he could use the color orange,
he would imagine
the orange strengthening around him,
and then Sam didn't feel sad,
even though his friend still did.

It protected him, which helped Sam to just feel his own emotions.
And it was easier for him to care about others, because he wasn’t overwhelmed by their emotions too.



Blue

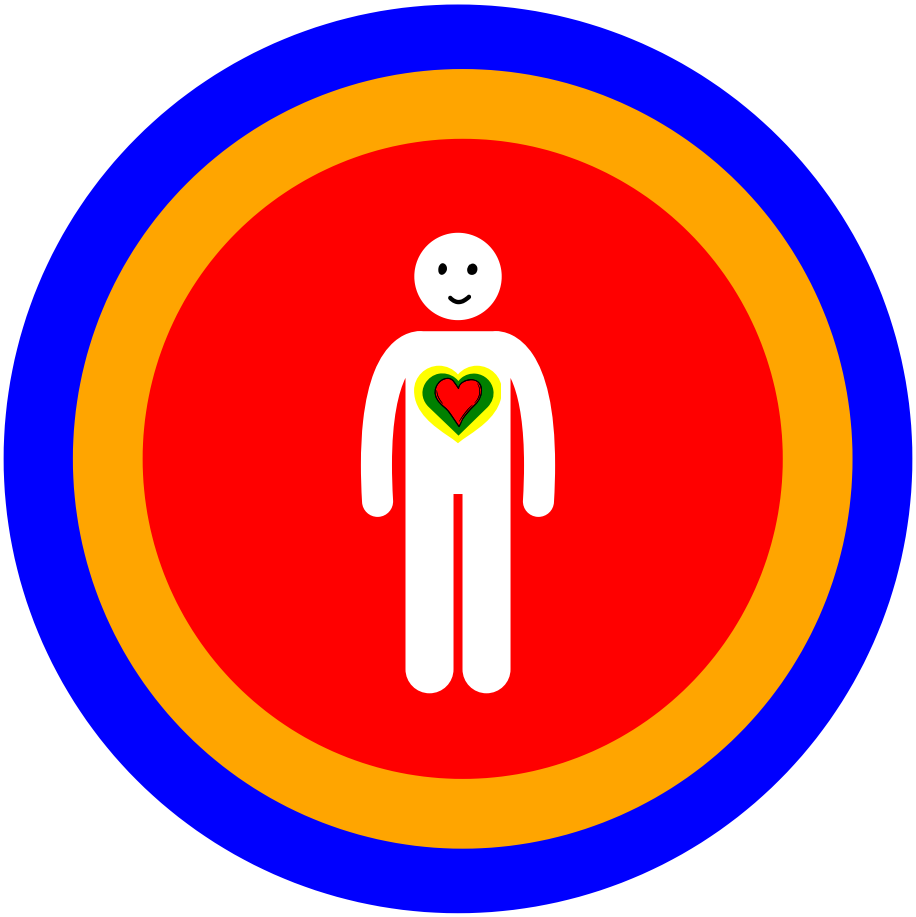
Blue is our relationship boundary.

Having nice, smooth, solid edges helps us to connect without overwhelm.

Sam learned that when he put his blue layer on before school, it helped him to feel more comfortable with his friends.

And it was easier to interact with other people all around him.

Blue could even help his relationships with his parents and siblings too.



Bonus Layers

You can add special layers as needed.

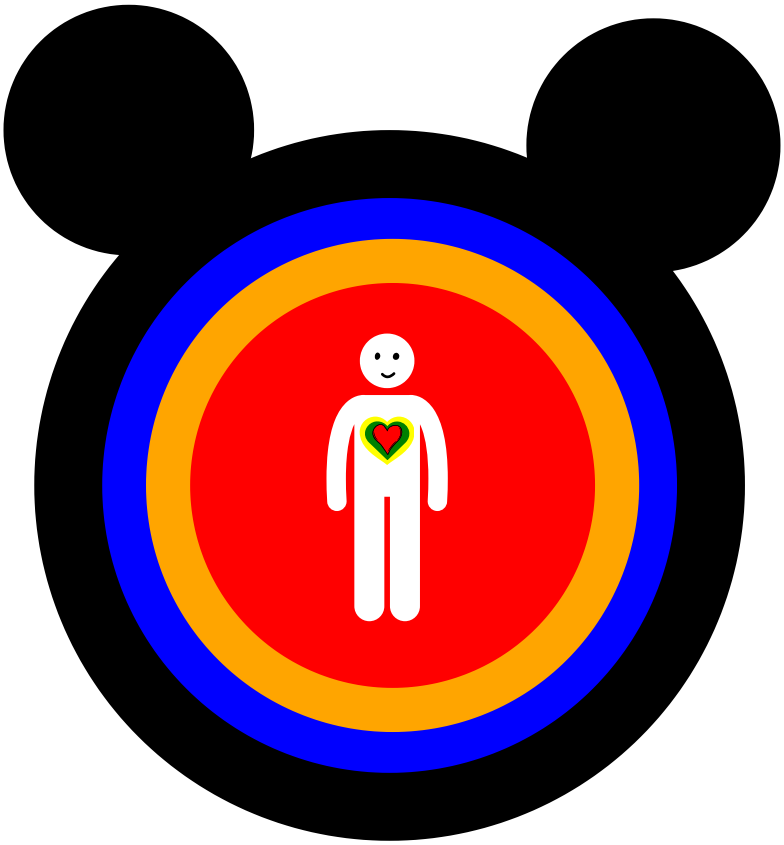
Sam was once at Disneyland and felt overwhelmed, so he asked for a Disneyland layer.

Guess what he saw?

A Giant Mickey Mouse Head protecting him and he felt better right away.

You can create a special layer for a person, a place or a thing!

The only limitation is your imagination!



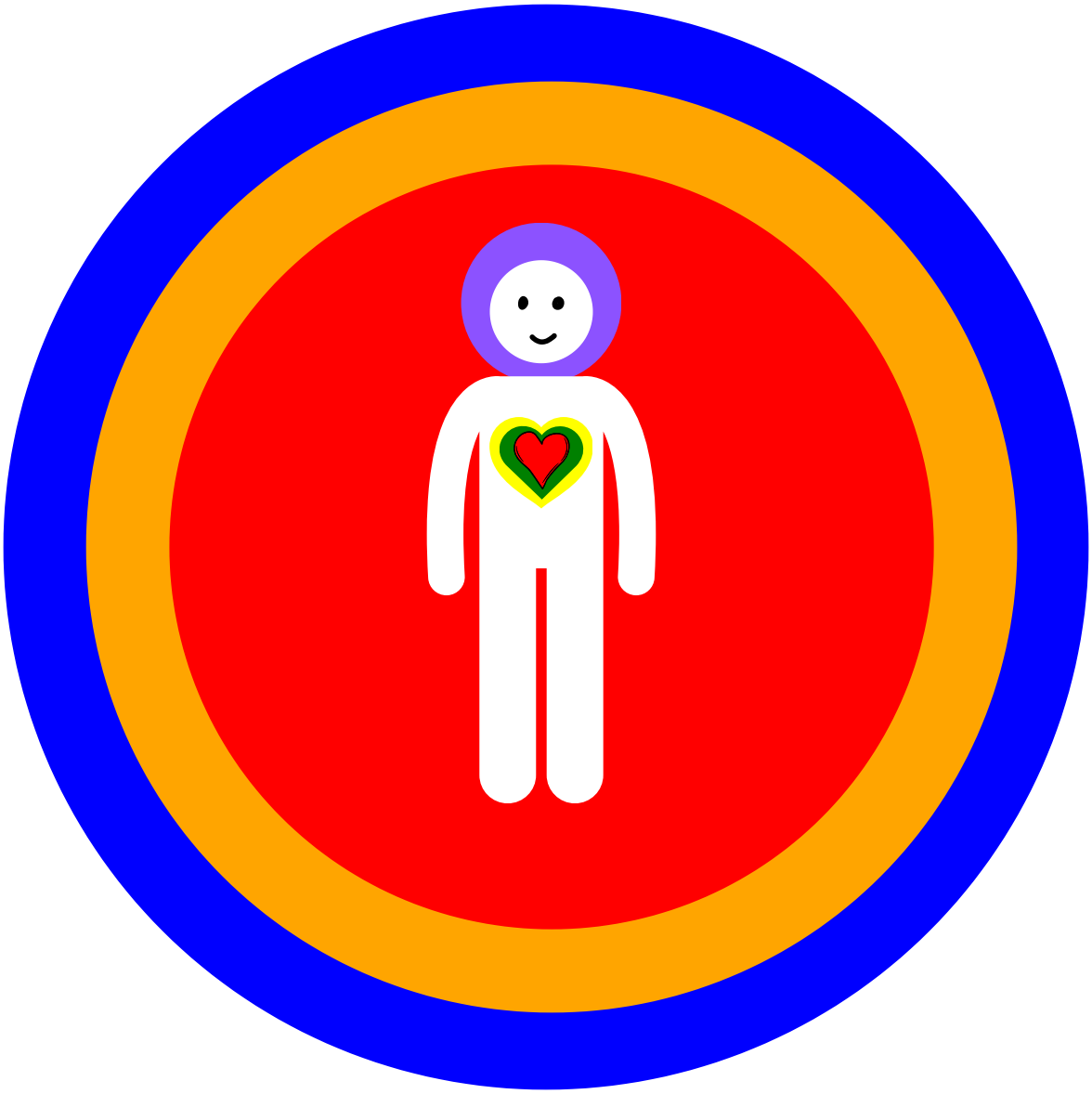
Bonus Layer - Thought Shield

For children who are overwhelmed by others thoughts.

Or Communication Partners who want to help shield their thoughts from spellers during a session.

Or any other time you want/need this.

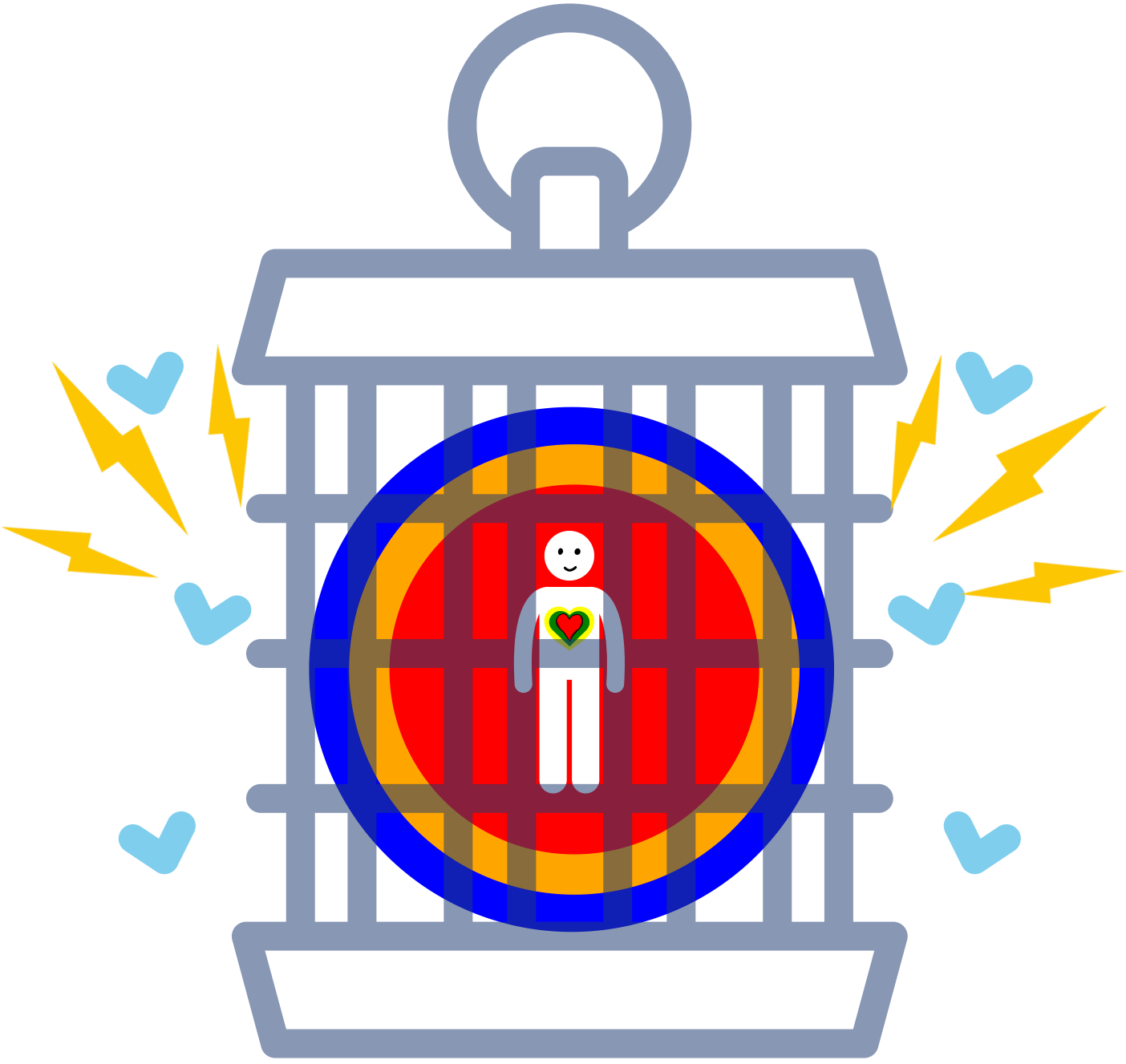
A Purple Layer around your head can help shield thoughts!



Bonus Layer - “Spirits” Shield

Some children on the spectrum can see spirits.
And that can often feel disruptive.

A Spirit Zapper Layer can protect them!
(Think bug zapper, but for spirits)



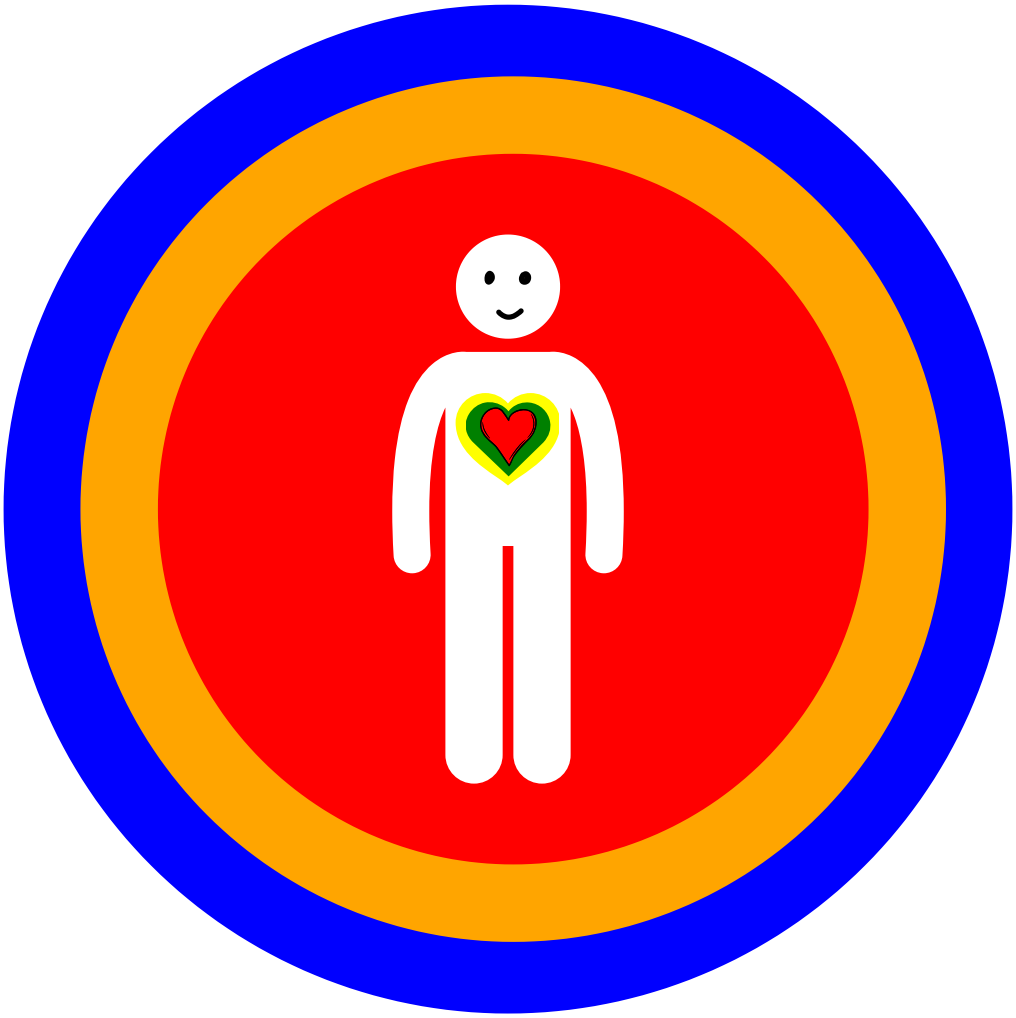
White

The white layer is a spiritual protection
and it's so big.

It's the largest most radiant shield you ever could have.

This layer connects you to your angels, divine love, and anything else supportive.

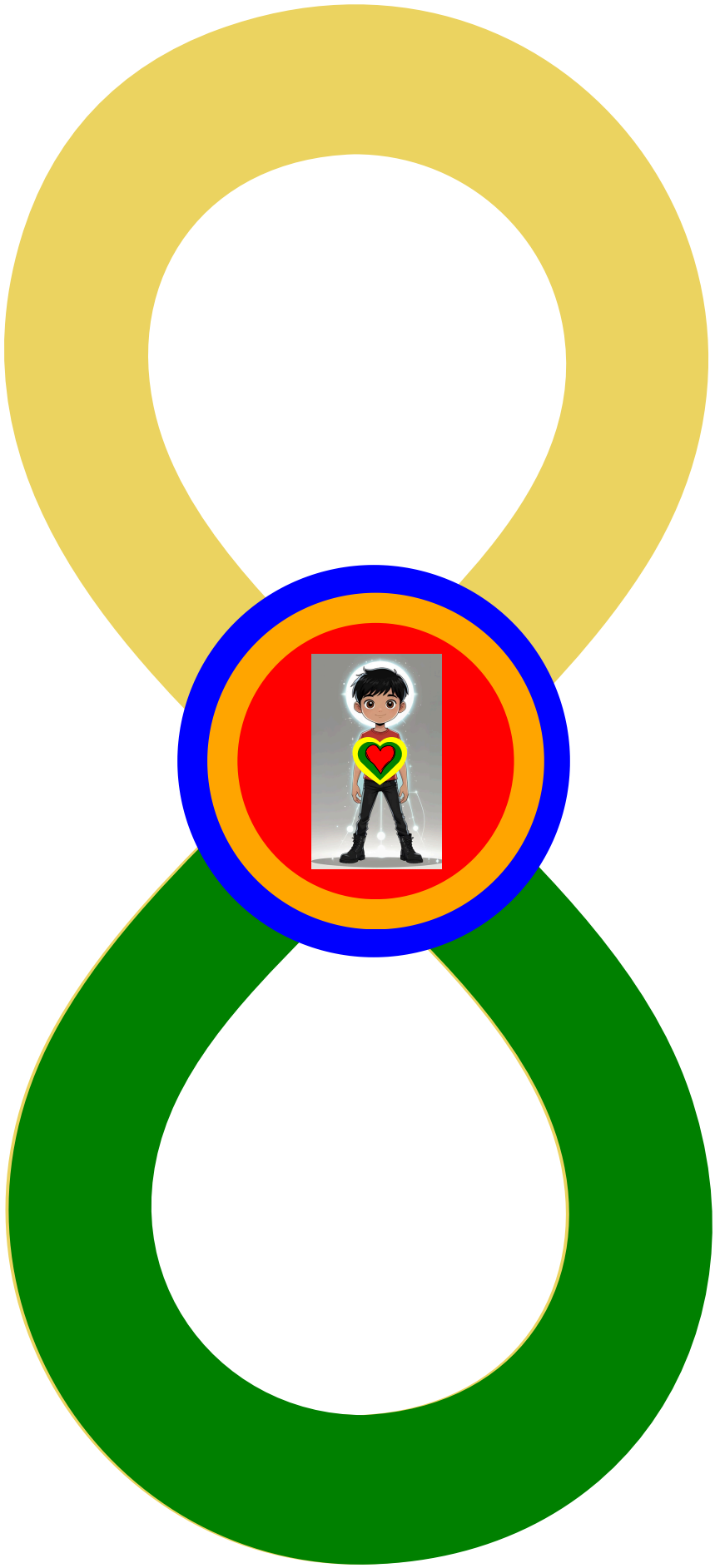
(It is hard to color the white layer,
so imagine the white of the page is what you colored.)



Grounded and Shielded

You can feel safe and protected
as well as strong and calmer
when you take time each morning to
ground and shield.

And you can also ground and shield as
needed throughout the day.
(Remember what Sam did at Disneyland.)



Song to Quickly Ground and Shield

Grounding and Shielding
can be as easy as singing
a 33-second song.

Since you have created it in your mind,
(and maybe even created it by coloring it)
you can sing the song to activate it!

I have a mind a spirit
and a body, too
I am here upon the earth
and connected to heaven too.

Green layer, yellow layer
then comes red,
orange and then there's blue
any other layer that I need
then white with angels too!

An example of someone's color shield. (They also have an apron as part of their shield, which I go into more on my podcast episodes - see below.)

Sign up for my newsletter for free access to the private podcast where I go more in depth with grounding and shielding.
I have short visualizations to walk you through practicing both, ideas for those extra layers you may need, as well as me singing the song!

I have found that some of my clients need extra support to ground and shield, if they have some blocks preventing it. Please reach out if you feel like you need more support after trying it on your own.
www.awesomeautismtools.com