

LIA RADONICH

MEDITATION GUIDE

*grounding
clearing
protecting*

INFO@DANJES.GLOBAL



Hello & Welcome!

I'm truly excited to have you join me on this journey of personal growth and transformation. As a Certified Life Coach, my passion lies in empowering individuals to live their best lives and cultivate lasting positive change. Together, we'll embark on a path of self-discovery, authenticity, and mindfulness. We connect with energy, spirits and your gifts!

My hope is to provide you with the tools you need to find inner peace, embrace self-compassion, and unlock your full potential. Let's navigate life's challenges and create a more fulfilling and mindful life together.

Lia Radonich

[@danjes.global](https://www.instagram.com/danjes.global)

CLEARING

Your Energy

Clearing your energy is very important as we are energetic beings and can pick up different energies throughout the day.

Making sure you come into your house or go to bed at night with just your energy is crucial to your overall health.

Clearing Your Energy Meditation

- Find a quiet and comfortable space where you can sit or lie down. Close your eyes and take a few deep breaths to center yourself.
- Begin by bringing your awareness to your breath. Notice the rhythm of your inhales and exhales, allowing your breath to flow naturally.
- Visualize a bright, radiant light above you, representing pure and cleansing energy. Imagine this light slowly descending toward the top of your head.
- As the light reaches the crown of your head, envision it entering your body and spreading throughout your entire being. Picture the light illuminating every cell, tissue, and organ, purifying and cleansing as it moves through you.
- Focus on any areas of tension, heaviness, or negativity within your body or mind. As you exhale, imagine releasing these stagnant energies and allowing them to dissolve into the light surrounding you.
- Continue to breathe deeply and intentionally, inhaling clarity and exhaling any remnants of negativity or blockages. With each breath, feel yourself becoming lighter and more open.
- As the light continues to cleanse your being, imagine it expanding beyond your physical body, creating a radiant aura around you. This aura acts as a protective barrier, keeping you clear and balanced.
- Stay in this state of cleansing and clarity for as long as you like, allowing the light to do its work. You may visualize or sense the energy shifting and clearing, bringing a sense of lightness and renewal.
- When you are ready to conclude the meditation, bring your attention back to your breath. Gradually open your eyes and take a moment to ground yourself by connecting with your surroundings.



Additional Resources

Crystals

Selenite Made from pressed sea water, selenite is self clearing meaning you never have to worry about cleansing it, this is the crystal you put all your other crystals near to cleanse. My top recommendation for a clearing tool

Amethyst, Clear Quartz, Shungite

Smudge

Palo Santo , Sage, Cedar, Lemongrass, Lavender, Salt

Water

Being near or in the ocean, river, lake. Bath or Shower imaginging all of the days energies washing off you. Alternatively you can imagine a shower of light covering your body and washing everything away just like an actual shower.



P R O T E C T I N G

Your Energy

Protecting your energy is very important as we are energetic beings and can pick up different energies throughout the day.

If we are feeling low or have a lack of boundaries we can attract lower energies and it can sometimes be hard to know this before it's too late and our overall wellbeing has been compromised.

Protecting Your Energy Meditation

- Find a quiet and comfortable space where you can sit or lie down. Close your eyes and take a few deep breaths to relax your body and mind.
- Begin by grounding yourself using the grounding meditation I shared earlier. Visualize roots extending from your body and connecting deep into the earth, anchoring you securely.
- Once you feel grounded, imagine a sphere of bright, protective light surrounding you. This light can be any color that resonates with you as a symbol of protection, such as white, gold, or blue.
- See this sphere of light expanding and growing larger, encompassing your entire body within its radiant energy. Feel its warmth and strength.
- Now, set the intention for this protective light to shield you from any negative energies, influences, or harm. Affirm that only love, light, and positive energy may enter your space and energy field.
- Take a moment to call upon any spiritual guides, guardians, or protective forces you feel connected to. Ask for their assistance in enhancing your protection and keeping you safe.
- As you breathe, visualize this protective sphere of light becoming even stronger and more vibrant. Feel it forming a shield around you, deflecting any negativity or unwanted energies that may come your way.
- Trust in the power of this protective shield and the support of your spiritual allies. Know that you are safe and secure within its embrace.
- Stay in this protected state for as long as you like, basking in the energy of safety and security. Allow yourself to feel the peace and comfort that comes from being shielded.
- When you are ready to conclude the meditation, express gratitude to your guides and the protective energy surrounding you. Gradually bring your awareness back to your breath, gently open your eyes, and reorient yourself to your surroundings.



Additional Resources

Crystals

Black Tourmoline: Transmutes lower energies to positive ones

Obsidien: Blocks against negative/low frequencies and helps heal trauma

Lapis Lazuli: For psychic attacks

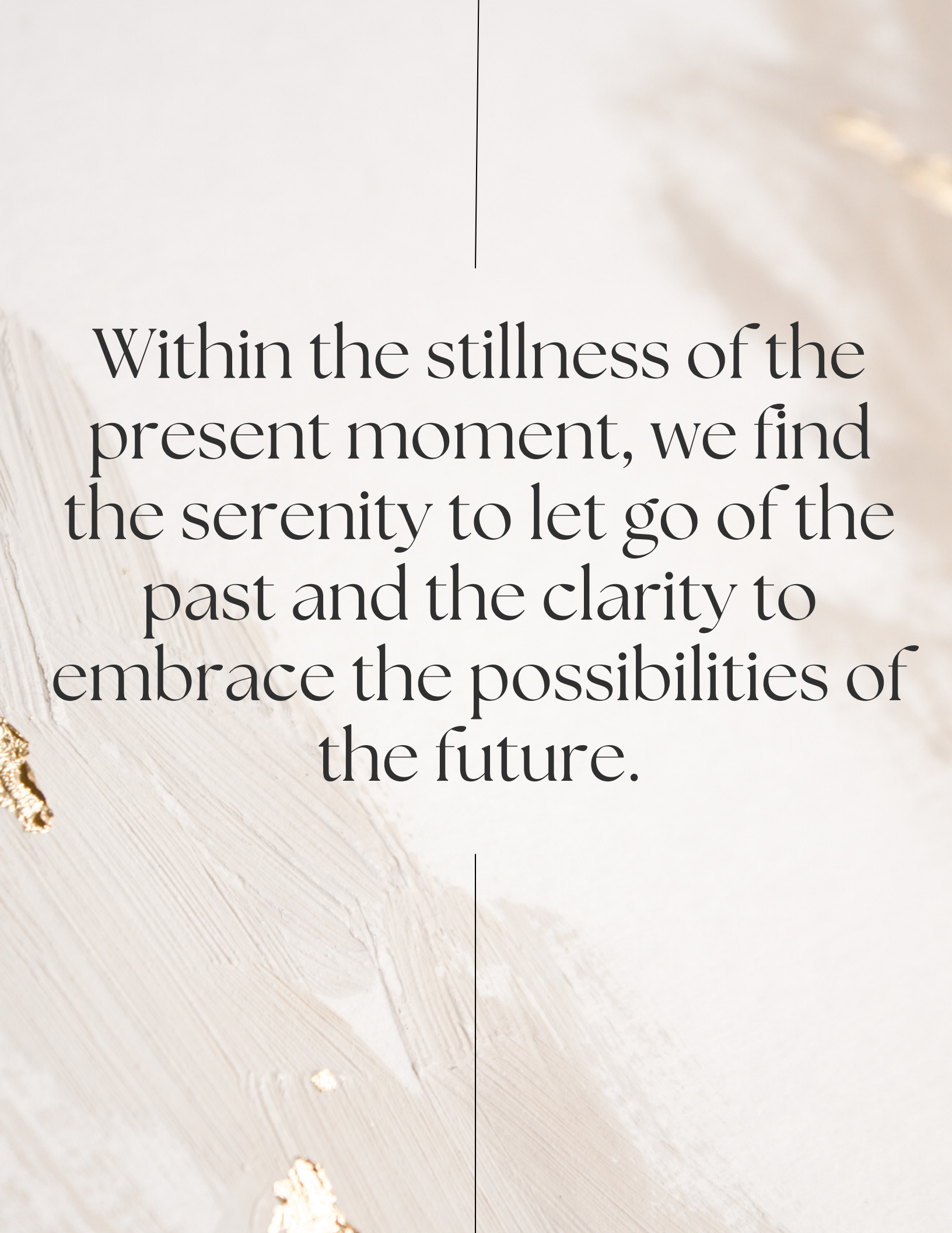
Angels

Call in Archeangel Micheal and his Sword, Shield and/or Blue Cloak to surround yourself and protect you during challenging times or when you sleep

Talismen

Evil Eye, Hamsa Hand





Within the stillness of the
present moment, we find
the serenity to let go of the
past and the clarity to
embrace the possibilities of
the future.

G R O U N D I N G

Your Energy

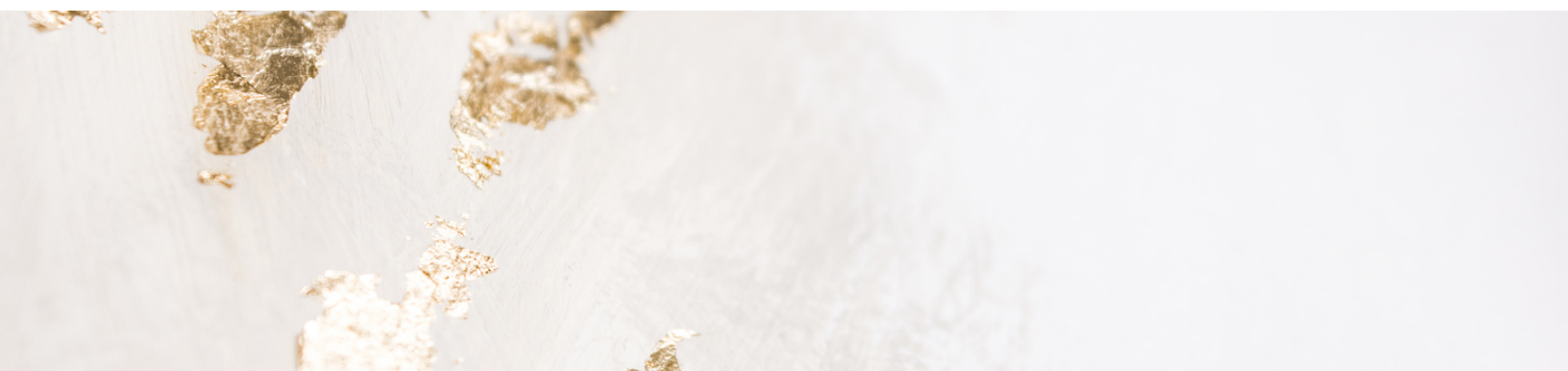
Grounding your energy is very important as we are energetic beings and can be very head strong and/or live outside of our body.

If we are feeling chaotic, all over the place, having a hard time concentrating, making decisions or being clumsy , these are signs of being ungrounded.

Grounding brings our energy back into body and anchoring into Mother Earth where she can absorb some of the low energies and provide us with crystalline energies instead.

Grounding Your Energy Meditation

- Find a quiet and comfortable space where you can sit or lie down. If you can lay on mother earth. Close your eyes and take a few deep breaths to relax your body and mind.
- Begin by bringing your attention to your breath. Notice the sensation of each inhale and exhale, allowing your breath to naturally deepen and lengthen.
- Visualize roots growing from the base of your spine or the soles of your feet, extending deep into the earth. Imagine these roots spreading wide and anchoring you securely to the earth's core.
- As you connect with the earth, visualize or sense its energy rising through the roots and entering your body. Feel the earth's stability, strength, and nurturing qualities flowing into you.
- Now, shift your attention to your body. Scan from head to toe, bringing awareness to each part. Feel the weight of your body, the contact it makes with the surface beneath you.
- Take a moment to focus on your lower body and legs. Imagine them becoming heavy and rooted, as if they are merging with the earth.
- As you continue to breathe deeply, envision any tension, stress, or excess energy leaving your body and flowing down through the roots into the earth. Feel a sense of release and grounding with each exhale.
- Stay in this connected and grounded state for as long as you like, allowing yourself to fully experience the sensation of stability and rootedness.
- When you are ready to conclude the meditation, gently bring your awareness back to your breath. Gradually open your eyes and take a moment to reorient yourself to your surroundings.



Additional Resources

Crystals

Moss Agate: Deeply connected with earth, helps with emotional stability

Red Jasper: Associated with the root chakra, brings foundation and security

Smokey Quartz: Grounding and neutralizing negative energy

Spoons

Rub spoons on the bottom of your feet, it charges the ions and connects you with earth

Nature

Play in our backyard, hike, swim, take shoes off and feel the ground on your feet, hug a tree ,



Your dream life is calling



Living life as an energetic being, a human being not a human doing. Live life on purpose, embracing all of your experiences and gifts. Share your soul energy with the world and watch how your life changes.

ENROLL NOW

After the loss of my brother and sister, the spirit world was revealed to me. Realizing we are much more than our bodies, I am on a mission to help guide us back to who we truly are.

Lia Radonich

Spiritual Life Coach

@danjes.global

info@danjes.global



This moment will never happen again, enjoy.

Thank-you!

I'm so excited to continue working with you, please reach out to learn more.

Embrace what makes you a spiritual being. Remember that each person's journey is different, and living authentically means being true to yourself, not comparing yourself to others. Yes we are all connected and feel each other's energy but we are each experiencing life in our own unique way.



Contact:

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