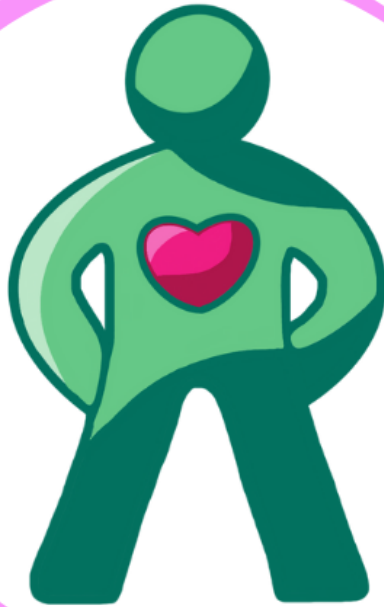


Your Inner Strength Is Your Outer Foundation



BUBBLE
JOURNAL

The image features a white background with a dark green border. Several hand-drawn circles are scattered across the page. A large green circle is centered, containing the text 'BUBBLE JOURNAL'. Other circles in green and pink are located in the top-left, top-right, and bottom-right corners. The text 'BUBBLE' is in a green, bubbly font, and 'JOURNAL' is in a pink, blocky font.

BUBBLE
JOURNAL

Bubble Exercise

The outer body layers are made of energy particles.

Like any muscle the more you use it or exercise it the stronger it gets. It is about repetition on a consistent basis.

The Bubble

Strengthen our emotional body layers by the use of energy and intention.

In just 3 steps!

1

Take 1 to 5 seconds

2

See yourself glowing in a white light.

3

Create loving, thoughts and affirmations in your mind and space.
Always give gratitude.

Extra - Take 30 more seconds to 5 minutes to breathe, ground your energy and bubble.

Love yourself and the rest will follow

Bubble Support

2 examples for using our bubble exercise

1

Taking Notice

Take time to notice the small things in life. What is around you?
The sky, a Flower, people, the air you breathe. Sit at a park,
beach or a hike.

Journal

What do you notice when you take time to look and observe?
What would you have missed out on?

2

Interactions

Create your bubble before, during and after you have interactions
with people.

Journal

What do you notice? What happened or didn't happen for you?

Believe In You

Advanced Bubble Tool

Sentry

'Bubble Armor'

Is a guard, watchman or patrol.

It's a soldier controlling access to a place or keeping guard.

The idea behind setting up our '*Bubble Armor*' is to create an energetic object to withstand the energy that comes at you throughout the day.

Especially when it is someone that is very intense like sad or angry. Intense could also mean energy that is pushy or anxious, ill or stressed.



An example of an object that works well as a sentry

A rose because it has a soft loving feel but it will bite you with its thorns if you grab it the wrong way.

1

1. Bring a rose into your bubble, by visualizing in your mind. (or whatever you use to represent what the rose does)

2

2. Have it sit in your bubble as a Sentry.

3

3. Have it represent **SEPARATION and/or PROTECTION**

a. Separation is any energy that is not your energy.

b. The rose acts as a magnet to stop the energy from penetrating you.

c. This gives you access to seeing or feeling it separate from you.

d. You can now decide to release it or learn from it, as well as teach or heal.

Beauty is an illumination of the soul

Daily Bubble Routine

Feel an energy bubble around you in a white light of love.

Positive Affirmation

Personal Goal

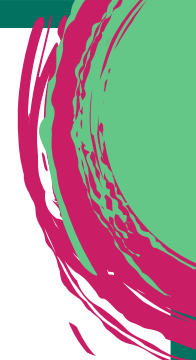
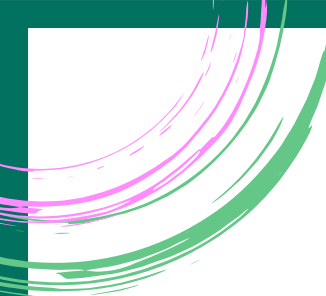
Intention

Things your grateful for

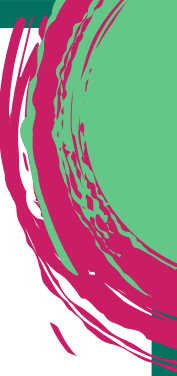
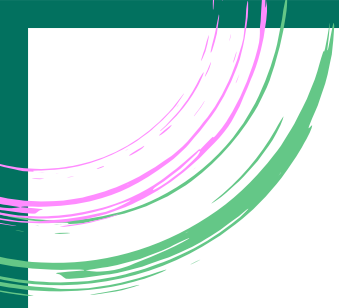
'FLY'
First Love Yourself

Journal Creative Page

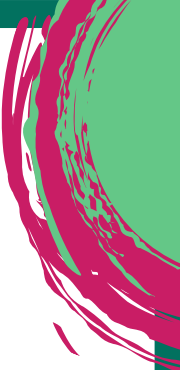
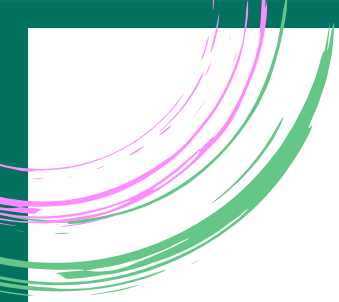
Draw, scetch or whatever helps you
express your experiences



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