

Your Safe Bubble

A 5-Minute Protection Meditation

A free guided practice from Unum Reiki & Wellness

Find a quiet moment. Close your eyes if that feels right.

Take a slow breath in, and let your shoulders soften as you breathe out.

Imagine a small point of light at the center of your chest — warm, steady, quietly glowing. With each breath, let that light grow a little wider. Let it fill your chest, then your ribs, then your belly, then your back.

Keep breathing, and let it keep expanding — past your skin now, out past your shoulders, until it surrounds your whole body in a soft, glowing light, about an arm's length in every direction.

This is your bubble. It's yours, and it already knows what to do.

Inside its surface is a kind of mirror — one that only lets in what's actually meant for you, and gently reflects back whatever isn't. You don't have to sort this out yourself. The bubble already knows the difference.

Inside it, your energy is your own. Your emotions are your own. Your thoughts are your own. Your peace is your own.

Feel how it holds you — not tightly, just steadily. Feel it filtering the world around you, letting in only what's actually meant for you.

Take one more slow breath. Let the bubble settle around you, soft and close, like something you're finally allowed to wear.

When you're ready, open your eyes. The bubble stays with you. It always does.
