Rage Bubble Technique

By Tina Germain

Start in a quiet place in your home/apt, somewhere you feel safe and can go into a meditative space.

Each time you do this, close your eyes, breathe, count yourself down from 5 to 1, and visualize going into a safe place in nature. Create somewhere appealing because you will be going back there again and again.

When you open your eyes and you're in this safe place, picture a very large violet bubble that's in the middle of, or off to the side of, your safe place. When I say large, I mean quite large. This is your rage bubble. This is where you will release all your anger, rage, hatred, even grief.

Violet protects against, releases, & transforms negativity and is a perfect color for a rage bubble. You may ask to have your Higher Self with you. It's usually a smart thing to do but it's not a requirement. The first time you see your bubble on the outside, you tell the Universe that this is your rage bubble, that whatever happens in the bubble, stays in the bubble. You tell your subconscious that this bubble is simply for releasing energy. That every time you enter it, whatever happens inside, stays inside. Then literally just walk into your bubble.

Now the inside can look however you want. It can literally just be a bubble around that area of safety with trees in it or it may look sparse & clean. Your creation, your choice. You may want to have punching bags in there, you could have a set of plates that permanently replenishes so you could throw them and smash them- whatever *you* want to express your rage.  It is your bubble, be creative with it.

Once in the bubble, release all the rage and anger etc. that you've held onto. You can bring in the person who was the offender and you can scream at them and you can beat them up and you can do whatever you want because again, it is not literally happening, nor will they feel the negative effects of this. This is for you to release your energy in a **safe way**, without affecting the people in your reality.

So go to town and know that nothing is off-limits. Do not judge your rage. Do not judge what you say or do in the bubble. That will trap it. It is a release. You say and do what you need to say and do to get it all out. No guilt!

I find that once you wind down and have said what you need to say and have released anybody you’ve brought in, that it's helpful at that point to sit with your Higher Self, in the bubble, with you. Ask them for healing of whatever rage is left. Ask them to just take it and transmute and transform it. That the intensity of rage that you expressed be transformed into an intensity of love and returned to you. They may say they can do that right away, they may ask you to close your eyes & receive it, or they may say it’ll come in while you sleep. Allow whatever message you get. And if you don’t see or hear them, NO worries! Trust that they are doing it, and that the love will be returned to you.

Thank your Higher Self, thank your unseen team, and thank all aspects of yourself, and walk out of the bubble.

Once outside of the bubble, count yourself back out of the meditation from 1 to 5 and take a series of deep breaths. Make sure you touch your heart, touch the top your head, feel your feet on the floor. Take a moment to really get centered, grounded, and present again.

Now the beauty of this is that once you've set it up, you can pop in and out whenever it's needed. You don't need to stay in for long periods of time. And simultaneously, you're teaching your subconscious that you will no longer shove rage down. That is huge because rage shoved down can turn into illnesses & depression. You want to express any rage or anger that comes up in your life in healthy ways and this is a way to teach the subconscious that you will no longer hold onto it.

The more you release, the next step is forgiveness work. That’s a whole nother topic but if you can, forgive yourself for your rage & for allowing the situation in the 1st place that made you so mad. You may not be able to do it right away & **that’s ok**!!! As I said, forgiveness is the *next* step. Right now, focus on releasing & healing!!!

May this be of huge benefit to you!!

Tina