

Counterbalance Practice, Wicca

A short daily routine for grounding, protection, healing, and right action. Updated 22 February 2026.

Aim

This practice is for steadying the mind and raising healing power without feeding fear. It focuses on grounding, clear boundaries, and compassionate intent, then turns that intent into practical help.

Keep it ethical. Focus on protection, healing, truth, and restraint of harm. Avoid obsession with dark imagery.

Daily routine, 12 to 20 minutes

- Grounding: stand or sit, feel your feet, breathe out slowly, imagine roots sinking into the earth.
- Cleansing: wash hands or pass them through cool water, imagine agitation releasing.
- Sacred space: speak a simple boundary, or cast a circle in the way you were taught.
- Centred breathing: relax jaw, throat, chest, belly, and hands for two minutes.
- Raise power: build a calm, steady glow in the heart and solar plexus, let it grow with each breath.
- Send healing: direct that steadiness towards protection of the vulnerable and healing for those harmed.
- Close: thank what you called upon, release the circle, then ground again.

Simple boundary statement

I set this space for truth, protection, and healing. Nothing harmful, deceptive, or draining is welcome here. So it is.

Healing visualisation

- Imagine a gentle light forming within you, calm rather than bright.
- Let it fill your room like clear air, then extend outward as many small lights across the world.
- Hold two intentions together, relief for those who suffer, and restraint for those who would harm.
- End by drawing the light back to the heart, keeping only steadiness with you.

Optional devotion, non specific wording

If you work with the Goddess and God, or with natural powers, keep the wording simple and direct.

Lady and Lord, powers of earth and sky, guide me to act with wisdom. Guard the vulnerable, bring truth to the surface, and send healing where it is needed. Help me to be steady, kind, and brave. So mote it be.

Grounding and aftercare

- Eat something small or drink water.
- Step outside if you can, notice five ordinary things you can see and hear.
- Do one practical act of care today, however small.

Action that matches the work

- Give monthly to reputable safeguarding, anti exploitation, or trauma recovery organisations.
- Volunteer locally if possible, even one hour a month.
- If you suspect abuse in real life, report it through the proper channels in your country.

Note: spiritual work is not a substitute for safeguarding or reporting. Use both, in their proper place.

Warning sign

Stop and simplify if your practice increases fear, insomnia, paranoia, or obsessive thinking. Return to grounding, ordinary routines, and trusted people. A good practice leaves you calmer and more useful.