



## **Sleeptime Grounding By Riz Mirza**

*Excerpt from Psychic Live show*

Oriah (Lady O)

Okay. By the way, Elisa, let me know if that helped you in some way with the explanation about anxiety and intensity. I didn't get to what the spirit was in the room. I see the intense energy all the time, especially at night in my bedroom. I see.

Riz

Got you. That happened to me many times, years and years ago, before I had a psychic awakening. Clearly, you have some connection to the other side, and they would like you to develop it. That's up to you.

Now, even if the energy frightens you or disturbs you, you have to pull back a little bit and not let that bother you overall because you have to understand that there is... People say the spirit world to me all the time, and I say, You live in the spirit world. There's really no difference in the fact that we are living together. It's not a separate world. It's just that we can't, for the most part, physically see the intelligence or the beings or the entities or the spirits or whatever you want to call it that are on the so-called other side. It's just something you haven't seen yet. It doesn't mean it's not there. And what I want you to do is, first of all, it's very, very good for you to physically clean the room, then spiritually clean the room, sage. And what you're doing, guys,

and I want to say this to everyone out there, when you sage, you're not going around your house sage saying, I banish all negative energies and get out of my house if you're negative.

Riz

That's not going to work. That's not the mindset that spirits who are there to cause trouble are in because they usually claim that space as their own. So You cannot banish a spirit. It might work for a day or two, but the money is back in. They're like, No, we're good. We were here before you, so we're going to still stay here. What you're doing when you're saying is, number one, gratitude should be in your mind. When you're sageing, you burn the light, your cage, blow it. Now it's smoking. You go around your house, and you say, Thank you for this bed. Thank you for this roof over my head. Thank you for the food in this kitchen. Thank you for this doorway. I hope that everyone who comes through this door is more blessed and at peace than when they arrived. This is how you go around and, with gratitude, save your home. That gratitude is far more powerful and a far more peaceful energy than I'm here to combat anything. First, do that in that room. Then, I would probably grid the room with crystals to ground the energy. You can use...

Riz

Look here; this is black obsidian. I like... This is in a cube form, but you can use it in any form and grid the four corners just to give it some grounding. Then, I would use some selenite to keep the vibration pretty high. So, experiment with that. Meditate before you go to bed, and that should start to make a difference. Okay.