**Ground Shielding**

1. Cast your Circle as usual
2. Then place a grounding shield WITHIN your Circle, like the membrane just inside the eggshell.
3. Invoke Grandmother Earth into the Circle, and ask Her to take the energy to be released there, cleanse it, and recycle it to wherever it is most needed. Do not tell Her where.
4. Let the healee do whatever cathartic procedure seems appropriate. Sometimes simply yelling and screaming will do it. But, in this context, even destroying a recognizable image of the person who has done the harm is safe and OK. When the healee has finished releasing the poison s/he will feel drained and empty.
5. Specifically let the grounding shield itself melt into the ground.
6. Then invoke the Maiden Earth, to fill the newly created space with fragrant, green energy that will welcome and nurture new and beautiful growth in the healee.
7. Thank everybody.
8. Close the Circle as usual.