

Disconnect and protect

This exercise may be used to reclaim energy that has been taken, with or without permission. Start by picturing those that have been an energy drain, tell them with the mind that you are bringing your energy back to yourself and that it is inappropriate for them to take it.

Be firm.

Become centered and grounded.

Call in your angels/helpers or guides to stand around you for support.

1. In the mind, lay out a white sheet on the ground. Place a wooden bucket with a rose in it, on top.
2. Remove any energy cords attached to your chakras, or anywhere else you feel them. Cords may change in consistency over time. You may find them in different places and may have to repeat this exercise.
3. Place the ends you have in your hand in the bucket to drain.
4. Blow up the bucket
5. Watch the cleansed, purified energy settle down on the sheet.
6. Ask your guides to roll the sheet up into a tube and pour the renewed energy into your open crown chakra.
7. This energy that is being returned to you is now ready to be used by you alone.
8. Place a ring of fire around the outer edge of your energy field.
9. Connect your root and crown chakra to it.
10. Place an intersecting ring of fire around your field from front to back. Connect the front and back of the brow, throat, heart, solar plexus and sacral chakras to it.
11. Thank your guides for the assistance.
12. Feel empowered.