

# ENERGETIC PROTECTION FROM THEORY TO PRACTICE

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## PROTECT, STRENGTHEN & BOOST YOUR ENERGY FIELD!

Learn all about energy fields and discover powerful techniques to strengthen and protect your energy. Find out how to cleanse your energy, create healthy energy exchanges, release negative energy cords, and build a positive living environment. Use daily rituals to protect and boost your energy. This guide offers a wide range of practical techniques and exercises you can apply immediately. Strengthen your energy and enhance your personal power, well-being, relationships, and environment!



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*The theory in this handbook is combined with an extensive collection of practical exercises and tips that you can apply immediately. To avoid overwhelming you, I have created a concise Quickstart step-by-step guide (5 pages). This will allow you to get started right away without having to go through the entire document. In the Quickstart, you'll find the core of the theory, along with carefully selected exercises for each topic, so you can quickly choose the right exercise and put it into practice.*

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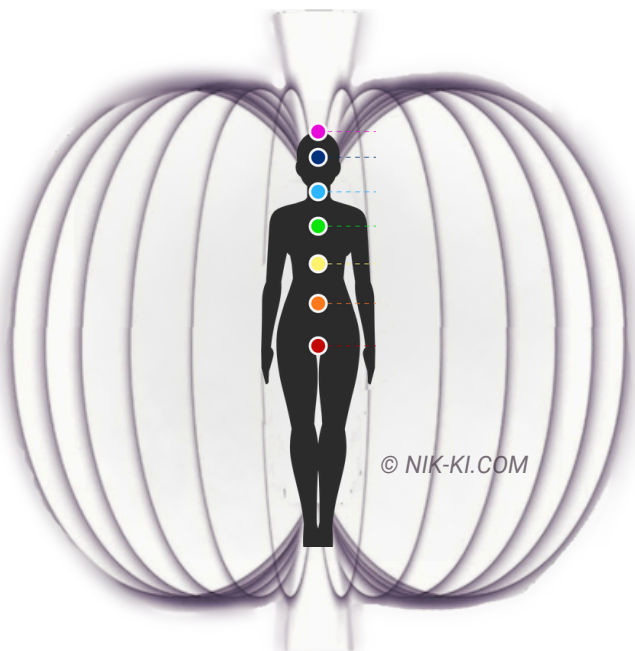
(Link)



Creating a safe foundation begins with becoming aware of your own energy and the energies around you. Everything and everyone consists of energy and radiates energy. These energies can carry either a positive charge (light and high vibration frequency) or a negative charge (heavy and low vibration frequency). Even spaces that seem empty are, in fact, filled with different energies. The total energy of a person or space is influenced by factors such as thoughts, emotions, events, intentions, actions, people, music, atmosphere, connections, spoken words, gratitude, love, curses, and blessings. Through a personal energy field surrounding our body, we perceive the energies in our environment partly consciously and partly unconsciously.

Our personal energy field (the aura) acts like a sponge, absorbing some of the energies around us. This often results in people feeling uncomfortable or drained in or around certain (groups of) people, objects, or locations, without any direct cause. They unconsciously absorb the lower and heavier energies from their environment, which then negatively affect their own energy field. When you become aware of energies and how they influence your vibe and energy field, you can exert more control and better shield yourself from unwanted influences.

In addition to protecting your personal energy field (aura), maintaining a healthy balance in energy exchange is essential for creating a safe foundation. A healthy energetic distance can help keep obstructive people or situations at bay, not necessarily physically, but primarily on an energetic level. People with a weaker or lower energy field can (un)consciously drain your energy, which can negatively impact your well-being. Consciously cutting energy cords with these individuals ensures that the energy flow is stopped, allowing both individuals to stand in their own energy and power. This process promotes self-protection and helps keep your energy field pure and strong.



In addition to the connections we make, our living environment also has a direct impact on our energy. Every space absorbs energy, which can be both positive and negative. As a result, a space can sometimes feel heavy and dark. By energetically cleansing a space, you remove these negative energies and create room for new, light energy. After removing negativity, it is important to refill the space with positive energy in order to create a healthy and harmonious living environment for yourself.

**The following pages delve into the theory and exercises for energetic protection. They offer inspiration for developing your own approach and techniques. Follow your intuition and creativity when choosing or developing a ritual that makes you feel comfortable and safe. Your focus and intentions are crucial and largely determine the outcome.**

**Energy forms the foundation of everything around us and within us. Understanding how energy works and how our own energy system functions is essential for creating a healthy energy field. In our daily lives, we are constantly connected to energies that influence us both consciously and unconsciously.**

Everything, from people to thoughts and objects, is made up of vibrating particles that are constantly in motion. These particles, called quanta, form atoms—the building blocks of everything in the universe. Even a stone, which seems solid, is made up of atoms that are continuously vibrating and emitting energy into their surroundings. Energy is always in motion and connects different elements. For example, the color purple is created from a combination of vibrations from red and blue energy. The ratio between these vibrations determines the exact shade of purple we see. This also applies to thoughts and emotions: even though they are invisible, they can be felt. Even an apparently empty space is filled with energy, even if we don't always consciously notice it. After a quiet meditation, a calm energy often remains that you can feel. Strong emotions, such as during an argument, can, however, leave a heavy, oppressive, or restless energy that lingers in the space.

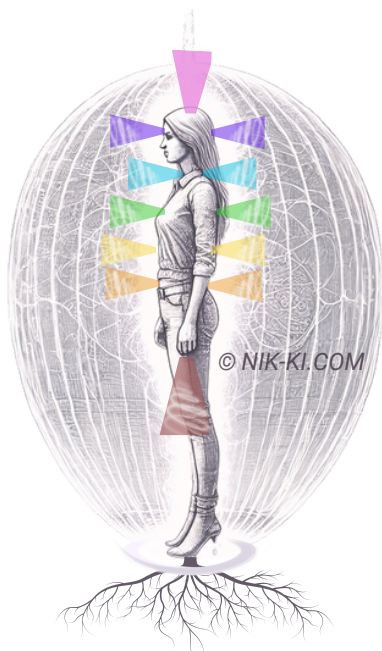
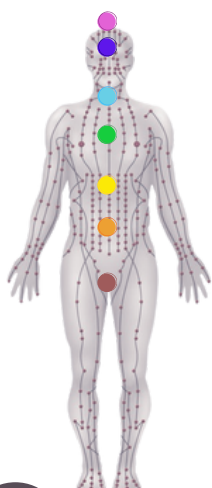
Each person has a unique energy system through which we receive and emit energy, often described as the energetic anatomy of the body. Energy flows through our body via meridians and reaches our organs and senses. These meridians are connected to the chakras—energy points that function as funnels. They radiate energy and absorb it into our aura, the energy field that surrounds us.

Our aura reflects who we are and the energies we are in contact with: it shows our experiences, emotions, thoughts, and our mental and spiritual state. External energies can influence the aura both positively and negatively, depending on which energies we allow into our personal field.

Many energies are perceived through our senses—by smelling, tasting, feeling, hearing, and seeing—but there are also energies that pass by us unconsciously. Everyone experiences energy differently, which sometimes makes it difficult to recognize or explain these perceptions rationally. This is called intuition, a form of experiencing and knowing without logical explanation. Some people have a more developed ability to perceive subtle energies; this is often referred to as high sensitivity (HSP). This can help make contact with energies more consciously, but it can also lead to overstimulation when too much energy comes at once. It is often difficult to distinguish one's own energy from that of the environment, leading to unconscious absorption of negative energies. By being more mindful of these energetic influences, one can learn to filter better and protect themselves energetically. What is often called magic is actually a conscious, practical way of working with energy.

*"Witches call it spells, believers see it as prayer, spiritualists consider it manifestation, skeptics call it the placebo effect, and scientists explain it with quantum physics. The names may vary, but its existence is widely acknowledged."*

Our aura functions as a protective energy field that surrounds us. It acts as a filter, allowing or blocking energies from the environment. Positive emotions enhance the clarity of the aura, while negative emotions or stress can weaken it. This directly affects how we feel and how we approach life. By consciously attracting positive energy and releasing heavy energy, we can strengthen our energy field and improve our well-being. A strong energy field helps us stay balanced, protects us from external negative influences, and ensures that we remain connected to our deeper/higher self and the universe



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ENERGETIC ANATOMY

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# STRENGTHENING THE ENERGY FIELD

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Creating a safe foundation begins with strengthening and protecting your personal energy field, your aura. This aura acts as a shield around you, continuously absorbing and radiating energies. This energy field, the aura, filters the energies we perceive and allow in, and is similar to a battery, with its strength varying from person to person. The degree of closure of your aura influences your sensitivity to external energies.

**A closed aura field** keeps unwanted influences out and helps you become aware of your own energy, without mixing with others. You create a sort of shield that offers protection against negative energies, but too strong a closure can also block positive energies, such as love and healing. It is crucial to maintain a balance between protection and receptivity.

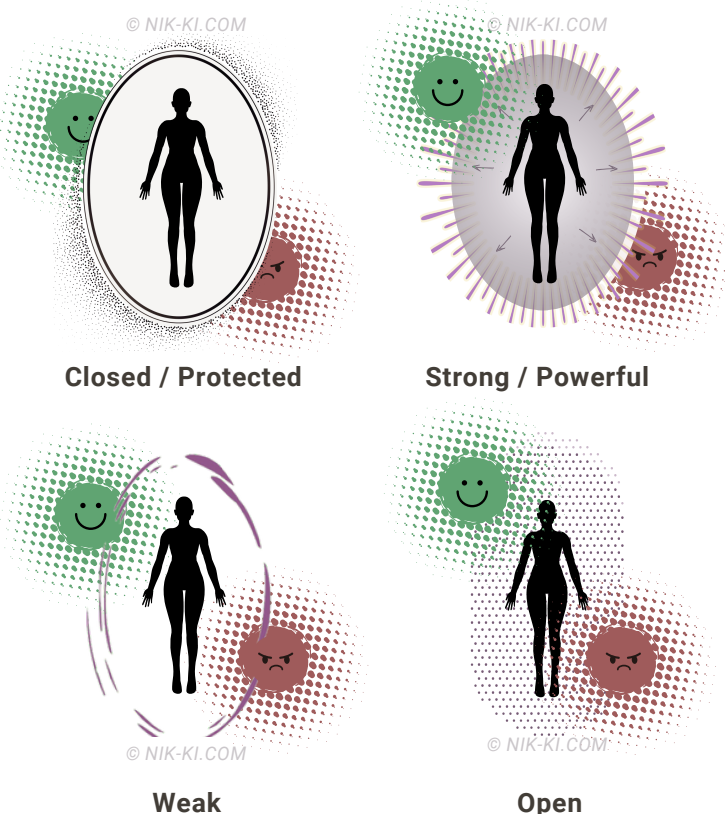
**A powerful aura field** radiates strong inner light and personal power, providing protection against negative energies and being open to positive influences. The strength of your aura field depends on your inner power, beliefs, intentions, and awareness. The more compact, pure, and strong your energy field is, the better you can keep negativity and unwanted energies out, as they do not resonate with your frequency and are repelled. Positive energies, on the other hand, can reach and strengthen you.

**A weak energy field** becomes depleted more quickly, is harder to recharge, and allows more energies in because it is less protected against external influences.

**An open aura** makes people vulnerable; it is spread out and easily blends with surrounding energies. This increases their sensitivity to external influences and keeps their attention directed outward. While this fragmented energy helps them sense situations and people better, it can cause confusion about their true self. They often struggle to distinguish which feelings are their own and which belong to others, especially because they are constantly exposed to energies that feel like their own. This can lead to overstimulation, as if they are absorbing everything around them like a sponge, including emotions, physical pain, and negative energies from others. An open aura can stem from repeated unsafe situations, causing them to be constantly alert to their surroundings, functioning as a survival mechanism.



**Start by closing and protecting your aura; as your personal strength grows, you can gradually open yourself up to positive energies and transition to a strong/powerful energy field.**

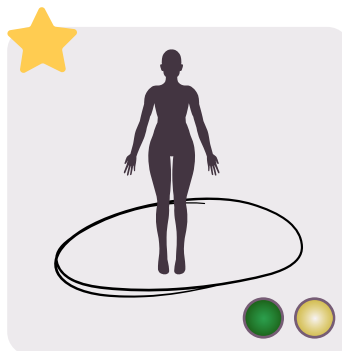


The power of your personal energy field is both innate and dependent on self-care, with awareness, self-healing, and self-love being essential for strengthening and protecting your aura. Fears and insecurities weaken your aura, making it vulnerable to external influences. Letting go of negative energies and patterns, and embracing and loving your true self, provides the most powerful energetic protection. This is because your aura reflects the vibration of your inner state and attracts energy that resonates with it. Your own energy acts as a magnet, drawing similar energies through beliefs and emotions. Inner beliefs and the energy you radiate influence the relationships, situations, opportunities, and energies you attract into your life, determining how much these energies can impact you.

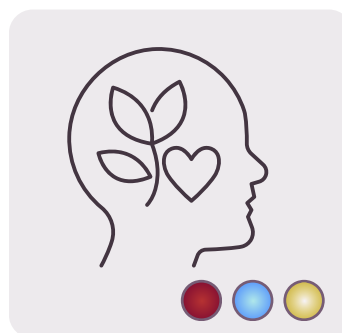
**To help you get started, I have gathered exercises to strengthen and protect your aura. Choose the methods that suit you and let your intuition guide you. Discover what works for you!**



**Self-care** and taking time to rest are essential for your well-being and strengthening your energy field. Key elements include healthy nutrition, exercise, relaxation, and enjoyment. Regularly schedule time for yourself to gain insight into your needs, emotions, and boundaries. Short moments of reflection are crucial for self-awareness and self-love. Setting boundaries and creating space for yourself helps increase your self-esteem and reduce stress. Pamper yourself and make time for healthy activities, such as a relaxing bath or hobbies like reading and being creative. Activities such as mindfulness, meditation, or simply taking a moment to breathe promote a positive mindset and good energy flow.



**Energetic space:** Start by physically and figuratively taking up space, be visible, and take time for yourself. You are valuable as you are, with the right to claim your space. Your energetic core belongs only to you and must not be mixed or influenced by others. Make yourself big and say: "I stand firmly in my power and do not share my personal space with others." Visualize a sacred building with a personal space and a hall, sealed with a strong door. People and loved ones may never enter your personal space, even if you love them, only the hall for energy exchange. Empty the hall every evening and close the door to protect yourself from external influences and the mixing of energies. Regularly check that the door is properly closed, so you remain in your power.

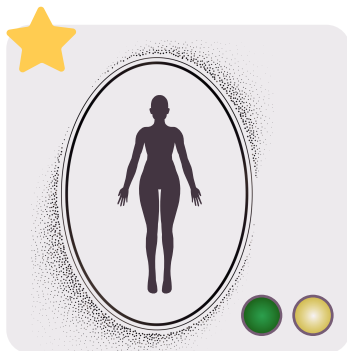


**Mindfulness** means being fully present in the moment, with conscious attention to thoughts, feelings, and physical sensations, without judgment. It helps you move from thinking to feeling, bringing you closer to your inner world. This promotes self-reflection and contributes to your emotional and mental growth. In this way, you learn to strengthen positive experiences, such as joy and gratitude, and increase your inner strength. At the same time, mindfulness helps you recognize and release fears and negative patterns. This process allows you to leave behind old survival mechanisms and realize that the past does not define you, helping you find a healthy balance between heart and mind and grow into a more authentic version of yourself.

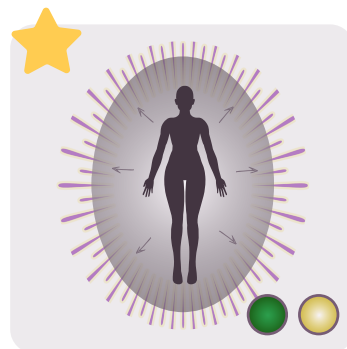
*In moments of intense emotions, fear, or dissociation, this exercise provides support.*

The "Sensory Grounding" mindfulness exercise is a powerful technique that helps you stay fully present in the moment by engaging all your senses. By consciously using your senses, you ensure that you are less likely to dissociate or "check out" mentally. This technique can be especially helpful during moments of anxiety, panic, or overwhelming emotions. It is a simple way to ground yourself and reconnect with the here and now. Focus on 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. By activating your senses, you stay grounded and calm.

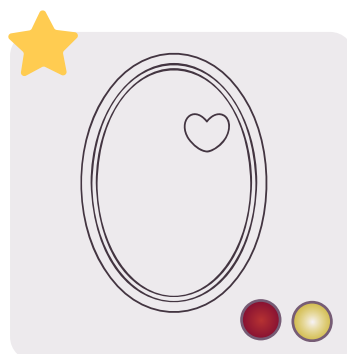
The Mindfulness Tension and Relaxation Exercise is a simple way to release physical and emotional tension and experience calm. Sit or lie down comfortably and start with your feet. Tense your feet and toes for 5 seconds, feel the tension, and then release. Slowly work your way up through your body: tense your calves, thighs, abdomen, chest, arms, and shoulders, and relax each muscle group after 5 seconds. By doing this consciously, you learn to feel the difference between tension and relaxation, which helps you release stress and experience deeper calm. Continue breathing slowly as you focus on letting go of stress.



**Protective energy bubble or dome:** Visualize yourself in a bubble or dome of light that surrounds you from head to toe. In this bubble, you are safe and protected from external influences. Negative or dark energies will be deflected or dissolved in the light. Positive energy (light), however, can enter to strengthen your power bubble. Regularly visualizing a protective bubble around you is one of the most well-known ways to protect yourself. You can always use this exercise to shield yourself, especially when you're not feeling your best. If you are strong in your energy, I recommend applying the "source of light" exercise, as it feels freer and is more based on your own strength.



**The Source of Light exercise:** Center yourself and visualize that you are made of white or golden light, upon which all negativity, unwanted (dark) energies, and tensions dissolve or deflect. Your own light, or strength, is pure and becomes stronger and more powerful with each inhale. You can actually feel your own energy increasing and expanding with each breath. The density of your own energy increases, pushing out or dissolving other energies. Once you are fully in your power, say: "Lower my barriers and expand." This allows you to release the protective mechanisms, such as the walls and masks you've built for protection, and fully protect yourself based on your own pure power.



**I Call Myself Back - Mirror Exercise:** Stand in front of a mirror and take deep breaths in and out. Look yourself directly in the eyes and repeat firmly: "I call myself back." Feel your body from the tips of your toes to the crown of your head, making sure you are fully present. This exercise helps you stay in your body so that external energies cannot affect you. When you are in an overwhelming situation, your mind may tend to escape, leading to a disconnection from your body and surroundings. By consciously calling yourself back, you strengthen your connection with your inner power and energy field. You can also perform this exercise without a mirror. By grounding yourself in the here and now, you have more influence over the energies around you.

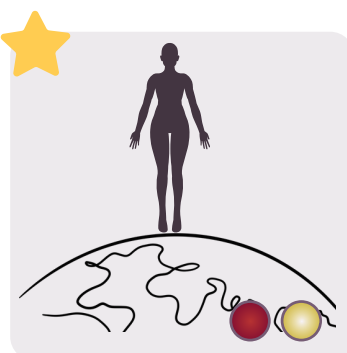


**Grounding "The Tree" Exercise** is a method to ground yourself. Grounding is a way to connect with the Earth, allowing Earth energy to flow through you. It literally and figuratively grounds you, helping to release tension and recharge with new energy. Focus on the hollows beneath your feet (connected to your root chakra) and make sure both feet are firmly grounded. Then visualize that, just like a tree, roots grow from your feet deep into the Earth. Lift your toes off the ground while stretching your arms and fingers, imagining yourself as a tree standing in the sun.

Through the roots, release all tension/negativity and absorb new strength and energy from the Earth. The sunlight energizes you, you feel the warmth, and you absorb the light, which strengthens your power. Then, relax fully, feeling lighter, and experience the connection with the Earth, feeling how it supports you. In the future, you only need to visualize to achieve the same result. Lifting your toes is a physical movement you can associate with this practice to ground yourself more easily and quickly, reinforcing your intentions. Stretching is no longer necessary, so you can do this exercise unobtrusively and on the go.



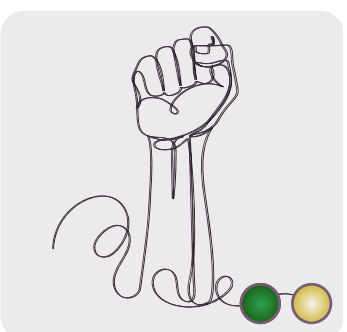
**Asking for Help, Support, and Protection:** Asking for help, support, and love is a powerful step in strengthening your energy and opening yourself to receiving. Often, beliefs about self-worth and the idea that help must be earned block this step. You can also ask for help from the Source or the universe. This exercise encourages you to open yourself to help and protection, regardless of any objections. Open your arms with palms facing upward and state your request for protection three times. Ask to feel the energy in your hands, which often strengthens the sense of trust and protection. Our intentions and spoken words have power because they influence our energy field and attract energy around us.



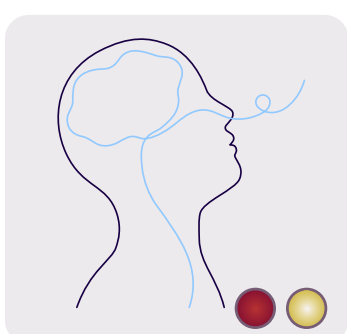
**Grounding Exercise to Increase Balance and Stability:** This exercise can be done with your eyes open or closed. Stand firmly with your feet shoulder-width apart. Relax your shoulders and let your arms hang, while your thumb and pinky of both hands touch each other. Remember to breathe calmly and deeply, as this helps calm your mind and ground yourself. During the exercise, your body may naturally begin to sway or move; allow this to happen until you feel firm and balanced again. Open your eyes, exhale, and relax! This exercise is ideal for when you feel out of balance and want to ground yourself again.



**The power of water** lies in its ability to hold energy and intentions, making it a valuable tool for embracing self-love. Many people struggle with accepting certain aspects of themselves. Fill a glass with water and focus on the loving belief you would like to receive, especially when you feel resistance. As you look at the water, imagine this positive belief being charged into the water. This idea is inspired by research on water crystals, which shows that water can hold frequencies. Slowly drink the water and feel the loving energy flow through your body. Praying for food, as is common in many religions, shares many similarities with this principle.

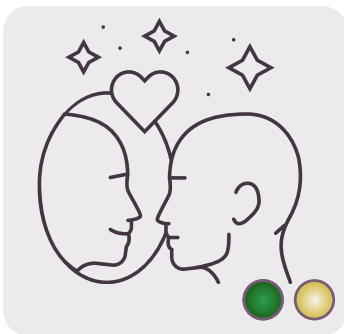


**The superhero pose, or "power pose,"** can have a powerful impact on your energetic field. Research from Harvard in 2012 suggested that adopting a heroic, confident posture for a few minutes can lead to hormonal changes that boost self-confidence and reduce stress. Imagine yourself as a superhero with a cape protecting you, strengthening your energetic shield. By breathing deeply and visualizing your superpowers, positive energy flows through your body. This increases your energetic strength and contributes to a more stable energy field. With this technique, you become more resistant to negative influences and feel more empowered.



**Breathing** is essential for strengthening and protecting your personal energy field. By breathing deeply and consciously, you stimulate the circulation of life force energy and keep your energy centers in balance. Regular breathing exercises reduce stress and anxiety, making your energy field more resilient to unwanted influences. Combine breathing with intentions or affirmations to achieve specific goals; visualize that with each inhale, you build strength, and with each exhale, you release negative energy. An effective technique is the 4-7-8 method: inhale for 4 seconds, hold your breath for 7 seconds, and exhale for 8 seconds. This technique helps calm your nervous system and promotes deeper relaxation.





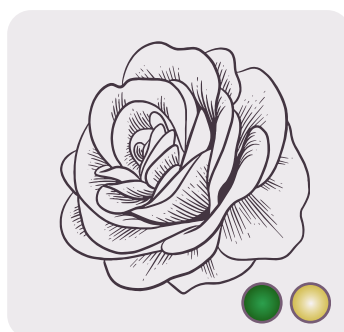
**Protective affirmations and meditations:** The following affirmations help protect your auric field. Speak them aloud or in your mind, and adjust them to suit your needs. Feel the intention behind each affirmation, such as: "I am powerful and closed off to unwanted energies" or "I am the master of my own body." It is essential to feel the belief that these affirmations are already realized, as this strengthens the power of manifestation. Use meditation techniques with controlled breathing to improve your focus and align yourself fully with your intentions. Soothing music can deepen the experience. Guided meditations are also available to protect your energy and create a sense of safety.



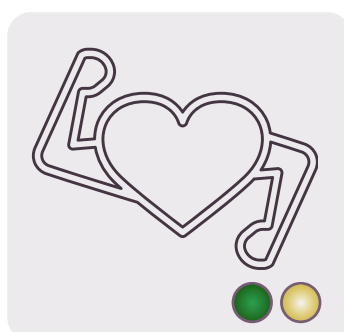
**The right to exist** is an essential part of our lives, but many people only feel valuable when they give something back. This can limit our self-worth and undermine our sense of self-love. Remember that you have unconditional value simply because you exist. Your existence does not need to be based on achievements or what you give to others; the fact that you are here is enough. Focus on your own unique qualities instead of comparing yourself to others. From a spiritual perspective, you are an indispensable part of a greater whole, where every individual plays a role. Your presence contributes to the harmony of the universe, without needing to prove anything. Affirmation: "My existence is valuable, regardless of what I do / achieve."



**Aura Shrinking and Densifying:** Stand firmly with both feet on the ground, close your eyes, and place your hands on your lower abdomen. Breathe deeply a few times toward your hands. Then, visualize your aura as a 30-meter field in a circle around you. Give this field a noticeable color. Now, mentally draw the colored field 10 meters closer to your body, then another 10 meters, and finally, bring it to arm's length around your body. Take a moment to notice how this feels and breathe deeply into your abdomen. By increasing the density of your aura, other energies are less likely to merge with yours, and your own energy reflects the energies from outside.



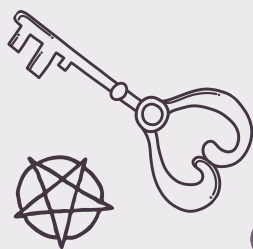
**Rose Protection:** This protection is often used to mark your own environment. Make sure you are grounded and focus on your breath. Choose a color for the roses based on their energetic properties—a red rose for love and strength, a white rose for purity and protection, or a green rose for balance and harmony—and visualize large, thick thorns on the stems. Visualize a circle of roses around you, at least as high as yourself. If you place the roses tightly around you, people can come up to that distance. If you set the rose circle wider, people will maintain more distance and cannot energetically pass through. With this circle, you are literally and figuratively saying "up to here and no further," so that the energies of others remain at a distance.



**Believe in Your Own Power:** Be aware of the energy and strength within you, and realize that you have the power to protect your auric field. Trust that you are protected; when you believe in your own power, you are stronger than external influences. You have the free will to decide which energies you allow in! Fear can amplify negative energy, but if you trust in your inner strength, unwanted influences can hardly affect you. It's all about the power of intention and belief: what you envision with pure intention will manifest. Affirmation: "I trust in my inner strength and am safe, regardless of external influences."



**Protective Crystals and Witch Stones:** There are various protective stones that one can carry to strengthen the aura and protect oneself from unwanted external energies. Well-known gemstones with strong protective properties, which act as a shield against negativity, include: black tourmaline, labradorite, lapis lazuli, obsidian, and tiger's eye. Each gemstone has unique properties, such as strengthening, protecting, grounding, or purifying your energy. A witch stone is a stone with a natural hole in it, not made by human hands, and has traditionally been used to make protective amulets. Simply thread a string through the hole and hang the stone by your front door or wear it as jewelry to protect your energy field.



**Protective Symbols and Keys:** There are many symbols that can be used as jewelry or talismans for protection. Choose a protective symbol that evokes strength and a sense of safety for you, such as the pentagram or the Eye of Horus, and understand its meaning, as these symbols are imbued with ancient energy. Some other protective symbols include the ankh, the tetragrammaton, the Hand of Fatima, and the rune Algiz. An object in which this symbolism is incorporated can also serve as a talisman. Keys are also powerful protective objects; wear a key around your neck or near your heart. This is an ancient way of protecting yourself from negative energy.



**Protective and Strengthening Mantras or Power Songs:** Before you leave the house, listen to a protective mantra; it only takes a few minutes. You can also listen to or sing along to music that boosts your strength and positivity, protecting and strengthening your aura. Create a playlist with songs that energize you and radiate a positive vibe. When choosing a personal power song, both positive lyrics and a powerful melody are important. Repeat a mantra or power song to enhance its effectiveness and anchor the message in your subconscious. This way, you can strengthen your energy field, protect yourself, and prepare for the day. For inspiration, you can use the Spotify playlist Nik-Ki Power Vibes for extra motivation.



**Sounds and Their Impact on Your Energy Field:** Sounds have a profound impact on our well-being and energy field, with different frequencies having specific effects on our body and mind. Sounds in the Hertz range help us relax, reduce stress, and restore our energetic balance. Singing bowls are an example of sound that promotes the flow of energy and removes blockages. Higher frequencies, such as 528 Hz, are often associated with healing, while lower frequencies, such as 396 Hz, relieve anxiety. By consciously working with sounds, you can strengthen your aura and enhance the flow of energy. The proper alignment with specific frequencies empowers you and helps you harmonize with your inner strength. Tip: Spotify playlist Nik-Ki Frequencies



**Dance and Movement:** Dance and movement are powerful tools to strengthen and revitalize your personal energy field. Spiritual dance invites you to surrender completely to the moment, so that you move from your heart and not from your head. This expressive form helps break through blockages and release stagnant energy, allowing you to deeply connect with your inner self. Let the music guide you and feel how each movement activates your energy and brings it into balance. You can also integrate yoga into your practice, using the Sun Salutation as an example. This harmonious combination not only promotes flexibility in your body but also strengthens the connection with your breath and mind.



**Herbs and Natural Remedies:** Herbs and natural remedies play an important role in strengthening our energetic field. Since ancient times, herbs have been used in various healing practices. In Wicca tradition, herbs such as rosemary and sage are often used for protection and aura cleansing. Salt, a powerful mineral, is known for its ability to draw out negative energies and create balance. Eucalyptus promotes clarity and energy, while lemongrass repels negative energy with its refreshing qualities. Nettle supports cleansing and strengthens the energy level. By consciously integrating these herbs and remedies into your daily rituals, you can enhance your energetic protection.



**Connection with Nature:** Restoring your connection with nature strengthens your personal energy field and brings the four elements—fire, water, air, and earth—back into balance. Fire represents transformation, water represents emotion, air represents mind, and earth represents stability. These elements are part of ancient healing practices based on harmonization. Take time for outdoor activities like lighting a fire, swimming, or meditating under a tree, and reflect on the impact of nature around you. Reflect on the influence of each element on your life. Spend a few minutes outside daily to integrate the energy of the elements into your life. This allows positive energy to flow through you, strengthening your energy field and promoting your spiritual growth.



**Exercises and energy treatments** from different spiritual disciplines offer powerful tools to strengthen your personal energy field. By engaging with holistic techniques such as acupuncture, you can harmonize the energy flow and release blockages. Practices like Reiki and Qi Gong also help to strengthen your aura. Applying Healing Touch on yourself can promote deep relaxation and healing. Additionally, integrating Kundalini Yoga and aromatherapy into your routine can enhance your energetic balance. By regularly practicing these exercises, you gain more control over your energy field and better protect yourself from negative influences.

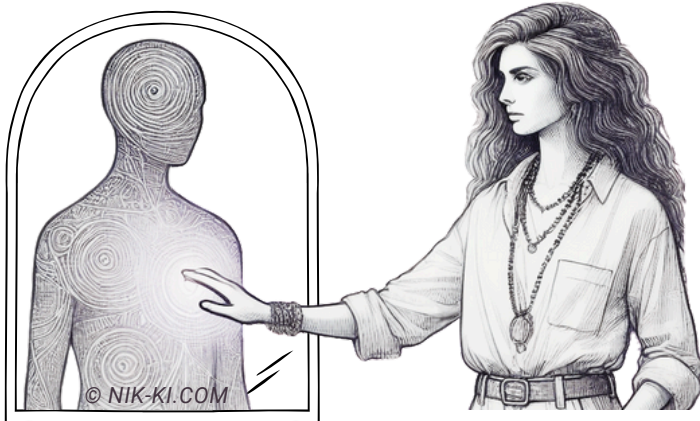


**Exercises to activate your energy centers (chakras)** not only help open your chakras but also strengthen your aura and provide protection against unwanted influences. By focusing on each chakra, you stimulate the energy flow, promoting balance and vitality. Visualizing colors and repeating affirmations enhances the connection with your body and clears blockages. Regular practice brings your energy field into harmony, making you more resilient to external negative energies. This increases your strength and sense of security, while deepening your connection with your inner self and the universe.

Sit in a comfortable seated or standing position, close your eyes, and take a deep breath. Begin by visualizing your root chakra (red) at the base of your spine and repeat the affirmation: "I am safe and grounded." Move to your sacral chakra (orange) and visualize a pulsating energy ball, while saying: "I am open to emotional enrichment." Then move to your solar plexus chakra (yellow), and repeat: "I am powerful and confident." Next, your heart chakra (green), and say: "I am loving and connected." Move to your throat chakra (blue) and repeat: "I speak my truth." Go to your third eye chakra (indigo), and visualize: "I am intuitive and wise." Finish with your crown chakra (violet) and say: "I am connected with the universe." Then take a deep breath and let the energy flow through your body.

In addition to the connections we make, our living environment has a direct impact on our energy. It is essential to regularly perform a cleansing and purification of our energy fields, spaces, and living environments. Even spaces that appear to be empty are actually filled with various energies. Energies from the past can linger in your personal energy field, but also in a house or space. These energies can either be positive and feel light or negative, making them feel dark and heavy.

Everything we attract and allow into our energy field is a reflection of our own vibration. Negative energies can attach to us when we unconsciously give them space. This space can arise from limiting beliefs, patterns, traumas, or unresolved emotions, also known as 'shadows.' They show us where we can heal ourselves. The power that comes from your own energy and intentions is always stronger than external influences. During a purification, underlying issues may surface. It is important not only to cleanse the energy but also to create space for self-healing and the release of limiting beliefs. Above all, choose a method that suits you and feels right.



When you want to perform a cleansing or purification, ensure peace within yourself and around you. Every form of protective methods and rituals is most powerful when carried out with the right intentions and focus! To amplify your intentions during the cleansing, you can meditate or visualize beforehand that your aura or the space is being cleansed by white light. Fully focus on your intentions to purify all negativity. If desired, you can strengthen these intentions in the form of a mantra. An affirmation you can use as a mantra during a cleansing ritual is: 'I release all negative influences and purify my energy field/this space, so that light and love can flow freely again.'



When cleaning a house, work from top to bottom and don't forget the corners of the rooms. Negative energies tend to accumulate the most in the corners. Open your windows and doors during the cleaning process so that all negative energies can easily find their way outside. Then, work towards an open window or door.

***In a purification, it's all about the power of your intention, where feeling, thoughts, focus, and words come together to transform energy.***

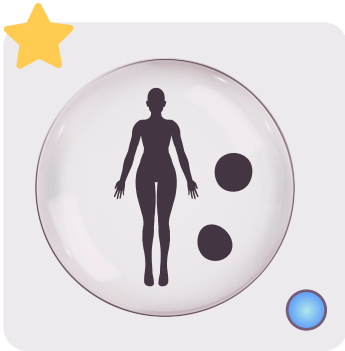
## ***Pay attention!!***

Fear is one of the greatest sources of negative energies and/or entities. It is crucial that during a purification (exorcism), you trust in your own strength and feel safe and protected. Protect and strengthen your own energy field so that negative energies cannot take hold of you. In principle, every person is stronger than negative energies, as long as they do not feed them with intense emotions such as fear, guilt, and shame. If you are very afraid or not fully in your own power before and/or during a purification, do NOT carry it out alone. Seek help from someone you trust who can perform the purification without fear and with the right intentions on your behalf.

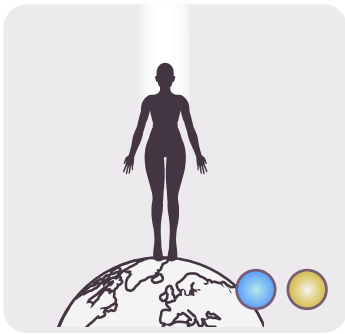
**To support you, I have gathered various exercises to cleanse energy fields and enhance the purification process. Choose the approaches that resonate with you the most and let your intuition be your guide. Discover what works best for you!**



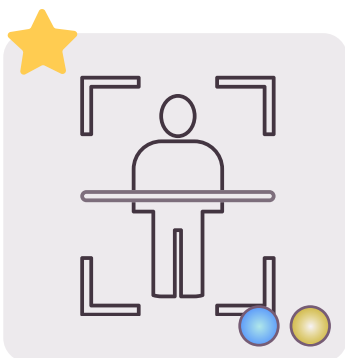
**Visualization for Energy Cleansing** is a powerful method for purification purposes, as it allows you to clearly formulate your intentions and transform them into a conscious experience. When you visualize, you activate specific areas in your brain involved in creating images and feelings, which instructs your body to respond to these mental images. This mind-body connection helps bring unconscious patterns into awareness, allowing you to release negative influences and strengthen your energy field with positive energy. The impact of colors and shapes in your visualizations can enhance these processes, as they evoke specific emotions and energies that support your intentions. Here are three visualization exercises to cleanse your energy field:



**Exercise 1 - Energy Balls:** Sit comfortably and close your eyes. Visualize yourself surrounded by a dome of white light that protects and purifies you. Carefully observe your aura and see if there are any negative energies present, which you can visualize as black balls within the dome. If you have experienced a negative situation or tension, focus on that energy and notice where it is located as a ball in your aura. Determine the location, size, and weight of the ball; feel whether it is heavy or light and whether it is moving or still. Ask each ball what it needs to release, and let your intuition guide you in choosing a color to send to the ball. Send this color with the strong intention of transforming the energy of the ball and removing it from your field. Repeat this process until you can transform the ball and it disappears from your dome. You can use this exercise to purify your personal energy field, in spaces, or as a reflection on specific charged situations.



**Exercise 2 - Earth and Light Connection:** Close your eyes and take a deep breath in and out. Visualize a radiant, clear beam of white light flowing from the universe into your crown, filling you with positive energy. Imagine a strong, red cord or roots extending from the soles of your feet or your root chakra into the Earth. As you feel this connection, allow all negative energies and tensions to release, flowing out of your body and into the Earth. As you release, feel and see the white light filling you further, restoring every cell in your body. Take several deep breaths and slowly open your eyes.



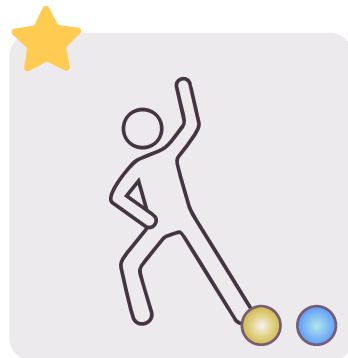
**Exercise 3 - Body Scan:** Lie down or sit comfortably and close your eyes. Take a deep breath in and out, and focus your attention on your body. Start at your toes and slowly scan upward to your crown, consciously relaxing each part of your body. When you notice any tension or negative energy, visualize a color and shape that you send to that specific area, such as a calm blue ball that dissolves pain or tension. Let this color release the negative energy with each exhale, while the positive energy increases. End the exercise by filling yourself with radiant, positive energy that flows from your feet to your crown and embraces your body with love and acceptance. Take a moment to feel this new energy before slowly opening your eyes.



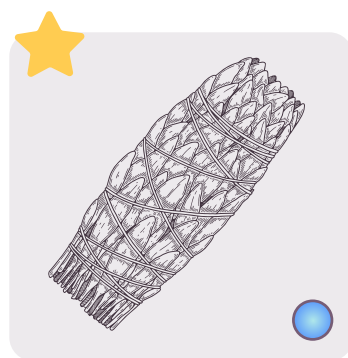
**Ask for help** from the Universe, God, your guides, ancestors, earth angels, or the source you believe in to support you in protecting and purifying your energy field. You can do this through visualization, prayer, or simply by speaking your request out loud. Repeat the intention: "I open my heart to protect and purify my energy field, so that love and light can enter, and all negative energies and influences can be repelled and released." Imagine a powerful energy surrounding you with light, shielding you from negative energies. Place your hands open on your knees or in your lap and feel the energy flowing through you, as everything you no longer need is released. Tip: Archangel Michael is often called upon for purification and protection, imagine his blue light surrounding you.



**Showering "drain":** When you take a shower or bath, you are not only cleansing your body but also your aura. By allowing the water to flow over you, you are also partially cleaning your aura. Visualize the negativity, tensions, and problems flowing away from you, disappearing down the drain. This visualization strengthens your intentions. To enhance the cleansing process, you can wash yourself with sea salt—known for its ability to absorb negative energies—or with an herb mix like sage or rosemary, which are traditionally used for their purifying properties. Essential oils such as eucalyptus or lavender can also help cleanse your energy field and give you a sense of calm and clarity.



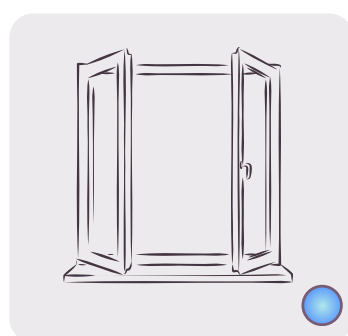
**Cleansing through Movement** is a powerful way to release negative energies, including trapped energy. Start by setting an intention and follow it with action to relieve tension in your body. Hit a pillow to throw out frustrations or use a dartboard to aim at and reject negative thoughts. Boxing helps you literally punch what holds you back, while dancing gets stagnant energy moving and releases blockages. A brisk walk in nature restores your connection to yourself and your environment. By moving regularly, you promote the production of endorphins and serotonin, improving your mood. These substances help not only with your well-being but also with releasing negative energy.



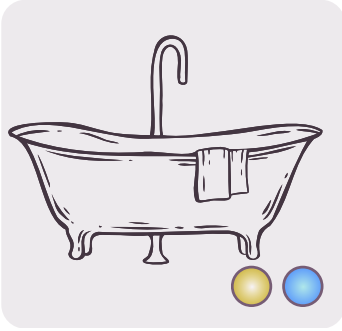
**Smudging** is a powerful technique for purifying negative energies using smoke. Start by choosing a bundle of herbs, such as sage, palo santo, or rosemary. Light the herbs and let them burn well, allowing thick smoke to form. As the smoke spreads, move the bundle in a circle around yourself and the space you want to cleanse, always working outward. Visualize the smoke absorbing and transforming all unwanted energies. Don't forget to reach the corners of the space, where energy often tends to stagnate. Conclude the practice by safely extinguishing the bundle and anchoring your intentions of purification and renewal.



**Clean up the "earthly clutter":** Start with a thorough cleaning: tidy up and declutter. Cleaning physical clutter helps remove energetic blockages and promotes the flow of positive energy. Clutter and overflowing cupboards create unrest in your mind and energy field. Tidying up not only brings order to the chaos but also invites healing and harmony. Research shows that a tidy home contributes to better sleep and more clarity in your life. Our physical spaces reflect our inner state, so make it a ritual. This tidying up also affects your thoughts; take the time to clear your mind and focus on what truly matters.



**Ventilating, rinsing, and wiping down** spaces and objects helps remove negative energies, as long as it's done with the right intention. Start by opening windows and doors to break the stagnation and let light and fresh air flow in. Use a cleaning solution that you can charge with herbs, such as sage or rosemary, for added cleansing power. As you clean, visualize removing all unwanted energies. Don't forget to pay attention to the corners of the room, where energy often gets stuck. This exercise not only brings clarity to your environment but also strengthens the positive vibrations. Take a moment to feel and appreciate the renewed energy in your space.



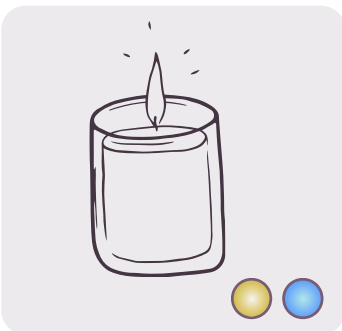
**Saltwater Bath:** Prepare a saltwater bath by dissolving a handful of sea salt or Himalayan salt in warm water. Submerge yourself or your feet in the water and visualize all the negative energies, tensions, and emotions you've accumulated dissolving into the saltwater. As you relax, repeat the affirmation: "I release everything that no longer serves me." Feel the refreshing energy of the water and the cleansing power of the salt. Take the time to cleanse your body and mind of anything that holds you back. After the bath, rinse yourself off in the shower to wash away any remaining energies. This ritual helps cleanse and rebalance your energy field.



**Shake Off the Energy:** Focus on your connection with the Earth by standing firmly or stamping your feet on the ground, allowing negative energy to flow away. Move your body by jumping and shaking your limbs. Visualize shaking off all negativity, tension, and adrenaline. Fully surrender to the process and close your eyes. Once you feel liberated, visualize light surrounding you, cleansing your energy field. Take deep breaths and allow fresh, positive energy to flow in. Feel the power of movement in your body that revitalizes and grounds you. Just as dogs use this technique to release tension, you can free yourself from negative influences too.



**Cleansing Through Sound** is a powerful way to cleanse both your personal energy field and spaces. Start by drumming or using instruments to create rhythmic sounds, which help release stagnant energy. Sing or chant mantras and sounds that are meaningful to you to harmonize your energy. Use singing bowls to create vibrations that cleanse your energy field and allow the tones to resonate. Feel the vibrations through your body and use sounds like "Ah" or "Om" to remove blockages. The ringing of bells or wind chimes can help to repel unwanted energies. Purifying mantras, such as the Gayatri mantra, can be played. By integrating these techniques, you strengthen your intuition and release negative energy.



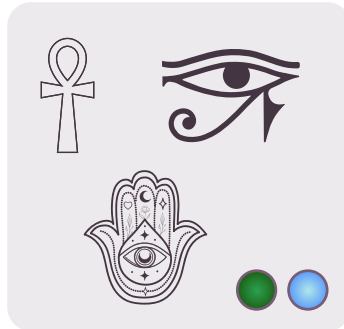
**Lighting candles** is a powerful way to cleanse negative energies and illuminate a space. Choose a candle color that matches your intention; black candles help dispel negativity, while white candles offer protection and purification. To strengthen the ritual, write down what you wish to release on a piece of paper and tie it around the candle with a string, or carve it into the candle itself. Light the candle with your intention in mind. As the flame burns, visualize the light absorbing and transforming all unwanted energies. Let the candle burn completely, allowing the energies to fill the space with renewed energy. Always handle fire safely.



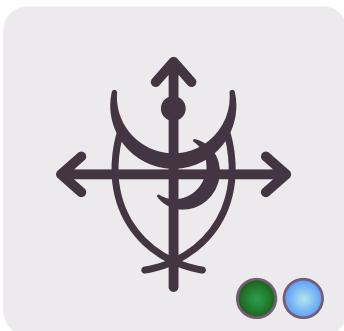
**Use the four elements**—earth, water, fire, and air—to cleanse and reset yourself. For earth, stand barefoot on the ground or sit against a tree to release negative energy. With water, take a refreshing dip in nature or enjoy a relaxing bath, imagining the water washing away all your worries. For fire, light a small fire or a candle and send your thoughts and worries into the flames, allowing them to be transformed. With air, go to the beach or stand by an open window; take deep breaths and let the fresh air cleanse your body and mind. By incorporating the four elements into your cleansing ritual, you powerfully renew yourself.



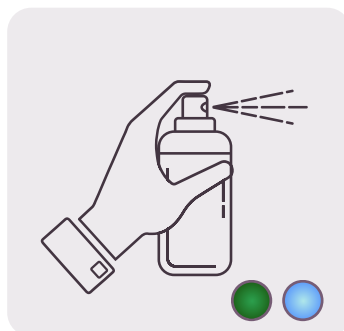
**Spellwork** is a powerful way to cleanse negative energies. Start by formulating your intention; think about the negative energy or emotions you want to release. This is an important part of the process. Once you are clear about what you want to transform, recite a powerful incantation to strengthen your intention. For example: "I stand in my power, darkness fades away, with love and light, I am reborn." As you speak these words, visualize a bright light radiating around you, driving away all negative energies. You can also use herbs, crystals, or other materials to enhance the power of your spell and increase the effectiveness of your intentions.



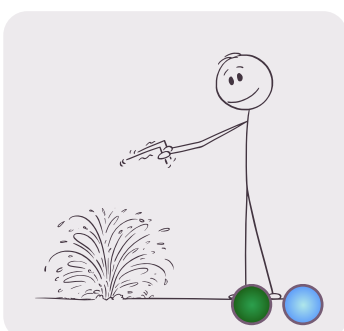
**Cleansing with symbols** offers powerful amulets or talismans for energetic purification. Choose a symbol that gives you strength and a sense of cleansing, such as the pentagram, the ankh, the tetragrammaton, the eye of Horus, the all-seeing eye, the hand of Fatima, or the Algiz rune. A piece of jewelry or object with this symbolism can be an effective tool in your cleansing ritual. If you don't have a talisman, draw purifying symbols on paper or on your body, for example on your wrist or arm. If it feels too intense, hold this spot under running water to allow unwanted energy to flow away. Place the symbols at the entrances and exits of your home or hang them in the space to transform the energy.



**Cleansing with a sigil** is a powerful technique where you use meaningful symbols as tools for intentions and the purification of unwanted influences. By creating your own sigil, you fully align its power with your energy, which helps cleanse the environment. You can incorporate the sigil into a talisman and place it in a space to purify the energy or symbolically draw it on doors, windows, and walls with your finger to activate its cleansing power. For self-purification, you can also draw a sigil on your skin; if the sigil feels intense, rinse the area with running water or hold it on the earth to allow the unwanted energy to dissipate.



**Aurasprays and Florida water** are eau de cologne sprays made from various herbs, commonly used in southern magical traditions for purification. These versatile sprays are suitable for both personal and environmental cleansing. Spritz yourself with the spray for personal purification, or apply it to furniture for clean energy. Add a splash to your cleaning water to purify spaces, or use it on your dusting cloth and sprinkle it over the filter bag of your vacuum cleaner. For extra effect, you can mist the spray around you to create a protective aura. This strengthens both the physical space and its energetic quality, contributing to a harmonious atmosphere in your home.

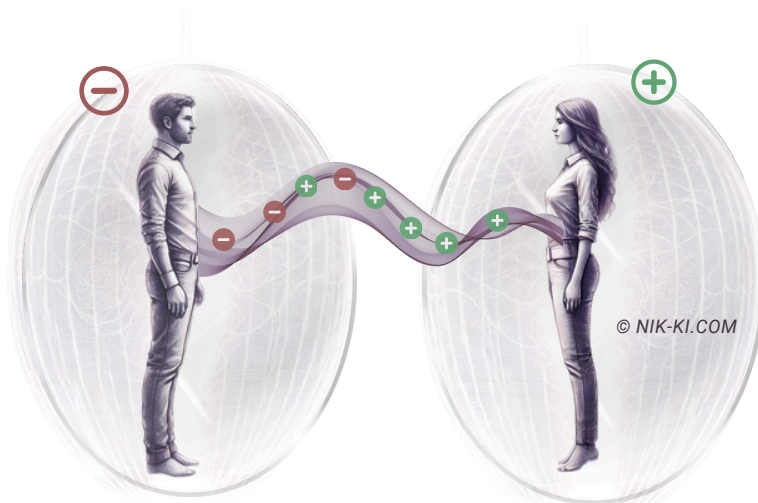


**Earth rays and dowsing rods** are important concepts in energetic cleansing. Earth rays are negative energy lines formed by underground water streams, and where these flows intersect, powerful energy can arise that is often perceived as negative. To break this radiation, a copper infinity symbol can be placed in such areas. Using a dowsing rod, earth rays can be effectively detected. By recognizing and neutralizing the presence of this negative energy, you create a healthier environment. Understanding earth rays helps improve the energetic balance in your living space.



When your attention goes to something or someone, it is essentially energy. When we make contact with others, we exchange energy through our energetic field. Positive energy flows make you feel better, while negative ones have the opposite effect. Claiming, manipulation, and pressure are forms of negative attention that drain more energy than they give, which can feel exhausting. On the other hand, support, kindness, and understanding recharge energy; most people find this pleasant. We need loving energy to recharge our energy field, but the intention is not to become dependent on the energy of others.

Energy exchange occurs both at a distance and in person; people can receive and give energy. This often happens unconsciously with those you focus on or have a strong connection with. Healthy exchange happens through energetic cords, allowing energy to flow freely between the auric fields, with both positive and negative influences.



In some cases, people's energy fields may merge when the auric field lacks sufficient protection or the "energetic personal space" is not maintained. This space reflects your right to exist, identity, and inner core, while the auric field serves as a protective shield against external influences. People with trauma or unhealthy attachments often feel comfortable with merging, as they have learned to sacrifice parts of themselves in their search for connection. Although this may feel like unity, unconsciously crossing personal boundaries often leads to a loss of self-worth and the right to exist. This is an unhealthy form of energy exchange.

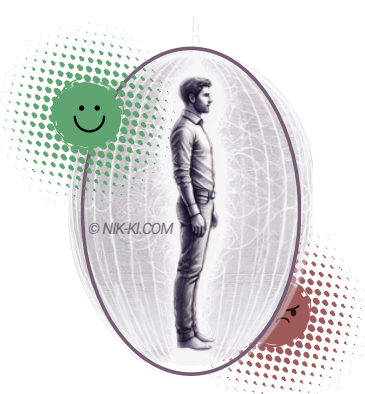
In the case of an unequal or one-sided energy flow, one person often benefits at the expense of the other. People with a weaker energy field may unconsciously drain negative energy. When you notice that you are negatively affected by an energetic cord, it is possible to break it. It is crucial to distance yourself from limiting people or situations, both physically and energetically. By severing the connection, you stop the unwanted energy flow, allowing both individuals to return to their own strength and energy.



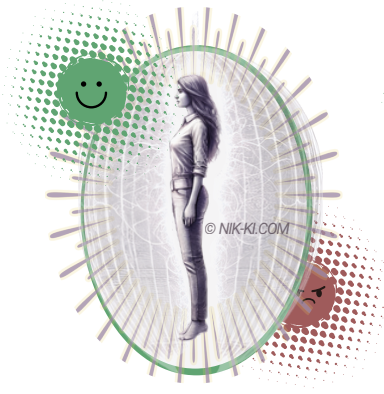
An important aspect of healthy energy exchange is self-reflection. Interactions with others reflect your self-image: who you are, how you perceive yourself, and what you unconsciously radiate. By examining meaningful experiences, you can identify inner patterns, beliefs, and triggers. This process helps you discover and heal hidden parts of yourself, allowing you to be more authentic in your interactions. Everyone is responsible for their way of energy exchange, both in what you radiate and in how you receive information. It is important to realize that you have the freedom of choice; you determine how much energy or impressions you want to allow from others and to what extent you are open to their influence.

Reflect on your emotions after conversations with others. Do you often feel drained or energized? Consider what influences you allow into your life and how much you value yourself and are open to receiving energy. Think about whether you tend to avoid emotional connections or conflicts to avoid discomfort. Reflect on which feelings or aspects of yourself are difficult for you to acknowledge and express. Recognize patterns in how you receive energy and set boundaries where necessary. By consciously managing energy exchanges, you can prevent exhaustion and protect your own energy field. A healthy balance between giving and receiving is essential.

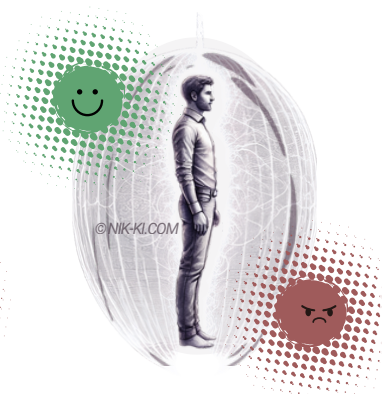
## Various Types of Energy Fields in Visuals:



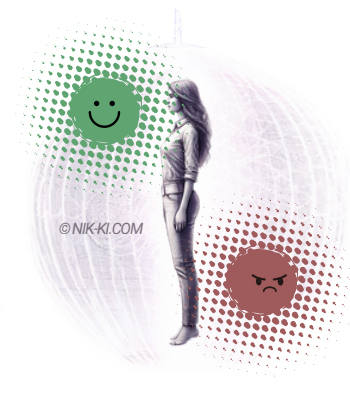
Closed/ Protected



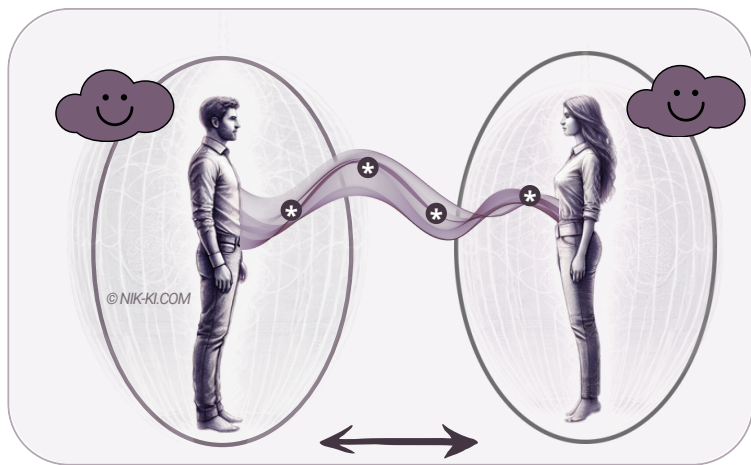
Powerful/ Strongly Protected



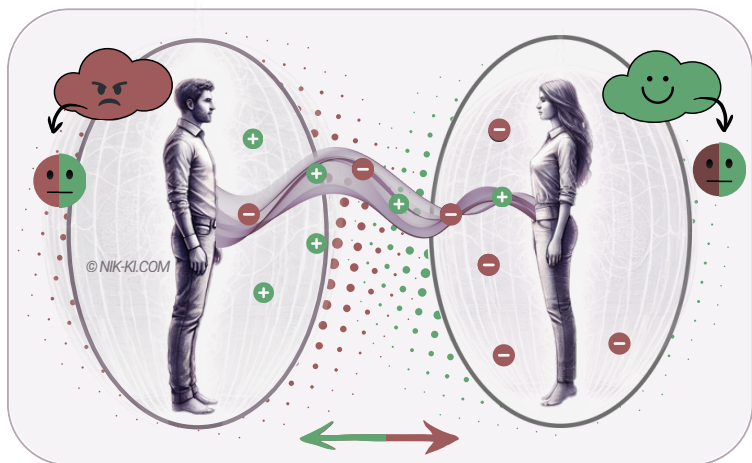
Weak/ Partially Protected



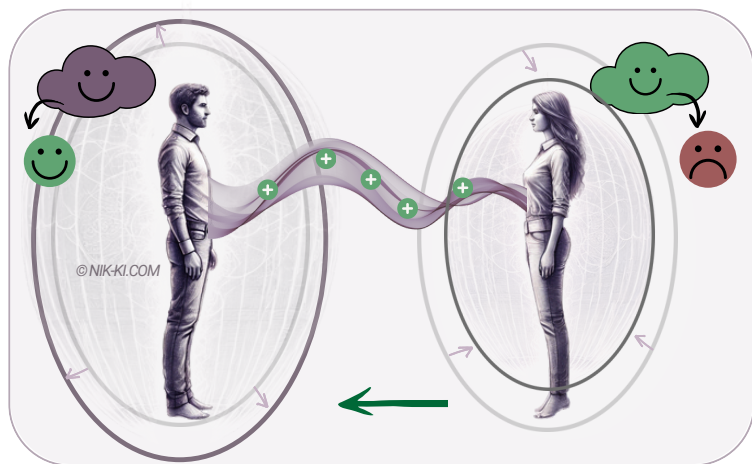
Open/ Not Protected



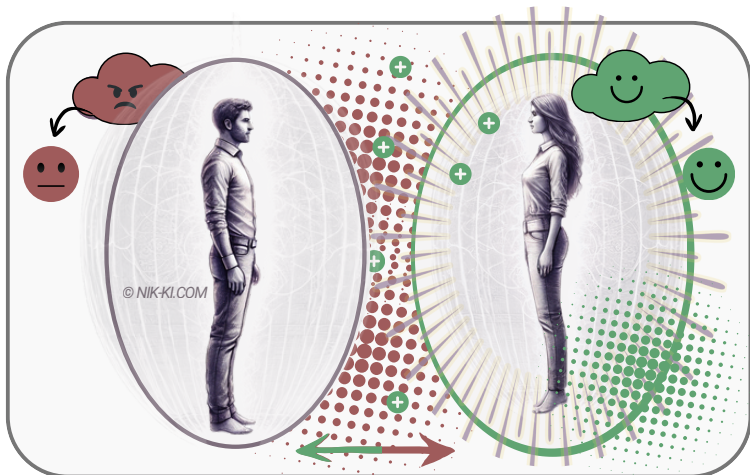
*Equal Energy Exchange through an Energetic Cord. Both individuals are not influenced by the environment, as they are both closed and protected. As long as both parties send neutral/positive energy towards each other through the cord, this is a healthy, equal connection in which they strengthen each other's energy.*



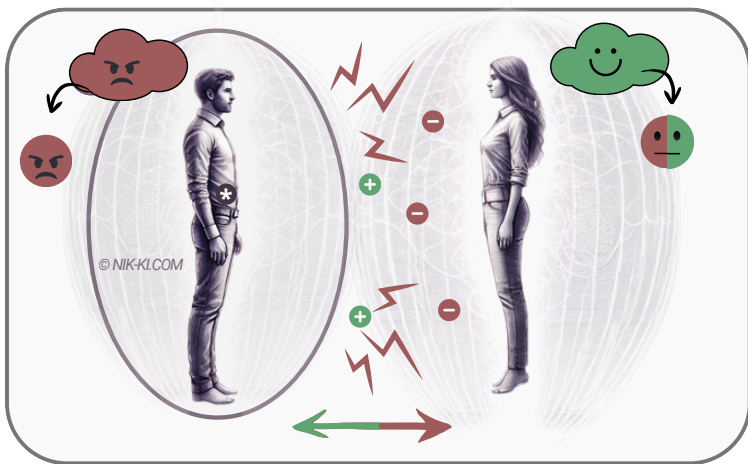
*An Unequal Energy Exchange through an Energetic Cord: Both individuals are protected from external influences, but the connection is unhealthy. The man emits negative energy, which strongly influences the woman, while he himself receives positive energy. In this case, the cord can be severed to restore balance.*



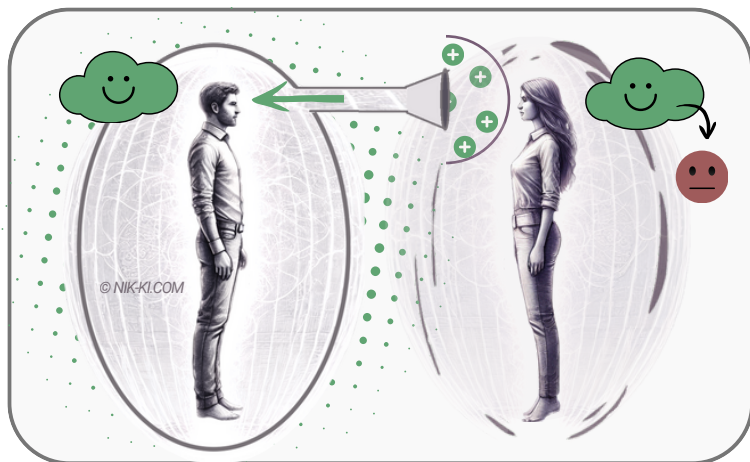
*This one-sided energy exchange through the energetic cord is unhealthy because the woman gives positive energy without receiving anything in return. When this happens consistently, it can lead to exhaustion, often caused by limiting beliefs, people-pleasing, and overcompensation. Only by actively strengthening your own power or replenishing your energy through an external source can you help others in a healthy and conscious way. Energy exchange should fundamentally be equal, and breaking the cord restores this balance.*



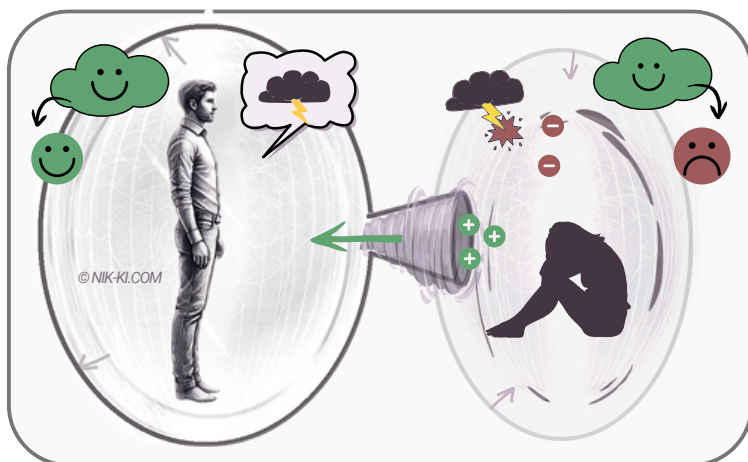
The woman has a powerful energy field, allowing her to be open to positive energy that strengthens her, while the negative energy from the man and the environment has no effect on her. The man is closed off and can perceive her positive energy, but does not absorb it. There is a healthy energy exchange between the woman and her environment because she only absorbs positive energy from her own strength, enabling her to open up and connect without being affected by negative energies.



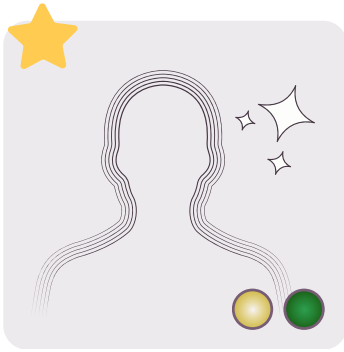
The woman has an open, unprotected aura and is negatively influenced by her environment and the man, who radiates negative energy. Although there is no energetic cord, energy exchange still occurs due to her lack of protection. This leads to an unequal energy exchange, causing her energy field to decrease. The man has a closed aura, is well-protected, and shut off from his environment, but as a result, he is also less open to receiving positive energy.



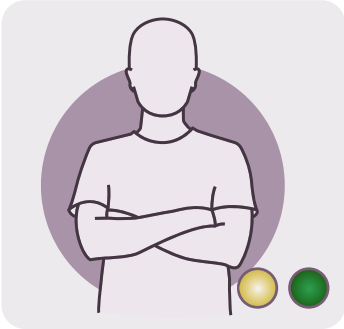
There is an unhealthy, unequal flow of energy, also known as energy vampirism. The woman has a weak energy field, which allows the man, consciously or unconsciously, to enter her aura and drain her positive energy, like a funnel. Although she experiences the positive energy from her environment and the man, her energy decreases due to his energy depletion, while he benefits from this and his energy field becomes stronger. When he leaves, she will be left exhausted and weakened.



Intimidation, manipulation, and fear can be used to enforce an unequal energy flow. By intentionally sending negativity towards someone, their energy field can be weakened, breaking down their protection and allowing energy to be easily drained. This leads to energetic domination, where the man not only absorbs energy but gains control over her energy field. Her energy shrinks while his strength and position of power increase. This process can occur both consciously and unconsciously.



**Self-reflection:** Applying self-reflection to strengthen and protect your aura starts with examining your own role in energy exchanges. Take a moment to reflect on the patterns you attract and why you allow certain energies into your life. Often, this comes from unconscious behaviors, such as not setting boundaries, the desire to please, or a lack of self-worth. By becoming aware of these patterns, you can adjust your own energy and behaviors to attract healthier energy exchanges. A useful way to gain more insight is by using a self-reflection questionnaire, which helps you explore which behaviors and beliefs are influencing your energy field.



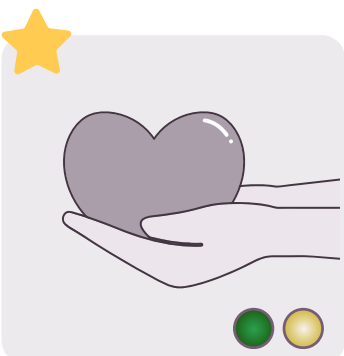
**Posture:** Do you feel that someone is consciously or unconsciously draining energy from you? Then adjust your posture. When you sit with your legs and arms open, your life energy can be more easily siphoned off. Place your legs together, cross your arms, and clench your fists. This way, your energy field around you shrinks. It becomes more compact, and you are literally and figuratively more closed off. Posture is an important method to protect yourself from others' energies, a technique that many people instinctively (and unconsciously) use. A strong, closed posture can boost your self-confidence and provide a sense of safety in uncomfortable situations.



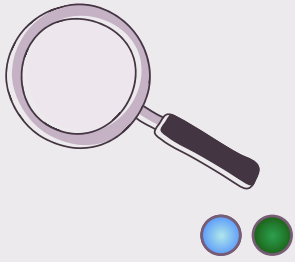
**Returning Energy to the Original Sender:** It can happen that a difficult situation, feeling, pain, or mood from someone else is (unconsciously) projected onto you. You then absorb this energy, and the feeling often arises unexpectedly. You experience a sudden mood change or uncomfortable sensation that preoccupies your thoughts and feelings. If you notice such a feeling overtaking you, you can send it back to the original sender. Visualize or state the intention: "I send this energy back to the original sender," thereby releasing it. This way, the energy returns to the person who can do something with it. Remember that energy can be transferred through multiple people, so it's important to always send it back to the source.



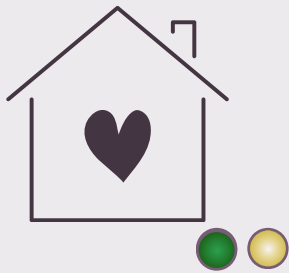
**Mirror Exercise:** If the energy of a person around you is particularly persistent, try visualizing a mirror between you and the source/person emitting negativity. This mirror is positioned so that the person can see themselves, reflecting the negative vibrations they emit. This may unconsciously force the person to face themselves and become aware of their energy. This exercise helps you protect yourself and can influence the behavior of the other person, especially with unconscious reactions that reveal their deeply ingrained patterns. This prevents low vibrations from traveling further or reaching you. Remember to always remove the mirror when you leave, creating space and peace.



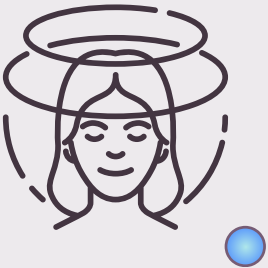
**Not Giving to Get - Open to Receive:** Sit quietly and take deep breaths in and out. Visualize a gentle flow of energy between you and the other person. Say to yourself: "I give from my heart, without expectation, and I am open to receive." Let go of the need to control the outcome and trust in the natural flow of energy. Receive compliments or help without resistance, without having to give anything back or say anything. Let go of your own ideas, allowing an authentic balance to emerge. Try not to direct your communication and behavior to achieve a desired result, but let yourself be guided by your feelings. This way, the interaction can grow in an authentic way. There are also meditations available such as "Open to Receive" to deepen this experience.



**Investigate the Source of Negativity:** Try to explore the source of the negative energy you are experiencing from within your protective energy bubble. Identifying and concretizing this negative energy causes it to become smaller and less threatening. Is it an object, a person, or a specific group that negatively influences you? Or is it a personal fear triggered by someone's presence, behavior, facial expression, or language? Once you recognize the source, you can consciously choose how to best approach the situation, which enables you to address and cleanse the underlying cause more effectively.



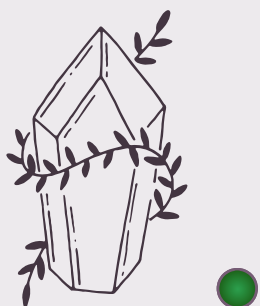
**Creating a Safe Space for Energy Exchange:** Creating a safe space is essential for positive energy exchange, especially during emotionally charged conversations. Start by setting up the environment: ensure a tidy, peaceful space with soft lighting and comfortable seating. This promotes a sense of relaxation and openness. To keep negative energy out, you can use salt. For example, place a salt shaker or sprinkle salt grains near the door with the intention that all negativity remains outside. This creates a protective barrier. It is also helpful to have a personal talisman or protective symbol in the space, reinforcing the intention of safety and harmony.



**Cleansing Energy Connections:** Ensure you are grounded and your breath is balanced. Sit comfortably in a chair and visualize the person from whom you wish to reclaim your energy and to whom you want to return their energy. Between you and the person, visualize a large burning fire, a purifying fire full of light that transforms negative energy and tension. Behind yourself and the other person, visualize a large magnet. Ask for your energy back from the other person, and allow the magnet to assist. Let your energy, which was with the other person, pass through the fire. The energy is purified, as mixed energy is no longer pure, and it's important to distinguish what belongs to you and what belongs to the other person. Do the same for the other person's energy still present with you. Repeat this until you feel that all energy between you and the other person has been exchanged.



**Visualization (imagination)** is a powerful technique for manifesting intentions and can also be used for protection, especially in energy exchanges between individuals. You can decide how you want to represent this protection visually. Some visualization exercises that provide protection against unwanted energy blending include: visualize the energy cord and cut it mentally, or visualize a protective symbol between you and the other person that purifies the energy. Another example is to imagine that you are sending out a clear blue light beam that purifies the energy between you, allowing only positive and harmonious energy to flow. This way, you enhance the quality of the energy exchange.



**Protection Symbol or Stone:** A powerful tool against energy blending is visualizing a protection symbol or a protective gemstone between you and the person in question. This symbol or stone can always be the same but may also vary. The power of the symbol or stone is enhanced when you regularly bring it to mind and reflect on the protective energy you wish to impart to it. Using a protection symbol or gemstone can help you become more aware of the energy you emit and receive, enabling you to better protect your personal space. You can also carry a protection symbol or gemstone physically with you, such as in the form of jewelry.



**Ask for help from the Universe, God, your guides, or the Source.** This can be done through visualization, prayer, or simply speaking it aloud. Ask for clear signs and guidance, especially when you are uncertain about your next step or when there are tensions in communication and connections. Let go of the outcome and remain open to the path you are being guided toward. Repeat the intention: "I open my heart to the guidance of the universe and allow myself to be led by the signs I receive." Trust in the synchronicity that may occur: chance encounters, words that resonate with you, or situations that catch your attention. Pay close attention to these signs and how they can provide you with insight. The more you remain open to these signs, the stronger your intuition will become. This exercise helps you trust the process and offers clarity in your choices.



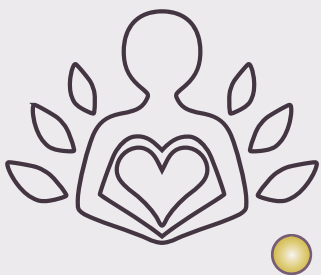
**'Yes' and 'No' Framing Exercise:** Think of a situation where you felt uncomfortable because you said 'yes' when you actually wanted to say 'no.' Visualize that moment and reframe it in your mind: "Next time I am in this situation, I will choose 'no.'" Practice this reframing several times and imagine what it feels like to assertively set your boundaries. Take the time to practice in a safe environment, for example, with a friend or in front of a mirror. This exercise is designed to boost your self-confidence in setting boundaries. By preparing yourself for the moment when you need to say 'no,' you develop a mindset of assertiveness. The more you repeat this exercise, the easier it will become to set boundaries without fear or guilt.



**Genuine Compliments:** Practice giving sincere compliments, both to people you know and to strangers. Focus on the positive qualities of others and offer specific compliments such as, "You have a wonderful presence!" or "Your contribution is valuable." Notice how the other person responds and feel the energy that forms between you. Also, stay open to receiving compliments without feeling the need to say something in return or downgrade yourself. How do you feel in this moment? Recognize the balance between giving and receiving and ask yourself, "What can I take away from this for myself?" Receive each compliment with love and recognition, knowing it strengthens both the giver and the receiver.



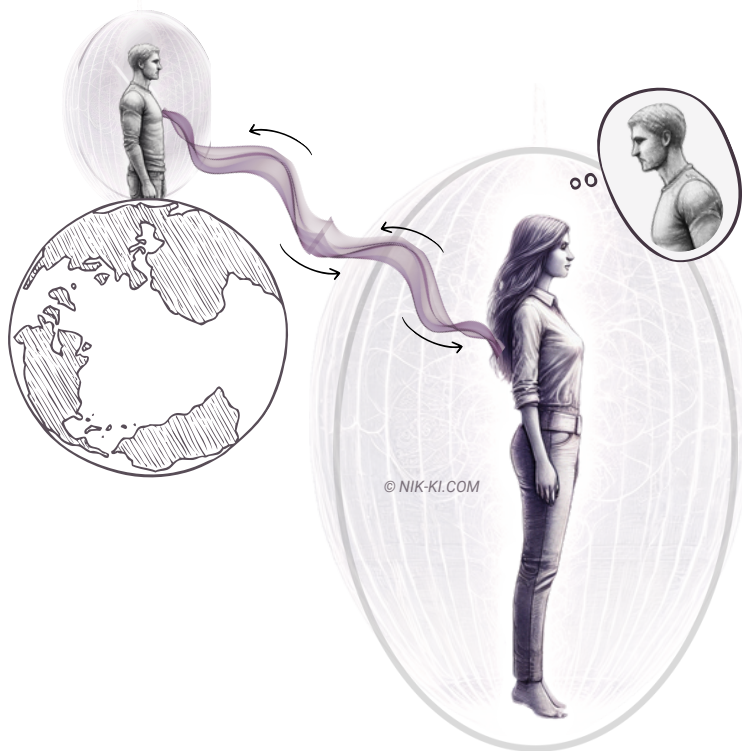
**Anchor Exercise - Boosting Self-Confidence:** Think of a situation where you felt strong and self-confident. Visualize this moment as vividly as possible, paying attention to the specific details: what you saw, heard, and felt. Link this powerful memory to a physical anchor, such as squeezing your hand or tapping your heart. Repeat this action while evoking the positive emotions. Practice this technique regularly so you can use the anchor when you're feeling uncertain or vulnerable. By activating this anchor, you can realign yourself with powerful energy during challenging interactions. This exercise helps you boost your self-confidence and set boundaries more easily. The more often you apply this technique, the stronger the anchor becomes.



**Heart Chakra Connection Exercise:** The heart chakra, located in the center of the chest, is the center of love and connection. To enhance energy exchange, close your eyes and take a few deep breaths. Visualize your heart chakra as a radiant, golden light expanding. Set the intention to send this warm energy to the other person with the thought: "I send my loving energy to you." Feel the connection that forms and allow any emotions that arise. When you are ready, bring the energy back into your heart chakra to regenerate. This exercise strengthens the emotional bond and promotes deeper interaction. Regularly practicing this connection improves the quality of your relationships and enhances energetic harmony.

## What are Energetic Cords?

Through energetic cords, we can transfer information and energy in the form of emotions and feelings (telepathically). These connections can be both positive and negative, influencing our emotions and well-being. Often, this happens largely unconsciously. When a one-sided or negative energy flow occurs unconsciously, it can lead to unexplained intense emotions and physical reactions. You can recognize an energetic cord by becoming aware of who or what appears in your thoughts without a specific reason. Analyze whether these thoughts are affecting your feelings or energy. If you are negatively affected by an energetic cord, you can break it with determination.



## How to Recognize a Negative Cord?

It is important to distance yourself from limiting people or situations, not so much physically, but primarily energetically. By breaking this energy connection, or energy cord, the energy flow is stopped, allowing both individuals to return to their own energy and power. This does not mean that you are severing the actual connection or bond you have built with someone. You should never feel guilty about this and can lovingly break an energy cord at any time.

Primarily, individuals with a lower or weaker energy field can become addicted to a connection where energy can be unconsciously drained. It often happens that someone unconsciously maintains a cord and drains energy without malicious intent. If such an energy cord is broken, it can provide a sense of liberation for one party, while it may cause escalating emotions and intense reactions in the other.

It is also common for both individuals to maintain an unhealthy exchange of energy. The cord is sustained through a certain dependency, such as in connections between a victim figure and a savior figure or between individuals with abandonment and attachment issues. Everyone is responsible for their own energy field and can influence it themselves. You have the right to break unwanted energies or connections (even if you care about them) and protect your own energy field. No one has the right to impose or claim energy from others!

## Steps to Break an Energy Cord?

Before breaking an energetic cord, it's important to set a clear intention and know exactly what you want to release. This process is strengthened by creating a safe space through meditation, visualization, or cleansing rituals such as burning sage. This space helps you to focus and work with your energy in a protected manner, allowing you to reach an optimal state of being. Instead of simply cutting the cord, you can visualize it being fully pulled out of your energy field, ensuring that the connection completely disappears and cannot reattach. Pulling the cord out ensures that any remnants of the connection are also released, which is essential for thorough energetic liberation.



*You can find various guided meditations online for breaking cords by searching for the term "breaking energetic cords."*

After breaking the cord, physical and emotional changes may occur, such as an increase in energy, mental clarity, or even a temporary sense of emptiness. It is normal to experience these fluctuations. Therefore, give yourself time to recover and adjust to your new energetic state. Use positive affirmations such as "I reclaim my energy" to strengthen your boundaries and keep old patterns at bay, reminding yourself of your power and autonomy in this process of letting go. Breaking an energetic cord can feel like releasing a heavy burden, leaving you feeling freer and lighter.

**Breaking energetic cords is a powerful process that helps you regain your own energy and autonomy. By being aware of these connections and taking the right steps, you can restore a healthy energetic balance. Remember that you have the right to protect your own energy field and surround yourself with positive influences. Start today with breaking unwanted energy cords and experience the liberating power of a healthy energetic balance!**

## *Step-by-Step Guide - Breaking Energy Cords*



1

### **Strengthen and Protect Your Personal Energy Field**

Take a few moments to center yourself. Visualize a protective light around you that strengthens your energy field. This helps you stand in your power and resist unwanted influences.

2

### **Identify the Cord:**

Reflect on relationships or situations that negatively affect you. Pay attention to who or what regularly comes to mind without clear reason.

3

### **Set a Clear Intention:**

Decide what you want to release and formulate a clear intention. For example: "I release this unhealthy connection."

4

### **Create a Safe Space:**

Take time for meditation or use cleansing rituals, such as burning sage, to protect and center yourself.

5

### **Visualize the Connection:**

Close your eyes and imagine the energetic cord being visible. Visualize the cord being completely pulled out of your energy field.

6

### **Affirm the Breakthrough:**

Say aloud or in your mind: "I break this connection with love and light." Repeat positive affirmations like "I am free from unwanted energy."

7

### **Feel the Changes:**

Take time to experience the emotional and physical changes. Be aware of feelings of liberation or other fluctuations.

8

### **Support Yourself:**

Continue applying affirmations that strengthen your inner power and protection, both in the present and for the future.

9

### **Reflect and Adjust:**

Give yourself time to recover and reflect on the changes in your energy and relationships.



Creating a positive living environment is essential for our well-being, as it has a significant impact on our personal energy field and how we feel. A space that may seem empty at first glance is, in fact, imbued with various energies. Everything around us is energy and radiates a specific frequency. This includes elements such as interior design, layout, accessories, decoration, lighting, colors, scents, sounds, temperature, and symbolism.

Additionally, the energies of people and the events that take place in a space contribute to this energetic composition. Thoughts, feelings, intentions, and tensions are also energies that affect the overall atmosphere in a room. Our aura, our personal energy field, absorbs these energies from our environment. As a result, a pleasant living environment has a positive impact on our well-being and overall state of health.

Feng Shui, a philosophy over 3,000 years old, teaches us how our environment can influence our happiness. This Chinese discipline examines the impact of design and layout on our well-being. It is based on chi, the life energy that flows through our surroundings, and the five elements: water, fire, earth, metal, and wood. These elements interact with each other, creating a dynamic balance in living spaces, where the principle of yin and yang is essential for harmony. The goal of Feng Shui is to create a harmonious energy flow that is aligned with our needs. Our home often forms the foundation of our living environment and should be a place where we can relax, be ourselves, and recharge. Each space has its own function, and through design and arrangement, we can align the energy in that space with its intended purpose. A positive energy flow in our home brings more balance and harmony.

A positive living environment goes beyond just the physical space. Elements such as natural light, plants, and colors have a significant impact on our feelings and well-being. Sounds, such as background noise and music, also play a major role in our well-being. Japanese researcher Masaru Emoto demonstrated that sound can change the structure of water, making us aware of the power sound has on our body and emotions. Scents, such as those from essential oils, can help us relax, while a tidy and simple environment enables better concentration.



Things that are important to us, such as personal belongings and memories, also bring positive energy into our space. Furthermore, sufficient room to move helps us feel freer and more comfortable. By being mindful of our surroundings and paying attention to what we want to experience, we can create a pleasant and happy place where we feel good.



*Feng Shui can provide valuable energetic insights for creating a pleasant living environment.*

**Take time to consciously reflect on the energy in your living environment. By making small adjustments to your interior, color scheme, and accessories, you can create a happy and harmonious space that enhances your well-being. Start making these changes today and discover the positive impact on your life!**

Feng Shui is an ancient Chinese philosophy that aims to achieve harmony between people and their environment by optimizing energy flows. The goal is to find balance between natural elements and the spaces we inhabit, which contributes to well-being, success, and happiness. Chi (Qi), the life force that flows through everything, must be able to move freely and uninterrupted through your environment. Yin and Yang, the passive and active forces of the universe, must be in balance for a harmonious space. The three keys to good Feng Shui are space, light, and air. A tidy environment promotes the free flow of Chi, while natural light is preferred to stabilize energy. Ventilation is essential to prevent stagnation and allow fresh energy to enter.

**The five elements** of Feng Shui – wood, fire, earth, metal, and water – are essential for creating harmony and promoting positive energy flows in a space.

### Wood (Growth and Vitality)

**Colors:** Green, Brown

**Shapes:** Rectangular, tall, and straight

**Materials:** Wooden furniture, plants, wooden sculptures

**Practical Application:**

- **Plants:** Place healthy, green plants in the (south)eastern part of your home to promote growth and well-being.
- **Wooden Furniture:** Use wooden furniture, such as a dining table or shelves, to bring in life energy.
- **Green Accessories:** Add green cushions or curtains to enhance the energy of growth.

### Fire (Energy and Passion)

**Colors:** Red, Purple, Orange, Bright Yellow

**Shapes:** Triangular, pointed

**Materials:** Candles, lighting, fireplace

**Practical Application:**

- **Candles:** Place red or purple candles in the southern corner of your room to enhance reputation and energy.
- **Lighting:** Use warm lighting or a fireplace to create a cozy atmosphere that fosters passion and energy.
- **Red Decorations:** Add red accents, such as cushions or artwork, to bring vibrancy into the space.

### Earth (Stability and Nourishment)

**Colors:** Yellow, Beige, Earth tones

**Shapes:** Square, flat

**Materials:** Ceramics, stone, clay, crystals

**Practical Application:**

- **Pots:** Use ceramic flowerpots or decorations to bring stability and balance into your space.
- **Crystals:** Place crystals such as amethyst or rose quartz in the center of your home or in the NE and SW corners for extra grounding and calm.
- **Earth Tones:** Add beige or yellow tones to your furniture or accessories for a sense of stability and harmony.

### Metal (Clarity and Focus)

**Colors:** White, Gray, Metallic Colors

**Shapes:** Round, Spherical

**Materials:** Metal, Gold, Silver, Copper, Singing Bowl

**Practical Application:**

- **Metal Accessories:** Use metal decorations such as clocks, metal sculptures, or picture frames to enhance the energy of precision and focus, especially in the west and northwest areas of your space.
- **Singing Bowls or Wind Chimes:** Place a metal wind chime or use a singing bowl to harmonize the energy in your home.
- **White Decorations:** Add white accents to walls or furniture for greater clarity and calm.

### Water (Flow and Calm)

**Colors:** Black, Dark Blue

**Shapes:** Wavy, Curved

**Materials:** Glass, Mirrors, Water features

**Practical application:**

- **Fountains:** Place an indoor fountain or aquarium in the northern corner of your living room or office to attract career growth and abundance.
- **Mirrors:** Hang mirrors in strategic areas of the home, such as the hallway or living room, to enhance the flow of energy.
- **Water-blue Accessories:** Add dark blue cushions or blankets to create a calming, flowing energy.

Additionally, there is **the Bagua** Feng Shui map, which helps identify the different areas of your home and link them to aspects of your life, such as wealth, health, and relationships.

The Bagua is a fundamental tool in Feng Shui that helps you divide your space into different life areas. It is an energy grid consisting of nine sections, each representing a specific aspect of your life. These areas include health, career, wealth, love, family, creativity, knowledge, and more. By applying the Bagua map to your home or workspace, you can optimize the energy flows and focus on specific areas of your life.

The Nine Areas of the Bagua each represent a specific aspect of your life and influence the energy in the corresponding space.

**Career (North):** Represents work, life path, and goals. Place a water fountain or mirrors here to enhance the energy of abundance and flow.

**Knowledge and Wisdom (Northeast):** Promotes personal growth and study. Fill this area with books, crystals, or calming, earthy colors.

**Family and Health (East):** Strengthens family bonds and physical health. Use wooden elements and green for growth.

**Wealth and Abundance (Southeast):** Represents financial success. Place plants, fountains, or symbols of wealth such as crystals.

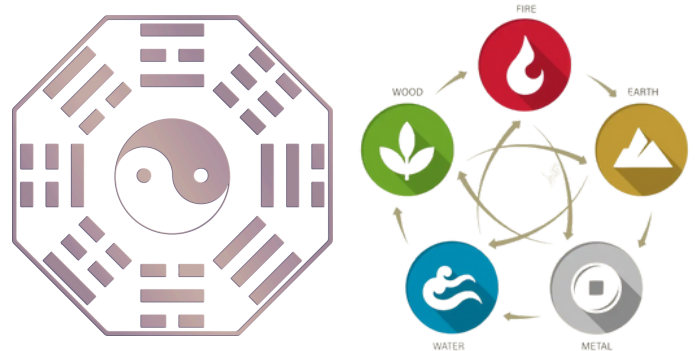
**Reputation and Fame (South):** This area represents your name and fame. Red and fire elements such as candles work well here.

**Love and Relationships (Southwest):** Focus here on your romantic relationships. Place pairs of objects, such as two candles, and use soft colors.

**Creativity and Children (West):** For stimulating creativity and the bond with children. Metal, white colors, and creative objects work well.

**Helpful People and Travel (Northwest):** Promotes assistance from others and travel. Place travel symbols, such as maps and metal items.

**Health and Well-being (Center):** This area is the heart of the Bagua and influences all your life areas. Ensure that this space is open and free of clutter.



By consciously paying attention to the energy in different life areas, you can directly work on specific goals and experience more harmony in your life with the Bagua map.

**For Wealth:** Place a blooming plant or a fountain in the southeast part of your living room to attract the energy of abundance.

**For Relationships:** Add romantic decorations, such as a pair of rose quartz or a symbol of love, to the southwest corner of your bedroom.

**For Career:** Hang a mirror on the north side of your office to stimulate your career energy and bring movement into your work life.

**Step 1:** Make a Floor Plan of Your Home. Draw a floor plan of your house, room, or office from a bird's-eye view.

**Step 2:** Lay the Bagua Map Over Your Floor Plan. The bottom of the Bagua should align with the front door or entrance of the space.

**Step 3:** Identify the Areas. Each of the nine sections on the Bagua map represents an important aspect of your life. Mark each area on your floor plan and make sure you know which space represents which part of the Bagua.

**Step 4:** Enhance the Areas. Use the recommended elements (such as wood, water, fire, metal, earth) and colors to strengthen the energy in each area. This can be done by moving furniture, adding accessories, or choosing decorations that match the respective element.

**Step 5:** Optimize the Energy. Remove clutter and ensure a good flow of energy (Chi). Avoid obstacles, sharp corners, and broken items that hold negative energy. Add plants, light, and movement to prevent stagnation.

These Feng Shui tips for commonly used elements help optimize the energy in your space. By consciously choosing the right placement and materials, you can strengthen and support the positive energy flows in your home and workspace.

### General

**Clutter:** Clutter blocks the flow of energy. Ensure that your home is tidy and organized to allow Chi to flow freely.

**Use of Color:** Colors influence the energy in a space. Choose calming colors for bedrooms, energetic tones for workspaces, and relaxing colors for the living room.

**Natural Materials:** Use natural materials such as wood, stone, and cotton for furniture and accessories to harmonize the energy in your home.

**Sound:** Sounds can either enhance or disrupt Chi. Avoid loud, disturbing noises and opt for soft music or nature sounds that positively influence the energy. Ensure quiet environments in workspaces and use calming sounds.

### Light

**Natural Light:** Let in as much natural light as possible, as it brightens and refreshes the Chi.

**Avoid Harsh Artificial Light:** Too bright artificial light can disrupt the energy, so opt for softer lighting.

**Use Dimmers:** Dim the lights to change the atmosphere in the room and balance the energy.

**Lighting by the Front Door:** Ensure adequate lighting at the front door to attract positive energy inside.

**Light Sources in Corners:** Illuminate dark corners to activate and balance the energy in the space.

### Mirrors

**Enhance Energy:** Mirrors can enhance energy, but they must be placed carefully.

**No Mirrors Opposite the Door:** Do not place mirrors opposite the front door, as they can bounce back the incoming Chi.

**Avoid Mirrors Facing the Bed:** Avoid mirrors facing the bed to prevent disruption of rest and sleep.

**Avoid Broken Mirrors:** Broken mirrors can attract negative energy, so make sure the mirrors are intact.

**Reflect a Beautiful View:** Place mirrors in locations where they reflect a pleasant view to positively enhance the energy.

### Plants

**Healthy Plants:** Plants bring positive energy into any space. Choose healthy, well-cared-for plants that symbolize vitality and growth.

**Placement:** Place plants in corners and empty spaces where energy is stagnant to stimulate Chi and restore balance.

**No Dead Plants:** Avoid wilted or dead plants, as they can negatively affect the energy.



### Decoration

**Personal Touch:** Use decorations that make you happy and have a positive influence on your energy, such as photos, artwork, or objects that inspire you.

**Avoid Too Much Decoration:** Too many decorations can disrupt and suffocate the energy, so choose calming, selective decor.

**Symbols of Prosperity:** Use symbols such as water fountains, lucky charms, or a money tree to attract prosperity and success.

**Pleasant Colors:** Choose colors that match the function of the space and the energy you wish to promote.

**Natural Elements:** Add natural decorations, such as plants, wood, or stones, to harmonize the energy in the space.

### Water

**Water for Prosperity:** Use water elements such as fountains or aquariums to attract prosperity, but make sure the water is clean and flowing.

**Placement:** Do not place water in the bedroom, as it can have a disturbing effect on rest.

**Moving Water:** Flowing water symbolizes success and financial flow. Avoid stagnant water that can block Chi.

**Symbols of Abundance:** Water symbols, such as a water droplet sculpture, can positively contribute to the energy in the space.

**Maintenance:** Ensure that water fountains or aquariums are clean, as contaminated water can attract negative energy.

**Living Room**

**Good Lighting:** Ensure there is sufficient light in the living room to attract positive energy. Natural light is best, and if that's not possible, choose lighting that doesn't disrupt the energy flow.

**Furniture in a Circle:** Arrange the furniture so that energy can flow freely. Avoid heavy furniture that blocks the energy.

**Plants:** Bring vibrant energy into your living room by adding healthy plants. Plants bring vitality and freshness to the space.

**Use of Color:** Use warm colors such as beige, light yellow, or soft pastel colors for an inviting atmosphere. Avoid too many dark colors, which can weaken the energy.

**Personal Items:** Add personal items that radiate positive memories or energy, such as photos, artwork, or gifts. Ensure these are balanced and don't overcrowd the space.

**Bedroom**

**Bed Position:** Place your bed in the 'command position', where you can see the door without being directly opposite it. This promotes safety and control.

**Calming Colors:** Use soft, soothing colors like light shades/pastels to make the space calm and relaxing.

**No Electronic Devices:** Avoid electronic devices like TVs or laptops in the bedroom, as they can disrupt Chi and affect sleep.

**Mirrors:** Avoid large mirrors facing the bed, as they can disturb the energy and cause restlessness.

**Calm Atmosphere:** Keep the space tidy, without clutter, as clutter blocks the energy flow.

**Kitchen**

**Healthy Kitchen:** The kitchen represents wealth and health. Keep the space clean and organized to promote positive Chi.

**Stove:** The stove is the most important element in the kitchen. Ensure it is in good condition and not covered or obstructed, so it can support the energy of wealth and success.

**Earth Elements:** Use earth tones and ceramic materials in your kitchen for stability and health.

**Tidy:** Avoid clutter on the countertops, as this can block the energy. Only store essential items that you use daily.

**Home Office**

**Command Position:** Position your desk so that you can see the door without sitting directly opposite it. This gives a sense of control and focus.

**Organized Desk:** Keep your desk clean and organized to promote clarity of mind and focus. Avoid clutter and only keep essential items.

**Five Elements:** Incorporate the five elements into your home office: Wood for creativity (plants), Earth for stability (stones), Fire for energy (candles or a lamp), Metal for clarity (metal accessories), and Water for wealth (a water fountain or aquarium).

**Lighting:** Ensure adequate lighting to improve concentration. Avoid overly bright or dim light.



**Entrance**

**Clean and Organized:** The front door is the main Chi entrance, so keep this area clean and free of obstacles. Ensure the door opens fully and that no items block the way.

**Lighting:** Ensure good lighting at the entrance to attract positive energy inside.

**Welcoming Atmosphere:** Create an inviting atmosphere, for example, with a welcome mat or a beautiful plant by the door to greet the Chi.

**Mirrors:** Avoid mirrors opposite the front door, as they can reflect the incoming energy back out.

**Bathroom**

**Close the Door:** Always keep the bathroom door closed to prevent energy from escaping and wealth from being washed away.

**No Excess Items:** Avoid clutter in the bathroom, especially around the sink and toilet. This prevents stagnation of energy.

**Mirrors:** Mirrors can amplify the energy in the bathroom, so ensure they are not directly opposite the door as this can disturb the energy flow.

**Air Circulation:** Ensure good ventilation to avoid stagnation of energy. Add fragrant candles or plants to purify the air.

Choosing or creating a protection ritual helps to strengthen your intentions. A ritual is a series of fixed actions performed in a specific order to amplify its symbolic meaning. I recommend putting together or creating your own ritual (routine) for the protection and cleansing of your personal energy. Apply it daily, preferably in the morning and before going to sleep. This way, you can begin your day fresh and protected, and release all negativity before going to bed.

By applying this daily, it becomes a habit to protect yourself and unload negativity before it even affects you. This way, you won't carry unnecessary negative energies with you until they cause harm. When assembling your ritual, make sure to include both a purifying and protective action or method. The purifying/cleansing part is focused on releasing old emotions and energies that no longer serve your highest good, while the protective part is aimed at strengthening your own power and sealing yourself off from negative energies and unequal energy exchanges.



Keep the ritual simple and manageable, ensuring that it remains something you can perform daily, even on days when you're not feeling your best. You may choose to add some optional actions or methods for the days when you feel the need for them.

When you protect and cleanse your energy on a daily basis, it becomes easier to distinguish your own energy from external energies. This enables you to (consciously) notice when something from the outside breaks through this protection.

Thus, the ritual can support awareness of negative energies, allowing you to act more quickly and effectively in such cases. In addition to a daily personal ritual, I recommend periodically performing a ritual to cleanse your living environment. Energies from the past can linger in a home/space. By energetically cleansing a space, you remove negative energies and create room for new, positive, light energy. You can then recharge the space with positive energy, thus creating a positive living environment for yourself.




It may happen that your thoughts or needs strongly turn towards the ritual/method/object you use for protection when you are surrounded by negativity. For example, I use a protection mantra, which sometimes unexpectedly comes to my mind. This is a signal to be extra alert to negativity in my surroundings, so I can immediately strengthen my energy and better protect myself.


This document contains various tips, exercises, actions, and methods that you can use when creating your personal (daily) ritual. If the mentioned exercises/routines do not fully align with your preferences, do not feel right, or if there are missing elements, feel free to create your own ritual. You can combine certain methods, come up with your own symbolic actions, and/or add elements with personal or symbolic meaning. The intentions are central and form the foundation of the ritual, and the actions and elements further empower these intentions. The most important thing is that the ritual feels right and safe to you—always follow your own feelings and intuition!


Creating a daily ritual is a powerful way to protect, purify, and strengthen your energetic field. In this document, you will find an extensive collection of exercises that you can use to build your personal ritual. These exercises are divided into four categories: grounding, protective, purifying, and strengthening exercises. To help you make the right choice, each exercise is subtly marked with a color-coded symbol, so you can easily see which category the exercise belongs to.




I recommend that you create a ritual every day that protects and cleanses your energy field. You can start your morning with protective and grounding exercises, ensuring that you stand strong and protected for the day. End your day with purifying and strengthening exercises, so you can release the energy of the day and prepare for a restful night. By following this daily routine, you will develop the habit of protecting, purifying, and strengthening yourself.

 **Strengthening exercises** promote the growth of your inner strength and energy, allowing you to further develop your qualities and personal power.

 **Grounding exercises** help anchor your energy in the present moment, allowing you to feel connected with yourself and the Earth. They provide balance and stability in challenging situations.

 **Protective exercises** create an energetic shield around you, making you more resistant to external influences and helping you maintain your boundaries.

 **Purifying exercises** help you release old emotions and unwanted energies, creating space for new, positive energy.

## My Daily Ritual (Mix & Match)

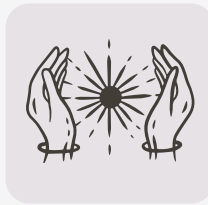
Create your own daily ritual with exercises that cleanse, protect, ground, and strengthen your energy. In the table below, you will find three suggestions per category. Choose the exercises that best suit you and tailor them to your needs. Each exercise has a page number for a detailed description. You can also create your own ritual using exercises from the document or add your own rituals for a personal touch. Mix & match the exercises and create a ritual that you can apply daily to keep your energy in balance.

Ritual	Time	Exercise Option 1	Exercise Option 2	Exercise Option 3
Grounding	Morning	Grounding / The Tree 30	Grounding Exercise 30	I Call Myself Back 30
Protective	Morning	Power Bubble/Dome 31	Source of Light 32	Ask for Protection 31
Purifying	Evening	Body Scan 32	Energy Balls 32	Shower or Smudging 32
Strengthening	Day	Energetic Space 31	Self-Care 31	Power of Water 31



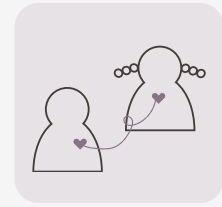
**Strengthening, Grounding & Protecting the Energy Field**

Page 4



**Cleansing Energy Fields**

Page 11

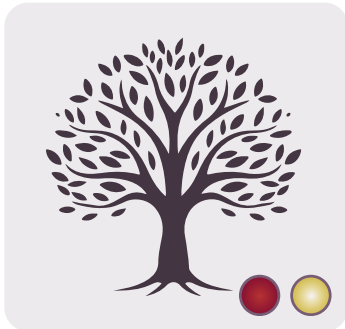


**Healthy Energy Exchange**

Page 18

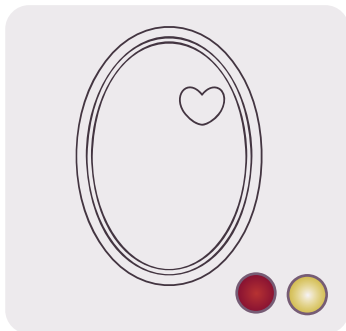
**SUGGESTIONS FOR GROUNDING EXERCISES**

QS

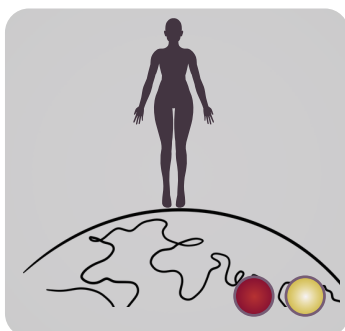


**Grounding "The Tree" Exercise** is a method to ground yourself. Grounding is a way to connect with the Earth, allowing Earth energy to flow through you. It literally and figuratively grounds you, helping to release tension and recharge with new energy. Focus on the hollows beneath your feet (connected to your root chakra) and make sure both feet are firmly grounded. Then visualize that, just like a tree, roots grow from your feet deep into the Earth. Lift your toes off the ground while stretching your arms and fingers, imagining yourself as a tree standing in the sun.

Through the roots, release all tension/negativity and absorb new strength and energy from the Earth. The sunlight energizes you, you feel the warmth, and you absorb the light, which strengthens your power. Then, relax fully, feeling lighter, and experience the connection with the Earth, feeling how it supports you. In the future, you only need to visualize to achieve the same result. Lifting your toes is a physical movement you can associate with this practice to ground yourself more easily and quickly, reinforcing your intentions. Stretching is no longer necessary, so you can do this exercise unobtrusively and on the go.



**I Call Myself Back - Mirror Exercise:** Stand in front of a mirror and take deep breaths in and out. Look yourself directly in the eyes and repeat firmly: "I call myself back." Feel your body from the tips of your toes to the crown of your head, making sure you are fully present. This exercise helps you stay in your body so that external energies cannot affect you. When you are in an overwhelming situation, your mind may tend to escape, leading to a disconnection from your body and surroundings. By consciously calling yourself back, you strengthen your connection with your inner power and energy field. You can also perform this exercise without a mirror. By grounding yourself in the here and now, you have more influence over the energies around you.

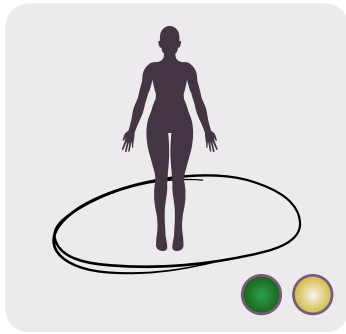


**Grounding Exercise to Increase Balance and Stability:** This exercise can be done with your eyes open or closed. Stand firmly with your feet shoulder-width apart. Relax your shoulders and let your arms hang, while your thumb and pinky of both hands touch each other. Remember to breathe calmly and deeply, as this helps calm your mind and ground yourself. During the exercise, your body may naturally begin to sway or move; allow this to happen until you feel firm and balanced again. Open your eyes, exhale, and relax! This exercise is ideal for when you feel out of balance and want to ground yourself again.

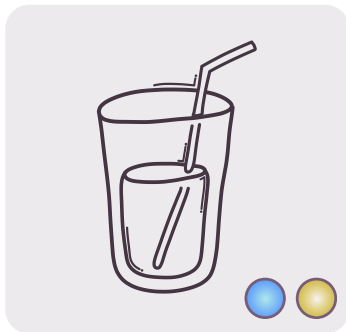




**Self-care** and taking time to rest are essential for your well-being and strengthening your energy field. Key elements include healthy nutrition, exercise, relaxation, and enjoyment. Regularly schedule time for yourself to gain insight into your needs, emotions, and boundaries. Short moments of reflection are crucial for self-awareness and self-love. Setting boundaries and creating space for yourself helps increase your self-esteem and reduce stress. Pamper yourself and make time for healthy activities, such as a relaxing bath or hobbies like reading and being creative. Activities such as mindfulness, meditation, or simply taking a moment to breathe promote a positive mindset and good energy flow.

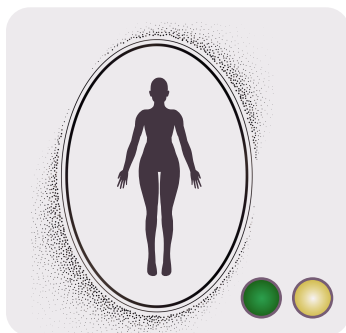


**Energetic space:** Start by physically and figuratively taking up space, be visible, and take time for yourself. You are valuable as you are, with the right to claim your space. Your energetic core belongs only to you and must not be mixed or influenced by others. Make yourself big and say: "I stand firmly in my power and do not share my personal space with others." Visualize a sacred building with a personal space and a hall, sealed with a strong door. People and loved ones may never enter your personal space, even if you love them, only the hall for energy exchange. Empty the hall every evening and close the door to protect yourself from external influences and the mixing of energies. Regularly check that the door is properly closed, so you remain in your power.



**The power of water** lies in its ability to hold energy and intentions, making it a valuable tool for embracing self-love. Many people struggle with accepting certain aspects of themselves. Fill a glass with water and focus on the loving belief you would like to receive, especially when you feel resistance. As you look at the water, imagine this positive belief being charged into the water. This idea is inspired by research on water crystals, which shows that water can hold frequencies. Slowly drink the water and feel the loving energy flow through your body. Praying for food, as is common in many religions, shares many similarities with this principle.

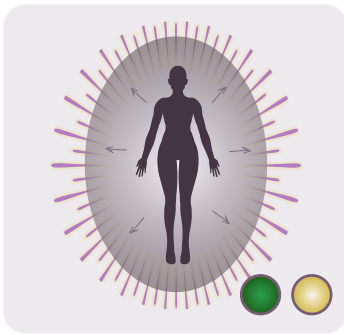
## SUGGESTIONS FOR PROTECTIVE EXERCISES



**Protective energy bubble or dome:** Visualize yourself in a bubble or dome of light that surrounds you from head to toe. In this bubble, you are safe and protected from external influences. Negative or dark energies will be deflected or dissolved in the light. Positive energy (light), however, can enter to strengthen your power bubble. Regularly visualizing a protective bubble around you is one of the most well-known ways to protect yourself. You can always use this exercise to shield yourself, especially when you're not feeling your best. If you are strong in your energy, I recommend applying the "source of light" exercise, as it feels freer and is more based on your own strength.



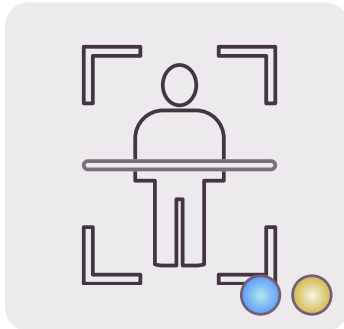
**Ask for help** from the Universe, God, your guides, ancestors, earth angels, or the source you believe in to support you in protecting and purifying your energy field. You can do this through visualization, prayer, or simply by speaking your request out loud. Repeat the intention: "I open my heart to protect and purify my energy field, so that love and light can enter, and all negative energies and influences can be repelled and released." Imagine a powerful energy surrounding you with light, shielding you from negative energies. Place your hands open on your knees or in your lap and feel the energy flowing through you, as everything you no longer need is released. Tip: Archangel Michael is often called upon for purification and protection, imagine his blue light surrounding you.



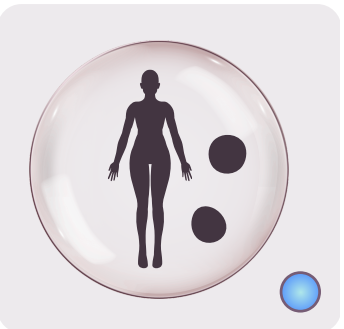
**The Source of Light exercise:** Center yourself and visualize that you are made of white or golden light, upon which all negativity, unwanted (dark) energies, and tensions dissolve or deflect. Your own light, or strength, is pure and becomes stronger and more powerful with each inhale. You can actually feel your own energy increasing and expanding with each breath. The density of your own energy increases, pushing out or dissolving other energies. Once you are fully in your power, say: "Lower my barriers and expand." This allows you to release the protective mechanisms, such as the walls and masks you've built for protection, and fully protect yourself based on your own pure power.

## SUGGESTIONS FOR CLEANSING EXERCISES

QS



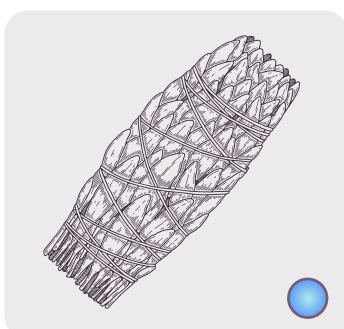
**Exercise 3 - Body Scan:** Lie down or sit comfortably and close your eyes. Take a deep breath in and out, and focus your attention on your body. Start at your toes and slowly scan upward to your crown, consciously relaxing each part of your body. When you notice any tension or negative energy, visualize a color and shape that you send to that specific area, such as a calm blue ball that dissolves pain or tension. Let this color release the negative energy with each exhale, while the positive energy increases. End the exercise by filling yourself with radiant, positive energy that flows from your feet to your crown and embraces your body with love and acceptance. Take a moment to feel this new energy before slowly opening your eyes.



**Exercise 1 - Energy Balls:** Sit comfortably and close your eyes. Visualize yourself surrounded by a dome of white light that protects and purifies you. Carefully observe your aura and see if there are any negative energies present, which you can visualize as black balls within the dome. If you have experienced a negative situation or tension, focus on that energy and notice where it is located as a ball in your aura. Determine the location, size, and weight of the ball; feel whether it is heavy or light and whether it is moving or still. Ask each ball what it needs to release, and let your intuition guide you in choosing a color to send to the ball. Send this color with the strong intention of transforming the energy of the ball and removing it from your field. Repeat this process until you can transform the ball and it disappears from your dome. You can use this exercise to purify your personal energy field, in spaces, or as a reflection on specific charged situations.



**Showering "drain":** When you take a shower or bath, you are not only cleansing your body but also your aura. By allowing the water to flow over you, you are also partially cleaning your aura. Visualize the negativity, tensions, and problems flowing away from you, disappearing down the drain. This visualization strengthens your intentions. To enhance the cleansing process, you can wash yourself with sea salt—known for its ability to absorb negative energies—or with an herb mix like sage or rosemary, which are traditionally used for their purifying properties. Essential oils such as eucalyptus or lavender can also help cleanse your energy field and give you a sense of calm and clarity.



**Smudging** is a powerful technique for purifying negative energies using smoke. Start by choosing a bundle of herbs, such as sage, palo santo, or rosemary. Light the herbs and let them burn well, allowing thick smoke to form. As the smoke spreads, move the bundle in a circle around yourself and the space you want to cleanse, always working outward. Visualize the smoke absorbing and transforming all unwanted energies. Don't forget to reach the corners of the space, where energy often tends to stagnate. Conclude the practice by safely extinguishing the bundle and anchoring your intentions of purification and renewal.

# QUICKSTART GUIDE – ENERGETIC PROTECTION

*In this Quickstart, you will find the essence of the theory and carefully selected exercises for each topic, allowing you to get started quickly. You can access the full chapter information via the dropdown menu, and the exercises and step-by-step plans are also easily accessible through the links. Use the QS link to quickly return to the Quickstart guide.*



## GET STARTED: YOUR STEP-BY-STEP PLAN FOR ENERGETIC PROTECTION

### 1. Energetic Protection

A strong energetic foundation begins with awareness of your own energy and the energies around you. Everything in the universe is made of energy and radiates it, both positively and negatively. Your personal energy field (aura) acts like a sponge, absorbing influences from your surroundings, which can either strengthen or burden your well-being. Self-care and personal growth help you strengthen your inner power, making you less sensitive to external influences. By consciously working with energies and actively protecting your aura, you create a safe foundation for strength, harmony, and balance.

Key aspects:

- Everything is made of energy and impacts our well-being: thoughts, emotions, intentions, love, atmosphere, connections, and even curses and blessings leave energetic traces that influence our personal energy field.
- The strength of energy fields varies by person; some people are more sensitive to external influences.
- Energetic protection helps keep unwanted influences at bay and strengthens your own power and balance.
- Stand in your own power and strengthen your energy by cutting energetic cords that unconsciously affect you.
- Healthy energy exchange is based on a balance between giving and receiving.
- Connections and your living environment have a direct impact on your energy field.

READ MORE >>

Page 1

### 2. Personal Energy Field

Energy is the foundation of everything around us and within us. Our personal energy system, with meridians, chakras, and the aura, is constantly interacting with the environment. These influences, whether positive or negative, can affect our well-being depending on what we allow in our energy field. We perceive energy through our senses and intuition, with our intuition often helping us feel subtle and difficult-to-explain energies. This helps us distinguish between energy that comes from ourselves and energy that comes from the environment. This awareness allows us to filter negative influences and protect our energy field. What is often referred to as magic (or paranormal gifts) is actually the conscious handling of energies that are harder to explain.

Key aspects:

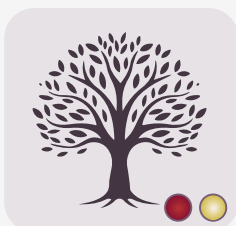
- Intuition helps us recognize subtle energies, so we can handle these energies more consciously.
- Learning to distinguish between our own energy and the energy of the environment helps filter negative influences.
- External energies affect our aura, depending on what we allow in our energy field.
- Our aura protects us from external influences and can be actively strengthened.
- A strong energy field improves our connection with ourselves, protects against negative influences, and enhances our well-being.
- Fully experiencing your energy field begins with being present in the moment, feeling, and connecting with yourself, the here and now, and the earth. (Grounding)

READ MORE >>

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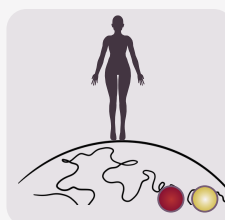
#### **Exercise: Grounding to Anchor Your Energy in the Present Moment**

*Start with grounding exercises to anchor your energy in the moment, so you feel connected to yourself and the earth. These exercises promote balance and stability while becoming aware of your own energy and strength.*



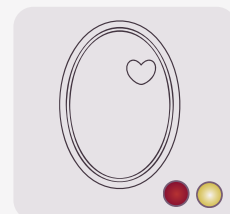
**Grounding/The Tree**

page 30



**Grounding - Balance**

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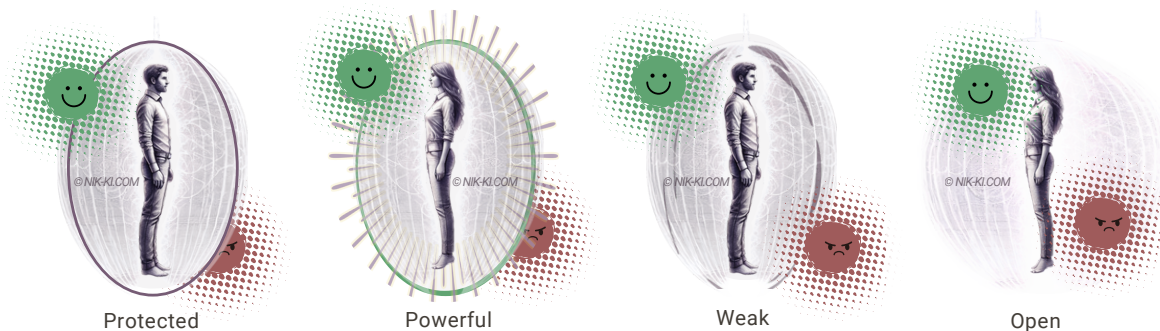


**I call myself back**

page 30

### 3. Strengthening the Energy Field

Strengthening and protecting your aura begins with creating a safe foundation. Your aura acts as a shield that absorbs and emits energies, but its strength varies from person to person. A balance between protection and receptivity is essential for strengthening your energy field. Self-care, awareness, self-healing, and self-love strengthen your aura, which reflects the energy of your inner state and attracts energy that resonates with it. The power of energy fields is both innate and can be strengthened, with awareness and self-love being crucial to ward off negative influences. Letting go of limiting energies and embracing your true self offers the strongest protection for your energy field.



The Power of the Personal Energy Field:

- **Protected Aura Field:** A well-shielded aura field prevents negative energies from affecting you. However, too strong a shield can also keep positive energy out.
- **Strong/Powerful Aura Field:** This field offers protection against negative influences and remains open to positive energies. The effectiveness of this protection depends on your inner strength.
- **Weak Aura Field:** A weak aura field is sensitive to external influences, gets drained quickly, and allows external energies in more easily (both negative and positive).
- **Open Aura Field:** The energies in the environment mix with your own energy, making it difficult to distinguish your own energy from that of others.

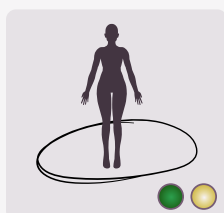
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Page 3

**TIP:** Start by closing and protecting your aura (dome); as your personal strength grows, you can open yourself more to positive energies and transition to a powerful aura field (source of light).

#### Exercise: Strengthening Your Energy Field to Increase Inner Strength

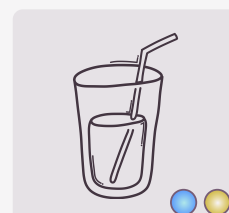
Increase your inner strength by embracing stability, self-love, self-confidence, positivity, and authenticity. This strengthens your aura, raises your vibration, and attracts positive influences that resonate with your energy.



**Energetic Space**  
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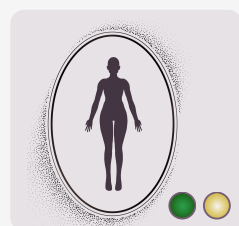
**Self-Care**  
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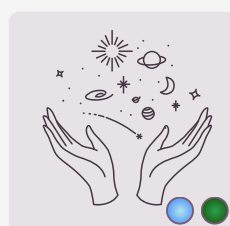
**Power of Water**  
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#### Exercise: Protection to Shield Your Energy Field

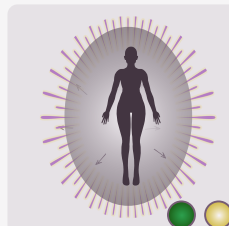
Protect your energy field from unwanted influences and negative energies. These protective exercises strengthen your aura, create a protective barrier, and help you stay balanced regardless of external influences.



**Power Bubble/Dome**  
page 31



**Ask for Help**  
page 31



**Source of Light**  
page 32

## 4. Purification of Energy Fields

Purifying your energy field and environment is essential to remove negative influences, make space for positive energy, and raise your vibration. Negative energies can attach themselves through unresolved emotions or limiting beliefs that resonate with obstructive energies. The purification process makes space for positive energy and raises your vibration. The power of intention is central to this process. It's important to emotionally, mentally, and spiritually align with the change and be willing to let go of everything that no longer serves your highest good. Self-healing plays a key role, as obstructive energies are more likely to attach to parts of yourself where you are not in your power.

Key aspects:

- Be aware! Fear is one of the most powerful sources of negative energies and/or entities.
- Trust in your strength and feel safe during a purification. If not, seek help!
- You are always stronger than external influences or energies, as long as you stay in your power.
- Self-healing is crucial: Letting go of limiting beliefs and unresolved emotions restores your energy field, as obstructive energies attach to imbalances and disturbed parts of yourself.
- Purification removes negative influences and blockages, allowing the energy to flow again. This creates space for positive energy and raises your vibration.
- In purification, the power of your intention is key, where feelings, thoughts, focus, and words come together to transform energy.

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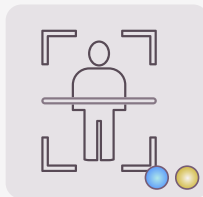
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### **Clearing your energy field to restore balance**

These exercises help you release trapped emotions, negative influences, and old energies. They create space for positive energy and prevent external influences or unhealthy patterns from gaining control over you.

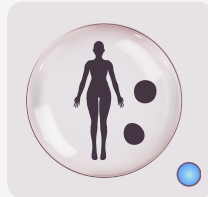


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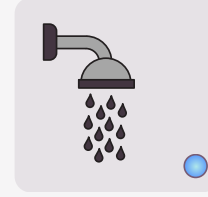
**Bodyscan**

page 32



**Energy Balls**

page 32



**Shower Drain**

page 32

## 5. Healthy Energy Exchange

Energy exchange happens constantly in our interactions with others, where we give and receive energy through our aura fields. Healthy exchange occurs when both parties are balanced, and personal boundaries are respected. Energetic cords form when we attach or connect with others, causing a continuous exchange of energy, even at a distance, unless we consciously or unconsciously disconnect. Unhealthy exchange can lead to depletion and loss of strength, while positive energy strengthens and recharges us, and negative energy weakens us.

Key aspects:

- Energy exchange happens constantly, both consciously and unconsciously.
- Positive energy strengthens and recharges us, while negative energy weakens us.
- Energetic cords form through attachment and connection, providing ongoing energy exchange, even at a distance.
- Setting boundaries is essential to protect your energy field.
- Balance in giving and receiving is crucial for a healthy energy exchange.
- Interactions reflect your self-image: how you feel, how you see yourself, and what energy you radiate to others.

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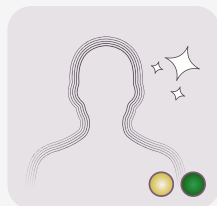
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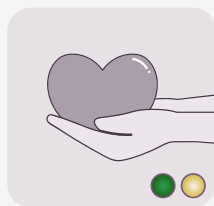
**Here you can view seven scenarios of energy exchange between two people, with an explanation of the strength and protection of the aura fields and their mutual influence. The images show how the dynamics of energy exchange can influence each other.**

### Exercise: Healthy Energy Exchange in Relationships and Connections

Be aware of what you are emitting. Restore and strengthen the balance between giving and receiving in relationships. This exercise helps you set energetic boundaries so you can maintain positive energy and create a healthy exchange.



**Self-reflection**  
page 18



**Open to receive**  
page 18



**Mirror Exercise**  
page 18

## 6. Energetic Cords

Energetic cords connect us energetically with others and facilitate the exchange of energy and emotions, often unconsciously. These connections can be positive or negative. Recognizing a negative energy cord is crucial to reclaiming your own power. By cutting the cord, you free yourself from unconscious influences picked up from others and restore your energy field. Everyone is responsible for their own energy field. You should never feel guilty about severing an energy cord—it's a healthy boundary rooted in your own power. Cutting an energy cord protects you from unconscious energetic influence without losing the connection in real life.

Key aspects:

- Energetic cords arise when we consciously or unconsciously connect to someone's energy field by forming a specific emotional or energetic connection.
- Recognizing energetic cords starts with becoming aware of your own energy so you can notice when it is being influenced. This helps you identify who or what is exerting that influence.
- The energy exchange through energetic cords can have both positive and negative effects and may continue at a distance or remain over time until the cord is severed.
- Negative energy exchange through cords, whether conscious or unconscious, can lead to exhaustion, confusion, or experiencing emotions that don't seem like your own.
- By severing an energetic cord, you create space to reclaim your own energy and power. This can cause an energy shift for both individuals.
- A clear intention is the basis for letting go of the connection energetically, without guilt. Everyone is responsible for their own energy.

READ MORE >>

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**Click here for the Step-by-Step Plan: Breaking Energetic Cords.**

*Start today by cutting unwanted energy cords and experience the liberating power of your own energy and a healthy energetic balance!*

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## 7. Positive Living Environment

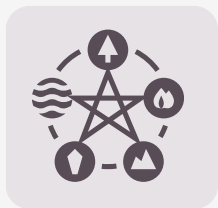
The energies of people, emotions, and tensions can linger in a space and affect the atmosphere. A decor that contributes to a harmonious energy flow can help create balance and calm, neutralizing negativity. Everything around us, from furniture to scents and sounds, emits energy that directly impacts our living environment and experience. By carefully choosing elements that enhance the function of the space, we can create a vibe/atmosphere that helps us achieve our goals and intentions. A well-arranged space in harmony with ourselves has a strong positive influence on our well-being.

Key aspects:

- Everything in our environment, from furniture to sounds and scents, emits energy that influences the atmosphere of our living space. We absorb this energy, which directly affects our well-being.
- A decor that supports the function of the space creates the right energy and promotes the desired atmosphere.
- A pleasant, safe environment attracts positive energy and promotes peace and harmony.

- Feng Shui is an ancient philosophy that offers valuable energetic insights for creating a pleasant living environment by aligning the interior design and elements in the space correctly.
- Scents, colors, sounds, objects, temperature, and symbolism influence the energetic frequency of a space and impact how we feel and function.
- Neutralizing design: Emotions and events sometimes remain as energetic imprints in a space. By decorating the space with calming colors, harmony symbols, or plants, this energy can be positively influenced.

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**Feng Shui**  
**The Basics** 24



**Feng Shui**  
**Bagua (Advanced)** 25



**Feng Shui**  
**Design Tips** 26



**Feng Shui**  
**Tips per ruimte** 27

## 8. Energetic Rituals

A ritual strengthens the power of your intentions. By practicing daily rituals, you develop a powerful habit that keeps your energy field in balance, deflects negative influences, and makes you more aware of external influences. Start the day with grounding and protective rituals to stabilize your energy field and keep negative influences out. Throughout the day, apply strengthening rituals to enhance your inner power and self-development, attracting more positivity. End the day with cleansing rituals to release negative energy before going to sleep. By practicing these rituals daily, you maintain balance and strengthen your energy field.

### Key Aspects:

- Your intentions are central to rituals, and the power of repetition strengthens the energy around your goals.
- Add elements to your ritual that represent and amplify the desired energies. These can include symbols, herbs, gemstones, or other objects that resonate with the energy you want to attract.
- Grounding rituals anchor your energy in the moment, Protective rituals create a shield against negative influences, Strengthening rituals support your inner power, and Cleansing rituals help you release old energies.
- Rituals increase your awareness of your own energy and help signal external influences, allowing you to respond more quickly to negative energies.
- Rituals don't need to be complex; they should be doable, even on days when you feel less powerful.

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Create your own daily ritual with exercises that ground (red), strengthen (yellow), protect (green), and cleanse (blue) your energy. Choose the exercises that best suit you and adapt them to your needs. Below are three suggestions per category, which have been covered in previous steps. You can also add exercises from the extensive practice bundles (categorized by color) or create and expand your own ritual.

Ritual	Time	Exercise Option 1	Exercise Option 2	Exercise Option 3
Grounding	Morning	Grounding / The Tree 30	Grounding Exercise 30	I Call Myself Back 30
Protective	Morning	Power Bubble/Dome 31	Source of Light 32	Ask for Protection 31
Purifying	Evening	Body Scan 32	Energy Balls 32	Shower or Smudging 32
Strengthening	Day	Energetic Space 31	Self-Care 31	Power of Water 31