

Reclaiming Energy

Preparation

Find a quiet space where you will not be disturbed. Sit or stand comfortably, feet grounded, hands resting on your lap or heart. Take three deep breaths, inhaling through your nose and exhaling through your mouth.

Centering

Close your eyes and imagine yourself surrounded by a soft protective light. This light is yours alone — it is your soul's boundary. Nothing harmful can enter, and nothing belonging to you can be taken without your consent.

Naming the Places Your Energy Has Gone

Bring to mind the people or groups who have unconsciously or consciously drawn from your energy field — ex-partners, parents, siblings, friends, colleagues, or anyone who expected you to give. As each comes into awareness, silently name them and see the energetic cords or strands of light that connect you.

Reclaiming Energy

Visualize your energy as glowing threads of light flowing back toward you. As you inhale, see these threads return to your body. As you exhale, feel them weaving into your heart, solar plexus, and crown — restoring your vitality. Affirm silently or aloud: *"I lovingly call back all of my energy that I have given away — knowingly or unknowingly. What is mine returns to me now, cleansed and renewed."*

Releasing Obligation

As the energy returns, allow the cords to dissolve into the light — not in anger, but in completion. See each person left standing in their own wholeness, carrying only what belongs to them. Affirm: *"I am no longer obligated to give my life force away. I honor others, but I honor myself first."*

Sealing & Protection

Envision a luminous figure-8 (∞) around your body — extending from head to feet, looping endlessly. This infinity flow seals your energy, creating both grounding and protection. Repeat: *"I am whole. I am sovereign. My energy belongs to me."*

Closing Ritual

Place both hands over your heart. Whisper gratitude to yourself for having the courage to reclaim what is yours. When ready, open your eyes and ground yourself with a gentle stretch or by touching the earth.