

# 200 Ways to Bind Negative Influences From Entering the Soul

*(Grounded protection, sovereignty, and self-authority)*

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## Core Boundary Declarations (1–40)

1. My soul is not open to harm
2. My inner space is protected
3. I set firm boundaries
4. I close all doors to negativity
5. I deny access to harmful influence
6. I choose what enters me
7. I choose what stays
8. I choose what leaves
9. My consent is required
10. My consent is withdrawn
11. I am sovereign
12. I am whole
13. I am grounded
14. I am present
15. I am protected
16. My soul is sealed
17. My spirit is guarded
18. My mind is clear
19. My body is safe
20. I stand in authority
21. I claim my space
22. I claim my energy
23. I claim my peace

- 24.I claim my identity
- 25.I do not allow intrusion
- 26.I do not allow manipulation
- 27.I do not allow fear
- 28.I do not allow harm
- 29.I close all openings
- 30.I seal all boundaries
- 31.I stand firm
- 32.I stand steady
- 33.I stand aware
- 34.I stand protected
- 35.My inner world is mine
- 36.I do not absorb this
- 37.I do not carry this
- 38.I do not accept this
- 39.I release all that is not mine
- 40.My soul remains intact

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## **Mental & Emotional Binding (41–80)**

- 41.I interrupt harmful thoughts
- 42.I stop negative loops
- 43.I reject false narratives
- 44.I reject self-attack
- 45.I reject shame
- 46.I reject fear-based thinking
- 47.I bind rumination
- 48.I bind catastrophizing
- 49.I bind intrusive thoughts
- 50.I bind despair

- 51.I bind hopelessness
- 52.I bind panic
- 53.I bind self-loathing
- 54.I bind confusion
- 55.I bind mental clutter
- 56.I bind obsession
- 57.I bind fixation
- 58.I bind emotional flooding
- 59.I bind dissociation
- 60.I bind overwhelm
- 61.I anchor in reality
- 62.I anchor in truth
- 63.I anchor in the present
- 64.I anchor in my body
- 65.I breathe steadily
- 66.I calm my nervous system
- 67.I soften my thoughts
- 68.I slow my reactions
- 69.I choose clarity
- 70.I choose reason
- 71.I choose balance
- 72.I choose stability
- 73.I choose calm
- 74.I choose grounding
- 75.I choose peace
- 76.I protect my focus
- 77.I protect my mind
- 78.I protect my emotions
- 79.I protect my inner life
- 80.My thoughts serve me

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## **Relational & Environmental Protection (81–120)**

- 81.I bind manipulation
- 82.I bind gaslighting
- 83.I bind emotional abuse
- 84.I bind coercion
- 85.I bind control
- 86.I bind intimidation
- 87.I bind hostility
- 88.I bind hatred
- 89.I bind cruelty
- 90.I bind envy
- 91.I bind resentment
- 92.I bind gossip
- 93.I bind toxicity
- 94.I bind chaos
- 95.I bind exploitation
- 96.I bind disrespect
- 97.I bind intrusion
- 98.I bind violation
- 99.I bind harm disguised as help
- 100.I bind fear-based authority
- 101.I choose healthy relationships
- 102.I choose safe environments
- 103.I choose supportive spaces
- 104.I choose respectful interaction
- 105.I maintain distance when needed
- 106.I say no when necessary
- 107.I leave unsafe situations

- 108.I protect my time
- 109.I protect my energy
- 110.I protect my attention
- 111.I trust my instincts
- 112.I listen to my body
- 113.I honor my limits
- 114.I honor my needs
- 115.I honor my boundaries
- 116.I disengage from harm
- 117.I disengage from chaos
- 118.I disengage from drama
- 119.I disengage from negativity
- 120.I choose safety

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## **Spiritual Grounding Without Fear (121–160)**

- 121.My soul is anchored
- 122.My soul is steady
- 123.My soul is clear
- 124.My soul is resilient
- 125.My soul is protected by awareness
- 126.My soul is protected by truth
- 127.My soul is protected by wisdom
- 128.My soul is protected by discernment
- 129.I bind deception
- 130.I bind illusion
- 131.I bind false authority
- 132.I bind fear narratives
- 133.I bind destructive belief systems
- 134.I bind internalized harm

- 135.I bind self-betrayal
- 136.I bind self-abandonment
- 137.I bind despair stories
- 138.I bind spiritual shame
- 139.I bind coercive belief
- 140.I bind abuse masked as doctrine
- 141.I choose meaning
- 142.I choose integrity
- 143.I choose alignment
- 144.I choose truth
- 145.I choose compassion
- 146.I choose strength
- 147.I choose wisdom
- 148.I choose humility
- 149.I choose balance
- 150.I choose lightness
- 151.I am not lost
- 152.I am not broken
- 153.I am not corrupted
- 154.I am not invaded
- 155.I am intact
- 156.I am worthy
- 157.I am grounded in reality
- 158.I am anchored in life
- 159.I am connected to what is good
- 160.I remain whole

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## **Sealing, Closing, and Ongoing Protection (161–200)**

- 161.I seal my inner boundaries

- 162.I seal my emotional space
- 163.I seal my mental space
- 164.I seal my spiritual space
- 165.I close all gaps
- 166.I close all loopholes
- 167.I close all vulnerabilities
- 168.I reinforce my limits
- 169.I reinforce my awareness
- 170.I reinforce my calm
- 171.I maintain clarity
- 172.I maintain grounding
- 173.I maintain balance
- 174.I maintain self-trust
- 175.I maintain self-respect
- 176.I remain present
- 177.I remain conscious
- 178.I remain steady
- 179.I remain safe
- 180.I remain protected
- 181.I choose rest
- 182.I choose nourishment
- 183.I choose sleep
- 184.I choose care
- 185.I choose support
- 186.I choose healing
- 187.I choose growth
- 188.I choose life
- 189.I allow peace to stay
- 190.I allow clarity to remain
- 191.I allow safety to hold

- 192.I allow calm to settle
- 193.I allow strength to rise
- 194.I allow wisdom to guide
- 195.I trust myself
- 196.I trust reality
- 197.I trust my resilience
- 198.I trust my boundaries
- 199.I am secure
- 200.It is sealed

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### **A gentle but important note**

These statements are **about empowerment, grounding, and self-regulation**.  
If you ever feel overwhelmed, frightened, or distressed, **support from trusted people or professionals is a form of protection too**.