

The Energy We Bring Belongs to Us

No one else.

The energy we bring into the world, whether through words, actions, memories, emotions, accusations, projections, or expressions,

belongs to us.

It is ours because:

- It originates from our inner state
- It is shaped by our choices, perceptions, and wounds
- It is carried outward by our voice, body, and intention

Others are **not obligated** to carry, absorb, resolve, or respond to the energy we bring.

In fact, most people:

- Do **not want** negative, chaotic, or intrusive energy
- May tolerate it briefly out of kindness, patience, fear, or social obligation
- May engage with it out of curiosity, entertainment, empathy, or even hostility

But tolerance is **not ownership**.

Responsibility and Projection

When someone brings anger, abuse, fixation, past recall, or defining narratives about others, that energy:

- Remains the responsibility of the one who generated it
- Does not become “shared” simply because it was expressed
- Does not become truth or duty for the listener

Projecting energy onto others does not make it theirs.

Naming someone does not bind them.

Recalling the past does not obligate the present.

Each person has the right to say, silently or aloud:

“This does not belong to me.”

Alignment Matters

Energy that is not aligned with respect, consent, and mutual responsibility naturally **has nowhere to land**.

When it cannot attach, it must:

- Return to its source
- Dissolve
- Transform

This is not rejection of a person.

It is **discernment of energy**.

A Gentle Spell of Release and Return

(For personal boundaries and energetic sovereignty)

This spell does **not harm, bind, or control** anyone.

It simply returns unaligned energy to its rightful owner.

Preparation

- Sit or stand comfortably
- Place one hand on your heart, one on your lower abdomen
- Take three slow breaths

The Spell

What is mine, I claim with care.

What is not, I do not bear.

*Words, memories, judgments, or blame,
Energy cast that calls my name,
If it is not born of truth or respect,
I release it now. I disconnect.*

I do not carry what I did not choose.

I do not house what I do not use.

*By clear vision, consent, and inner light,
All negative energy returns tonight.*

Returned, not harmed.

Released, not denied.

Each to their own.

I stand inside.

(You may replace “tonight” with “now” or “this moment” if preferred.)

Closing

- Imagine a soft boundary—light, air, or water—forming around you
- Say quietly or internally:

“I am responsible for myself, and only myself.”

Final Truth

Energy follows responsibility.

When we stop accepting what is not ours:

- We regain clear vision
- Others are returned to themselves
- Conflict loses its grip

This is autonomy and this is sacred **sovereignty**.