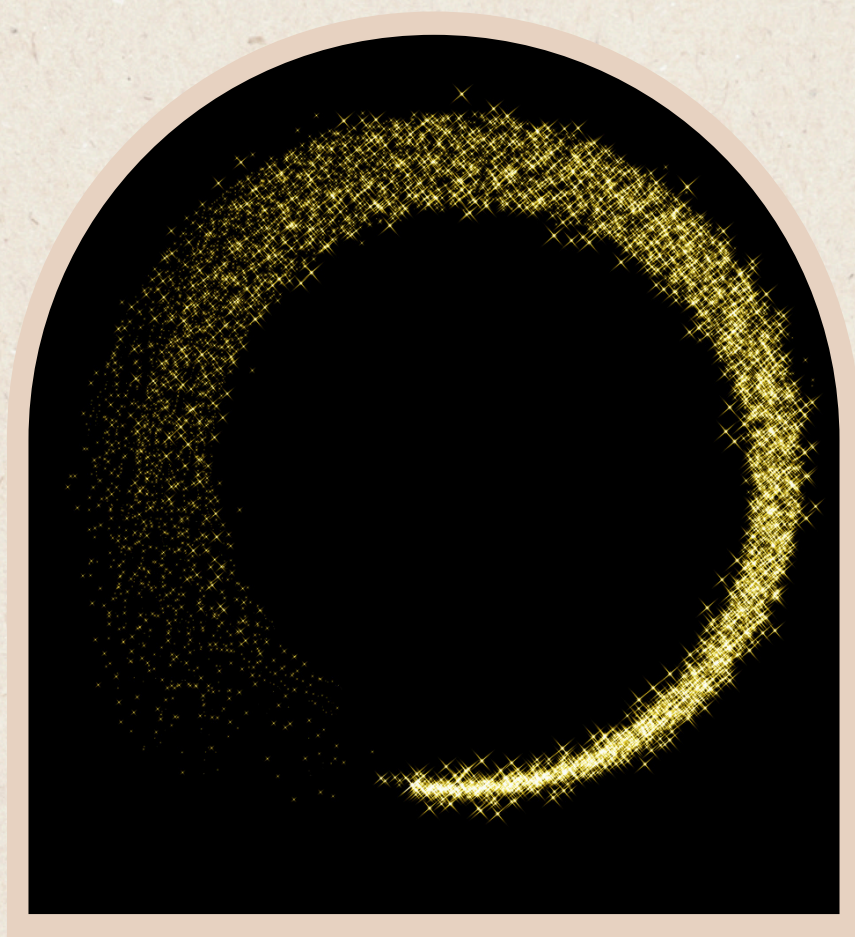


PROTECTING YOUR
ENERGY



Written by Kitt McKillop
Reiki Master/Teacher & Intuitive Guide



LEGAL DISCLAIMER

Reiki & Energy Work is not meant to take the place of standard medical or psychological treatment, but to accompany and work alongside it. The information contained on my site, all of my services, products and courses offered, Reiki or otherwise are metaphysical in nature and do not claim to cure anything.

Please consult with the appropriate medical professional before utilizing any of the meditations, practices or exercises contained in any of my courses, services, products or website. Make appropriate accommodations and adjustments that benefit you. Stop any exercises, meditations and practices that cause you any discomfort immediately.

Also, trauma IS discussed in this course, in a very general broad stroke way. We will not be going into case studies or sharing specific details of trauma. HOWEVER, if you do not feel like this is a topic for you, please take care of and do what is best for you!



A NOTE ON CULTURAL APPROPRIATION

I deeply value the rich diversity of cultures around the world, and I believe that learning from different traditions can foster greater understanding. However, it's important to be mindful of the line between cultural appreciation and cultural appropriation.

Cultural appropriation happens when elements of a marginalized culture are used by people from a dominant culture without understanding or respecting their original meaning. This can be harmful because it can perpetuate stereotypes, diminish the significance of sacred traditions, or turn a culture's deeply rooted symbols into passing trends.

For example, wearing traditional Indigenous headdresses as a costume, using religious symbols like the Hindu bindi as a fashion accessory, or adopting hairstyles like cornrows without acknowledging their cultural and historical context can be hurtful to the communities where these elements originated.

Cultural appreciation, on the other hand, involves learning about a culture's history, understanding the significance of its traditions, and giving proper credit to its origins. This could mean supporting artisans or creators from the culture or engaging with cultural practices in a respectful and informed way.

If you're ever unsure whether something might be culturally appropriative, ask yourself if you're honoring or disrespecting the culture. It's always helpful to learn directly from people within that culture and give credit where it's due.

By staying mindful and respectful, we can celebrate the beauty of all cultures in a way that honors their significance and history.

I do not support the use of White Sage, Palo Santo, Sweet Grass, or Sandalwood. These are materials that are used in sacred closed practices by various Indigenous cultures throughout the world and/or are listed as vulnerable or endangered due to overharvesting for commercial purposes. Please research materials before using them. If they are held sacred by a culture or are endangered please find an alternative.

Also, I discuss Chakras in this course. I chose to use the term because it is terminology that is widely used and recognized within the West. For more in depth study I encourage you to seek Hindu and Buddhist Teachings.



REIKI MASTER & INTUITIVE GUIDE KITT MCKILLOP

My name is Kitt McKillop, I am a Reiki Master/ Teacher and Intuitive Guide. In all the courses I've taken on energy and working with clients, importance was put on grounding, centering and protecting our own energy but students were never given detailed instructions on HOW to do that effectively. Since I couldn't find good solutions, I decided to create my own based on my research and experience. Thus, "Understanding Your Energy," was created to teach you these skills.



WHY I WROTE THIS COURSE

There was a time when I thought, in order for me to serve my calling and work with people who were in an intense or heightened emotional state, I would just have to sacrifice my own emotional well being and plan for days of recuperation and rest.

I would watch mentors and peers navigate various stages of overwhelm, stress, burnout and sometimes their own health issues.

Add to that, if you have experienced any trauma in your own life our personal mindfulness practices and our work can cause adverse reactions for us, which can be confusing and concerning.

But, it doesn't have to be that way! We all have a right to our own sovereign energy. We have a right to create and maintain our own healthy, strong boundaries. And I believe we are stronger practitioners, and better equipped to serve and support our communities when we do.

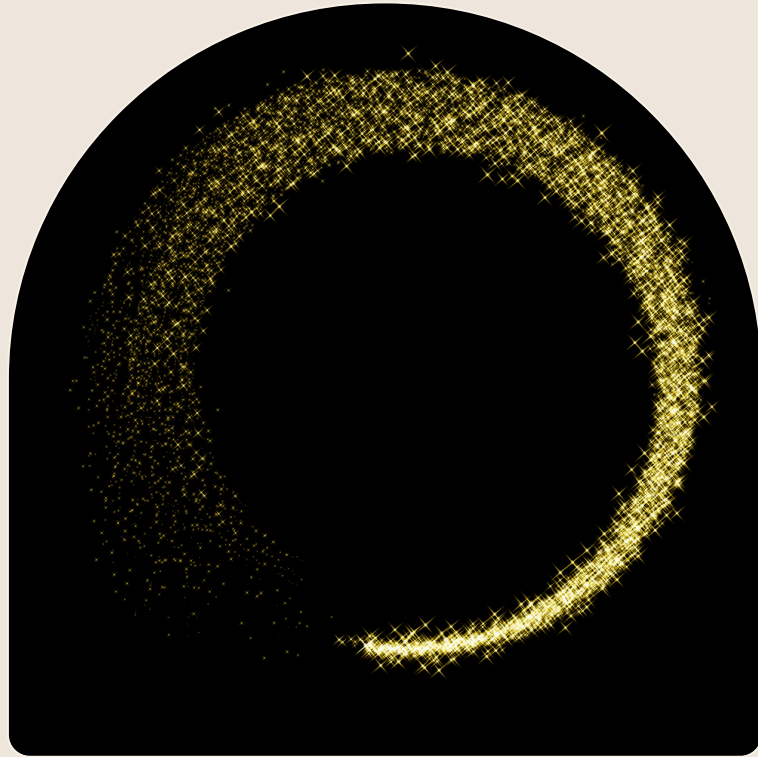


QUESTIONS?
I WOULD LOVE TO HEAR FROM YOU!

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MODULE FOUR HOW TO PROTECT YOUR ENERGY



Now that we have a complete understanding of our energetic fields and how it is influenced by the environment and people around us, it is easy to understand why it is so important to actively protect our energy. Especially if we are highly sensitive and/or empathic.

It makes sense now how walking through the world with no energy protection has left us feeling drained, emotional, unmotivated, experiencing anxiety and insomnia. Luckily, there are things we can do to proactively protect ourselves and minimize the impact of outside energy and influences.

Let's dive into them!

◆ MODULE FOUR ◆
CREATING HEALTHY BOUNDARIES

MAKE A LIST OF PEOPLE OR SITUATIONS THAT DRAIN
YOUR ENERGY AND/OR MAKE YOU FEEL
UNCOMFORTABLE

[illegible]

◆ MODULE FOUR ◆

CREATING HEALTHY BOUNDARIES

FOR EACH SCENARIO, WRITE OUT A STATEMENT THAT
WOULD ALLOW YOU TO FEEL SAFE AND SUPPORTED
(SEE EXAMPLES ON THE NEXT PAGE)

[illegible]

EXAMPLE

BOUNDARY STATEMENTS

Use these examples as inspiration to create your own.

With friends: "I'm feeling a bit run down today, can we schedule something this weekend? I am really looking forward to spending time with you and want to feel my best."

With work: "I take pride in the work I do, I'm concerned with the amount of work I'm currently handling if I take on this additional project, I will not be able to do as thorough a job as you have come to expect from me."

With family: "I love you. And I can have a difference of opinion from you, both things can be true. You are important to me and I want to enjoy the time we spend together and not be arguing all the time. Let's agree to not discuss sensitive subjects when we are together."

◆ MODULE FOUR ◆

ENERGETICALLY CLEARING YOUR SPACE



Smoke Bundles

You can make a smoke bundle with any herb or plant that is safe to consume. Just make sure it is not toxic when burned. Be sure to have a nonflammable dish to hold it in and have water nearby to extinguish it quickly if needed. Gently wave the smoke bundle around the perimeter of the room, be sure to get the corners, the ceiling and the floor. You can also wave the smoke bundle in your biofield to cleanse your energy. Examples of good plants to use: Rosemary, Bay leaves, and Lavender. Blue Sage is a good substitute for the sacred and endangered White Sage.



Hydrosols

Hydrosols are a great alternative to smoke cleansing if you are not able to use anything that requires a flame. They are water that has been infused with plant essences. You can make them by adding plant matter to boiling water and let them steep. You can strain the plant matter out or leave it in and fill a spray bottle with the water. Just be sure to empty the bottle and let it dry every few days, you don't want to accidentally spray your room with moldy water. These can also be purchased at natural food stores in the cosmetics section.



Sacral Chakra

Music is a great way to cleanse your space without drawing any unwanted attention your way. You can use any music that makes you feel happy, upbeat and positive.



Other Ideas for energetically cleansing your space? .

Crystals, candles, sigils, incense, Florida Water

◆ MODULE FOUR ◆ GROUNDING



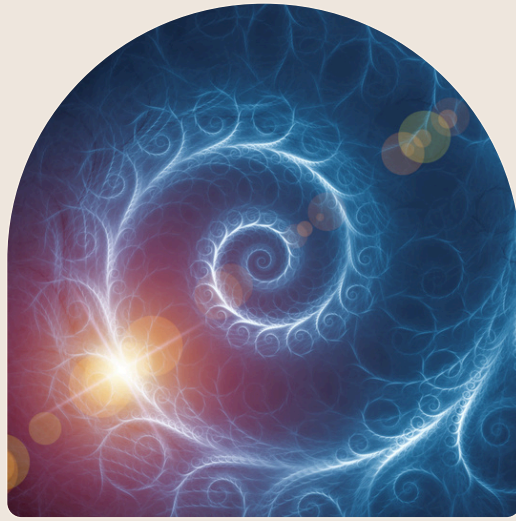
Once you have cleansed and cleared your space, you can ground. When people are first learning how to ground I recommend that they head outside and get their bare feet on the ground if possible.

Especially if you have difficulty with visualization.

If getting your actually bare feet onto ground isn't possible, you can really do this practice anywhere. You may just need to have a little more active imagination. You're welcome to listen to my meditation included in Module 3.5 Exercises which combines Grounding, Centering and Shielding all in one meditation. Here's a quick grounding exercise so you can see it in written format:

- Begin with Breath: Take a deep breath in through your nose, allowing your abdomen to expand. Hold it for a moment, and then exhale slowly through your mouth. Feel any tension begin to melt away.
- Repeat this deep breathing two more times.
- Visualize Roots: Now, bring your awareness to the base of your spine or the soles of your feet. Imagine roots extending from this point deep into the Earth, anchoring you firmly to the ground.
- Picture these roots growing deeper with each breath, reaching into the nourishing soil. Feel the energy of the Earth rising up through your roots.
- Feel the Earth's Energy: As you inhale, draw in the Earth's energy—warm, vibrant, and supportive.
- With each exhale, release any tension, stress, or negativity into the ground, allowing the Earth to transform it.

◆ MODULE FOUR ◆ CENTERING

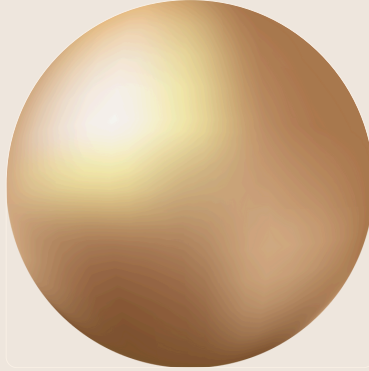


We center after we ground. This feeling is subtle, it's usually where we feel our center of gravity. If you aren't sure where that is, I would recommend standing with your feet just about hip distance apart, let your knees relax and be slightly bent. Take a few deep breaths and gently rock side to side; forward and back. Feel into your torso, is there a part of your torso that intuitively feels like it is where your body, heart and spirit come together? It's usually the heart chakra, the solar plexus chakra, the sacral chakra, or the root. If you aren't sure where you feel it in your body. That's ok! Experiment with the meditation, each time you do it pick a different chakra to be your "center" and see how it feels to you. Take notes, I guarantee you it will become clear the more you do it. Here is an exercise to help you:

- Bring Awareness to Your Heart: Shift your focus to your heart center, the area in the middle of your chest. Visualize a warm, glowing light radiating from this space.
- With each inhale, imagine this light expanding, filling your chest with warmth and peace.
- Connect with Your Inner Self: As you breathe, silently affirm: "I am centered. I am balanced. I am at peace."
- Allow this light to grow brighter with every breath, connecting you to your true essence and inner calm.

◆ MODULE FOUR ◆

SHIELDING



The Third part of this practice is the Shielding piece. When you are shielding you can really use any protective material that feels safe and comfortable to you. I feel very comfortable with the element of earth and so I tend to use the visualization of a Willow Tree with it's branches coming out through my crown, coming down around me in all directions, then sweeping down to touch the earth, completing the sphere. I then envision the branches being filled in with full healthy leaves surrounding me completely. I've also had great success visualizing violet flames, iron plates, a crystal, etc. I've had a client imagine Teflon surrounding them. And I've heard of using light, a 365 degree waterfall, and being at the center of a cyclone. Here is a quick written description of shielding:

- Visualize Your Energy Shield: Now, imagine a protective bubble of light surrounding your body. This light can be any color that resonates with you—white, gold, or even your favorite hue.
- Visualize this bubble expanding with each breath, creating a strong, radiant shield around you.
- Set Your Intentions: With each inhale, feel this shield growing stronger and brighter.
- Silently affirm: "I am safe. I am protected. I honor my energy and boundaries."
- Breathe in Strength: As you breathe in, imagine drawing in positive energy, and as you breathe out, release any negative or draining energies, allowing your shield to transmute them into light.

◆ MODULE FOUR ◆

EARTHING



Earthing is different from Grounding in that Grounding is a way for us to come back into our bodies. Earthing is releasing energy that isn't ours that we picked up while we were out and about "peopling." It's a way of making sure that we don't take on other's energies which can include their emotions, which we already know we are highly susceptible to from Module One.

The term is a little misleading though because we can really use any of the elements. As a Reiki practitioner we are trained to wash our hands after each session, to break that energetic connection and if water isn't readily available we can imagine the energy in our hands being drawn out by flames.

It's just a good habit to get into as you're coming home from somewhere, before you enter your house. On that same thought, if you like to take showers when you get home from being out, that's a good way too. You can imagine any of the energy you may have accidentally picked up, washing down the drain.

Another way to get rid of energy that isn't yours is to gently brush your body with your hands starting at the crown of your head, brushing down each of your shoulders, arms and legs and then putting your hands on the floor imagining all that outside energy returning to the earth.



DAILY RITUAL

In The Morning

It's important to set up time in your day (ideally before your day gets started) to:

1. Feel into your body and what you are thinking and feeling.
2. What you need to accomplish with your day and set an intention.
3. Ground, Center and Shield

In The Evening

It's important to set up time in your day (ideally when you're winding down) to:

1. Feel into your body and what you are thinking and feeling
2. How well did you adhere to your intention?
3. Do you feel as though you have picked up any outside energy or emotions? If so, earth them or send them back to their owner.



TIPS FOR MORNING/EVENING RITUALS

You don't have to have a dedicated space to start this practice. You can do it in the morning while you're still in bed and again, at night when you're crawling into bed. You can just have a simple journal on your night stand. You can listen to guided meditations via YouTube, or a free app like, Insight Timer. You can dedicate as little as 5 minutes to do all the steps.
The key is to JUST START!



"EACH DAY, FEEL YOUR HEART, SOUL, AND
HEALING EXPAND."
-LALA DELIA

SIMPLE WAYS TO PROTECT ENERGY

Chances are, if you are reading this, you are at the very least a Highly Sensitive Person and most likely are an Empath. You are probably often described as someone who is a good listener and are always willing to help others who are in heightened emotional states. You care deeply and you feel what others are going through DEEPLY. I suspect it takes a lot out of you to be the one your friends come to in a crisis, but you also love to help them. It's ok! It's true for me too! And, you just need to learn how to take care of yourself so that you can hold space for your loved ones and still not be totally exhausted by the end of the day.

Meditation

Step
1

Even if it's just a couple of minutes a day. You can use the Somatic Body Scan Meditation I sent you, or go for a walk in nature. Start by noticing your breath.



Journal

Step
2

Journaling can help you to identify the connection between your emotional feelings, your physical body, and your thoughts. It can also help you connect to the Divine.



Set Affirmations

Step
3

I'm normally not a huge fan of affirmations. But, I think they are a good toe dip into shifting your perspective and ultimately, your energy. Create simple, positive statements and repeat them in the morning and at night.



SIMPLE WAYS TO PROTECT YOUR ENERGY

Step 4

Imagine a Protective Bubble Around You

As you go throughout your day, imagine a protective bubble surrounding you in all directions. Nothing but positive energy can enter.



Step 5

Release The Energy

At the end of the day do something to release all the energy you are carrying. Dance, shake your body out... put your hands on the ground and imagine the energy flowing out of your hands and into the earth.



CONCLUSION

Creating a practice doesn't have to be complicated. It doesn't have to be elaborate or involve a whole bunch of steps. If you are a highly sensitive person and/or you are empathic, you experience enough complicated and enough overwhelm!

All you need is you. Full stop. You ARE the magic.

I've included some example affirmations for you to use and to help inspire you to create your own, as well as, some journal pages for you to use.

EXAMPLE

AFFIRMATIONS

You can use these affirmations to get the hang of saying them.
They will be much more impactful though if you write
personalized ones.

"I only allow positive energy in, all
negative energy is returned to sender."

"My emotional and energetic boundaries
are strong and divinely supported."

"I release negative emotions that no
longer serve me."

"I have the ability to remain peaceful and
calm, even when people share emotional
experiences with me.

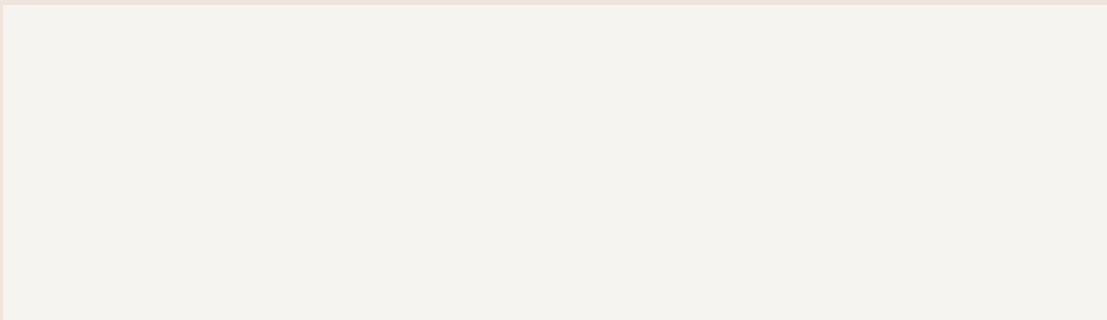
It is not my responsibility to fix."

YOUR THOUGHTS
DAILY JOURNAL

DATES :

MOOD :

AFFIRMATIONS:



DATES :

MOOD :

DAILY JOURNAL

YOUR THOUGHTS

AFFIRMATIONS

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TO DO LIST

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I HOPE YOU ENJOYED MY COURSE!

NEED MORE INSIGHT & SUPPORT?

The information you have learned here provides you with the tools you need to create autonomy, empower yourself and protect your energy.

If you would like to build on this knowledge, I would be honored to work with you 1:1

Feel free to dig through my website or email me if you have any questions or if you would like information on working together, exploring my Reiki Course or receiving a Reiki Sessions.

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