



3–5 Minute Energy Protection Ritual

“Light in, roots down, shield on.”

(Perfect before you leave the house, deal with crowds, or visit the in-laws.)

✨ Step 1: Light from Above (1 minute)

Stand tall. Close your eyes. Take three deep breaths and feel a brilliant **white light** stream down from above, entering through your **crown chakra**. Let it flow into your body—filling your head, heart, arms, legs... all the way to your toes. It clears, heals, and protects you from the inside out.

🌱 Step 2: Roots from Below (1 minute)

As the white light settles in your feet, watch it **transform into radiant roots**. They grow downward into the Earth—deep, strong, and shimmering. Feel yourself anchored, safe, and completely grounded.

🛡️ Step 3: Triple-Layer Shield (1 minute)

Now visualize the white light expanding around your body, forming a glowing **orb or egg** of light. Then, add a second layer: a **golden light**, shimmering and strong like divine armor. Finally, surround both with a layer of **violet flames**, dancing gently—transmuting any negative energy that approaches.

Say aloud or silently:

💡 “I am surrounded by layers of divine protection. White light fills me, golden light shields me, violet flames transmute all that does not serve. Only love may enter.”

☀️ Final Intention (30 seconds)

Take one last deep breath and say:

“I move through the world with light, clarity, and calm. I remain connected to my truth.”

Then strut out the door like the radiant, rooted, untouchable beacon you are. 🕊️ ✨