

Daily Energy Shielding Script

You don't need to be afraid of energy. You just need to own yours and keep it protected. Shielding isn't about hiding - it's about holding your space with intention, strength, and spiritual clarity.

This is your daily script. Use it when you wake up, before energy work, after being around draining people, or anytime you feel wide open.

Shielding Script

I now call all of my energy back to me -
cleansed, cleared, and fully restored.

I release all energy that does not belong to me -
fully, completely, and without fear.

I seal my body, my aura, and my field in pure light -
no interference, no attachments, no distortion.

I stand in my full authority.

I walk in truth.

I am sovereign in my space.

And so it is.

Usage Notes

- Speak it out loud - your voice is power.
- Visualize your energy field solidifying around you.
- Repeat anytime you feel drained, pulled on, or scattered.
- Bonus: End with a deep breath and hand over heart.