

ENERGY SHIELDING STEP BY STEP

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Step 1: Breathe, center, focus, & step into your heart

Step 2: Step into your divine & sovereign Source self

Integrate into your divine and sovereign self by straightening your spine and firmly declaring (out loud or in your mind, if you can't speak) the following (the way you declare is flexible, I recommend some version of this):

*I now step into my divine I AM Sovereign Source Self. I recognize that I am all and everything.
I recognize that I am Source.*

Step 3: Call in your higher beings of protection

I now call in my divine and most potent protector guides and allies to assist me with this work.

Step 4: Command the creation of your "triple-layer sphere of impenetrable protection"

I now command the creation of a triple layer sphere of impenetrable protection to be placed around me

Step 5: Create a sphere for yourself and also consider immediate family, the home, your property, your cars, and anything or anyone else that you feel called to shield. (as individual spheres)

Step 6: Witness/imagine each sphere created

Imagine the sphere's membrane completely and lovingly encircling you (or the thing you are shielding)

Step 7: Command the casting out of anything not aligned for your highest good.

I now command the clearing of anything that is not of my highest good.

Step 8: Fill with the "highest light of Source that can be anchored for each person/structure in this Now moment"

I now call for this sacred sphere to be filled with the highest light of Source in this Now Moment

Step 9: Close in gratitude and love