The Divine Edge

10 powerful ways to protect your energy

Empower yourself with spiritual practices





1. Grounding Techniques

- Grounding connects you with the Earth to stabilize your energy.

- **Instructions**:

Take shoes off and get your feet on the Earth

Stand barefoot on the ground, visualize roots extending from your feet into the Earth, and breathe deeply. Visualise your roots anchoring around the rocks within the Earth. With each breath feel your energy pulling you down into the present.

- **Benefits**: Reduces anxiety and enhances stability, ensuring your consciousness is within the present.



2. Energy Shielding

- Create a protective shield around you.

- **Instructions**:

Visualize a bright white light surrounding you, forming a barrier that repels negative energy. If your not good at visualisations request that your guardian angel surrounds you with protective light.

- **Benefits**: Increases your sense of safety and emotional resilience and creates that barrier/boundary that you will not accept energy disruption from exterior sources.



3 .Daily Affirmations

- : Positive affirmations can strengthen your energy field. Repeat affirmations like "I am protected" or "I radiate positive energy" "I am present and grounded" each morning. Mirror work can really strengthen the affirmation s

- **Benefits**: Boosts confidence and reinforces positive energy. I have authority over my body , my home , my energy field



4. Crystal Healing

- Use crystals known for their protective qualities.
Shungite, Tourmaline , Obsidian and Tigers eye to name a few.
- Keep crystals like Black Tourmaline or Amethyst with you, wear as jewellery or place them in your space.
- **Benefits**: Absorbs negative energy and enhances your protective aura . Wearing Clear quartz and Citrine can increase the vibration of your own energy



5. Smudging Rituals

- * Smudging with sage or palo santo or dragons blood cleanses your space and energy.

- Light the sage or palo santo, and allow the smoke to envelop you and your surroundings, setting an intention for protection. Open windows in the home. Whilst smudging shout out loud affirmation "Clear, Clear this space, Clear my aura and energetic field."

- **Benefits**: Clears stagnant energy and promotes peaceful environments. Removes any residue of other people's energy or subconscious energy lingering in your energy field.



6. Setting Boundaries

-Establish clear emotional and energetic boundaries with others. We can do this by understanding our own needs, time constraints and dynamics in relationships.

- *: Communicate your needs assertively and practice saying "no" when necessary. Be aware of people who use to to offload emotional baggage, who have a negative mindset or where you feel you lose your power.

- **Benefits**: Preserves your energy and prevents emotional drain.



7. Regular Energy Clearing

- : Regularly cleanse your energy to remove any blockages.

-Use meditation, sound healing, or baths with Epsom salts to clear your energy field.

-reiki , massages , metaphysical therapies. Movement such as dance or yoga and also singing can help release and clear blocks and stagnant energy

Benefits: Enhances clarity and emotional balance. Keeps you energetically fit and Boosts positive energy and flow within the chakras and aura



8. Mindful Consumption

- *: Be aware of what you consume, including food, media, and conversations.

-

Choose nourishing foods and limit exposure to negative media or toxic relationships. If you are practiced at Reiki or other healing modalities Cleanse your water or food prior to eating . Try and avoid any media which features and normalises trauma and violence and use crystals around areas of electromagnetic force including tvs and WiFi connections

- **Benefits**: Maintains high vibrational energy and promotes overall well-being.



9. **Connecting with Nature**

- *: Nature has a healing energy that can restore your own. Energy creating positive changes

Spend time outdoors, meditate in natural settings, or take mindful walks.

- **Benefits**: Recharges your energy, reduces stress, brings in grounding. You can also request the elements for healing or letting go and create an intentional ritual. Eg You may be drawn to water or the ocean, write down energy from your past you would like to let go of , write this down and place in the water



10. Seek Professional Support

- Sometimes, external help is necessary for deeper issues.
- Consider working with a psychic, energy healer, hypnotherapist, therapist specializing in energy work, or specialist Spirit release practitioners. Healing your own past and trauma is essential to ensure dark entities, earthbounds do not connect with unhealed parts of yourself
- **Benefits**: Provides insights and healing that may be difficult to achieve alone. As you become more self aware you will be familiar with energy that belongs to you, making it easier to recognise anything that does not belong to yourself.