



# Energy Protection Ritual

A Complimentary guide to aligning and clearing  
your energetic fields



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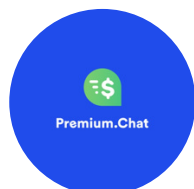
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# Energy Protection Ritual

By Psychic Reader Diva | Guided by Anne

Purpose: This ritual shields your energy field, clears spiritual residue, and grounds your spirit.

Best Days: Tuesday (protection), Saturday (cleansing), Sunday (spiritual clarity)

Best Hours: Sunset to midnight, during the Waning Moon

Materials:

- A glass of water
- Table salt
- A small white cloth or tissue
- A candle (white preferred)
- Your voice and intention

Preparation:

1. Cleanse your space.
2. Sit in silence for 3 minutes.
3. Whisper: 'I step into my power. I am divinely protected. I am ready to clear and shield my energy.'

The Ritual:

1. Create a Sacred Circle: Salt in water, candle beside, cloth underneath.
2. Light the Candle: Say, 'By flame and salt... I stand shielded and sovereign.'
3. Cup the Water: Visualize white light clearing the water.
4. Seal Protection: Touch forehead, heart, shoulders. Say, 'I am protected. I am guided. I am safe.'
5. Extinguish Candle: Whisper, 'Thank you, guides of light. Thank you, Anne. It is done.'

Stay Protected:

- Visualize a golden bubble before leaving home.
- Affirm silently: 'Only love may enter, only light may stay.'
- Carry a pinch of salt or a small crystal.

Closing:

Dispose of the water with intention. Rinse materials and let dry in sunlight.

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Stay guided. Stay grounded. Stay protected.