



Energetic Boundaries and Protections

By Cami Coté

I recently had to increase my own energetic protection, the veil as “they” say is thin right now. Often Reiki students ask about energetic boundaries, so I wrote this up and wanted to share it with all of you. Hope it helps!

Energetic Boundaries and Protection

The protection that works best for me, is standing in my power and commanding protection. If negative energy is coming my way, I return it to sender. I say out loud if possible, but can be repeated silently if needed:

“I command anything that doesn’t serve my highest good to leave me now, nothing is allowed to access my energy, nothing is allowed to feed off of my energy, my energy cannot be manipulated without my consent.”

It is your divine right to be protected. Say it out loud, say it in your head.

Keep your Energetic field clear and strong, see bright white light coming from your soul star chakra (6 to 24 inches above your head) creating a protective vortex around your body spinning clockwise. Stay strong, it is important to prioritize clearing and grounding.

Clearing:

- meditation
- salt bath or shower
- visualization
- walking/dancing
- R E I K I

Grounding:

- walk barefoot in nature if possible
- grounding meditation

Sometimes I wear a scarf (I especially like red for protection) or a hat if things are really bad and it is appropriate, if it isn’t appropriate, I put a “reiki” hat on.

Also having crystals like black tourmaline, obsidian, and citrine around you or on your person can help too.

And lastly let me say, don’t mess with other people’s energy in negative ways. It’s not cool.

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