

# **Energetic Boundaries Prayer and Affirmation Toolkit**

## **Daily Boundary Affirmations**

- I am protected by divine light at all times.
- My energy is my own. I release what does not belong to me.
- I allow only love, truth, and healing into my energy field.
- I am grounded, centered, and shielded.
- I honor my sacred space. I am safe and secure within it.
- I am not responsible for the energy of others.
- My aura is strong, radiant, and sealed with Source vibration.
- I return all energies that are not mine back to their origin, with love.
- I choose peace over pressure, calm over chaos, clarity over confusion.
- My boundaries are clear, firm, and filled with light.

## **Protection Prayers for Energetic Boundaries**

### **Prayer to Seal and Shield Your Energy**

Divine Source, I call upon your healing light to surround me now. Let your love form a radiant shield of gold and white around my entire being. May only that which is in alignment with my highest good enter this space. I ask Archangel Michael to protect my boundaries and keep my energy whole. I am safe, I am sovereign, I am strong. And so it is.

### **Aura Cleansing Prayer**

Beloved angels and light beings, please clear my aura of all dense, foreign, or draining energy. Restore my field to its original divine blueprint. With every breath, I invite renewal, healing, and peace. Fill my energy with golden light from Source, and let me feel whole again. Thank you, thank you, thank you.

### **Grounding and Centering Prayer**

Mother Earth, I thank you for your strength and grounding support. I send my roots deep into your

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soil to anchor my light in this present moment. May I walk today balanced, connected, and clear. I trust in the power of stillness, and I reclaim all scattered parts of my energy. I am here. I am now. I am whole.

### **Visualizations to Support Your Boundaries**

Golden Egg Shield\*\*: Imagine yourself inside a glowing golden egg of light. This shield allows love in but reflects anything lower than love back to the Source.

Waterfall of Light\*\*: Visualize a soft waterfall of white light flowing from above your head, gently rinsing your aura and clearing stress, thoughts, or attachments.

Mirror Cloak Technique\*\*: Picture yourself wearing a cloak made of spiritual mirrors. Any negative or intrusive energy bounces off and returns to its origin with neutral, loving intent.

### **Closing Words**

- You are not fragile-you are sacred. These prayers and affirmations are not walls, but channels of clarity that remind your soul it is safe to shine. Use them as daily spiritual hygiene or whenever your energy feels unclear.
- Stay connected, grounded, and in your power. The light within you knows exactly what to do.
- With love,

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