

PROTECT YOUR LIGHT

CHECKLIST

- How to Center Yourself (Ch. 7)
- How to Ground Yourself (Ch. 7)
- Step Into Your Protection Power (Ch. 8)
- Your Energy Protection Guardian (Ch. 8)
- Turn On Your 360-Degree Vision (Ch. 11)
- Psychic Scanning Process (Ch. 11)
- Golden Light Net (Ch. 14)
- Dagger Lifting (Ch. 15)
- Sylph Storm (Ch. 16)
- Energy Vaccuming (Ch. 17)
- Sacred Breath (Ch. 18)
- Sacred Smoke (Ch. 19)
- Candle Cleansing (Ch. 20)
- Dragon's Breath (Ch. 21)
- Sacred Water (Ch. 22)
- Unicorn Shower (Ch. 23)
- Cutting Toxic Cords of Attachment (Ch. 24)

NOTES

- Rainbow Light Shield (Ch. 26)
- White Light Bubble (Ch. 27)
- Mirror Shield (Ch. 28)
- Mountain Shield (Ch. 29)
- Forest Shield (Ch. 29)
- Wind Shield (Ch. 29)
- Fire Shield (Ch. 29)
- Water Shield (Ch. 29)
- Crystal Shield (Ch. 30)
- Shielding with Essential Oils (Ch. 31)
- Breath of Fire (Ch. 32)
- Violet Flame Shield (Ch. 33)
- Golden Pyramid of Light Shield (Ch. 34)
- Creating Amulets and Talismans (Ch. 35)
- Shielding with Your Spirit Guides (Ch. 36)
- Digital Space Clearing Ceremony (Ch. 40)
- Finger Clearing and Shielding (Ch. 40)
- Celebrate!

NOTES

ENERGY PROTECTION

CHEAT SHEET

7 STEPS TO PROTECT YOUR ENERGY

1. Centering
2. Grounding
3. Connecting
4. Identifying
5. Clearing
6. Shielding
7. Doing the Work

CLEARING PRACTICES

- ◆ Golden Light Net
- ◆ Sacred Smoke
- ◆ Dagger Lifting
- ◆ Candle Cleansing
- ◆ Sylph Storm
- ◆ Dragon's Breath
- ◆ Energy Vaccuming
- ◆ Sacred Water
- ◆ Sacred Breath
- ◆ Unicorn Shower

SHIELDING PRACTICES

- ◆ Rainbow Light Shield
- ◆ Crystal Shield
- ◆ White Light Bubble
- ◆ Essential Oil Shield
- ◆ Mirror Shield
- ◆ Breath of Fire
- ◆ Elemental Shields
- ◆ Violet Flame Shield
- ◆ Golden Pyramid of Light
- ◆ Amulet/Talisman Shield
- ◆ Spirit Guide Shield