

The 3 Keys To Master Your Energy

How To Stop Losing Energy, Reclaim Your Power, And *Finally*
Step Into Your Higher Self

By

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First Edition
Published by Ariya Lorenz

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Disclaimer

The information in this book is intended for educational and inspirational purposes only. It is not a substitute for professional medical, psychological, financial, or legal advice. The reader assumes full responsibility for their choices, actions, and results.

Dedication

To my phenomenal son, Naiya-De Lorenz, and his brother of the heart, Jovial Wahe Jordan —

Two extraordinary beings whose presence brings light, depth, and meaning into this world.

The connection you share is rare, genuine, and powerful.

To witness your bond, your growth, and the way you walk through life is a gift beyond words.

Thank you for your care, your eyes, and your hearts in helping shape this book. Your presence lives within these pages.

You are both deeply loved, deeply seen, and endlessly honored.

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Praise for this book

Ariya Lorenz shows you how to align your energy, so life begins to flow with clarity, ease, and powerful results.

This book offers simple, practical tools to protect your energy, recharge your vitality, and step into a more harmonious and successful life.

When your energy changes, everything changes—and Ariya gently guides you to create that shift with grace and awareness.

A supportive path for anyone feeling overwhelmed or energetically drained, it brings you back to your own field of power, clarity, and vitality.

What stands out most is how naturally Ariya helps you reconnect with Source energy, allowing your life to expand into deeper balance, fulfillment, and flow.”

JON & MISSY BUTCHER, *Entrepreneurs, Founders of “Life-book”*

“**W**hat we love about Ariya Lorenz’s approach is that it turns something many people think of as intangible into something incredibly practical and empowering. Master Your Energy gives you a clear system for stabilizing your inner world so you can perform, create, and thrive at a higher level.

When your energy is strong and directed, everything improves—your decision-making, your relationships, your productivity, and your sense of purpose. This is the kind of foundational work that supports every other area of personal development.

If you’re committed to designing an extraordinary life, mastering your energy is essential—and this book shows you how to do exactly that.”

MARIE DIAMOND, *Feng Shui Master, starring in “The Secret”*

“**A**riya Lorenz invites us into a deeper recognition of the energy that is always available to us—the very presence of Life expressing itself as us. In **Master Your Energy**, she offers practical tools that support the activation of this inner current, allowing us to live with greater awareness, vitality, and alignment.

What I appreciate is the integration of spiritual truth with daily practice. This is a pathway of embodiment—where insight becomes lived experience, and energy becomes a conscious expression of who we are. As we become more attuned to our own field, we naturally open to greater harmony, clarity, and creative power.

This book is a beautiful companion for anyone ready to awaken to a more intentional, inspired way of living.”

MICHAEL B. BECKWITH, *Founder, Agape International Spiritual Center, Bestselling Author & Host, Take Back Your Mind Podcast*

“**A**riya Lorenz brings clarity and wisdom to the topic of energy mastery. This book offers powerful practices to come back to yourself—a place of inner peace, ease, and emotional freedom.

By learning how to recharge your energy, move from overwhelm to alignment, and stay connected to yourself, you create a strong foundation for lasting happiness and wellbeing.

This book is an invitation to live with greater lightness, joy, and connection to what truly matters."

MARCI SHIMOFF, *#1 NY Times bestselling author Happy for No Reason, Chicken Soup for the Woman's Soul*

Preface

From Darkness to Light: A Journey to Soul-Level Fulfillment

I was born with a strange awareness, as if I had arrived already knowing something others couldn't see. From my very first memories, I could sense something vast and luminous all around me—something I didn't have words for at the time. It was in the air, in the quiet moments between sounds, in the way love seemed to flow through everything. The world felt whole, connected, and safe, as though I had never truly left "Heaven."

When I was just 1.5 years old, my mother, father, and I went on a vacation to a small rental house that smelled of warm wood and sun-washed linen. Light poured through the open windows, golden and warm, wrapping around us like a blanket. My mother's arms were soft, my father's embrace was strong, and the world felt like a safe, benevolent place. I didn't yet know the word "security," but I lived inside it.

In the garden outside, I met a new friend—a black poodle who belonged to the house's owners. With the unshakable curiosity only a child can have, I crawled toward him, my tiny hands touching the warm earth beneath me. And then, in an instant, my world changed.

Pain. Teeth sank into my face. My father's voice roared like thunder as he scooped me up, trembling with fury and fear. My mother's hands were everywhere, trying to stop the bleeding. I remember the

rush to the hospital, the sterile smell of the room, the sharp sting of stitches on my small face.

But what I remember most is what happened afterward.

When I saw the dog again, I didn't feel fear. I reached out to him, stroking his fur with my tiny hand. He relaxed, laying down beside me. The adults around me were stunned, but to me, it was simple. I could feel his spirit—loving, playful, and kind. I knew he hadn't meant to hurt me. He didn't need to be punished; he needed love.

Even then, I could sense it: the energy that connects us all. Love was like a current in the air, a frequency I could feel. To my little heart, the world was still good, still whole. I was still in "Heaven."

The Lesson: The Power of Love and Energy

Looking back, I see how this moment shaped my understanding of energy and love. It taught me that energy doesn't lie. Beneath the surface of pain, fear, or anger, there is always a deeper truth to be felt—a current of love that connects us all. This was my first lesson in **ENERGY MASTERY**: to look beyond the surface, to feel the truth of what's really there. It's a lesson that would come back to me later in life, when I began to help others uncover the hidden truths in their own energy and lives.

When the Light Began to Flicker

When I was two years old, my father's strength began to fade. At first, it was subtle—a heaviness in his steps, a lingering tiredness. But soon, it became undeniable. Within weeks, he could no longer move without effort. His voice grew faint, each word a struggle. The man who once lifted me high into the air now lay on the sofa, unable to rise.

I remember sensing his energy, feeling how little life force remained in him. But I was too young to understand what to do, too small to help.

The doctors didn't know what was wrong. They opened his chest to investigate, but they missed the truth: his thymus gland had continued to grow when it shouldn't have, releasing chemicals that weakened every muscle in his body—including his heart. They administered anesthesia meant for a healthy heart, unaware that his was too weak to handle it.

On August 5th, 1970—my mother's birthday—my father died on the operating table.

One day he was here. Six weeks later, he was gone.

My mother broke down in disbelief, holding a baby boy in one arm and a two-year-old girl in the other. The love of her life was gone. And though she tried to carry on as if he were still with us, I could feel her grief. It seeped into our home, into the air, into my little body.

The laughing, radiant child I had been grew quiet. I became careful. I learned to read the air in every room before I spoke or acted. I carried the weight of a family's grief on my small shoulders. And something in me began to retreat. I was falling out of "Heaven?"

The Lesson: The Cost of Disconnection

Losing my father taught me about energy in a way I couldn't fully understand at the time. When we lose someone we love, it's not just their physical presence we grieve—it's the energy they brought into our lives. My father was my protector, my source of safety, my anchor. Without him, I felt untethered. And as I withdrew from the world, I lost something even more precious: my connection to my own energy, my own light.

This was the beginning of a long journey to rediscover that connection. What I didn't know then was that the love I had felt from my father, and the light I had carried as a child, had never truly left me. They were still there, waiting for me to remember.

A World That Felt Unkind

Years passed, and life demanded more and more. My mother worked tirelessly to support my brother and me. I became a little adult, with responsibilities far beyond my years. By the time I was five, I had my own key to our apartment, bringing my brother home from preschool and waiting for my mother to return from work. We were a team, but the demands of survival weighed heavily on us all.

There were moments—precious, fleeting moments—when I felt the connection again. I'd feel my father's presence, hear his voice in my heart, and remember the goodness I had once known. But those moments were rare. I had learned to perform, to be tough, to hide my sensitivity.

When my grandparents decided to move closer to help us, it felt like a miracle. My grandfather was patience personified, and my grandmother was vibrant and strong. They brought light back into our lives. But halfway through their journey to join us, my grandfather suffered a heart attack. He didn't make it.

Another light had gone out. And this time, I felt it happen. Hours before my grandmother arrived to tell us the news, I had turned to a friend and said, "I think my grandpa just died." I didn't know how I knew. I just knew.

The Lesson: The Fragility of Life and the Call to Trust

This loss deepened my questions about life and its meaning. Was the world truly kind? Was there a Divine presence guiding us? Or was I just imagining "Heaven"?

This moment planted a seed in me—a seed of doubt, but also a seed of curiosity. It would take years for that seed to grow into the understanding I have now: that life's fragility is not a reason to despair but an invitation to cherish every moment. It's a reminder that love, connection, and energy are the only things that endure.

Love and Loss Under the Linden Tree

At sixteen, love returned to me under the canopy of a Linden tree. Its branches stretched wide and generous, filtering sunlight into soft, golden hues. The air smelled of summer grass, sweet and warm. It was my favorite place, a sanctuary where time seemed to slow, and the world felt gentle again.

I had dreamt of him the night before. In the dream, he held me in his arms and kissed me, and that kiss felt like it carried the weight of eternity. When I woke up, I was in love. I couldn't explain it, but I felt it as surely as I felt the sun on my skin.

When we sat under that tree together, we didn't talk about trivial things. We spoke of life, of meaning, of the unseen threads that connect us all. When he asked me to be with him, it felt like the happiest moment of my life.

Love wasn't something I was trying to find. It was something I was.

But I didn't know how to actually live it, how to act and be in a relationship. I had never seen what love looked like over time. I didn't know how to nurture it, how to let it grow. I only knew how to exist in its glow, to feel its warmth on my skin and hope it would last forever. But love, like light, can shift. It can cast shadows. And sometimes, even the brightest love can fade.

Christian became my everything, but I was too young to understand that love needs more than longing and dreams. It needs care, patience, and a foundation strong enough to withstand the storms of life. We were both too young to anchor each other. He drifted away, and I was left under that Linden tree, clutching the memory of what we had been.

Then, one winter night, I felt an unshakable pull to see him. My friend and I made our way across icy streets to his farmhouse, only to be met by his father in the driveway. His face was pale, his eyes heavy with grief.

“Christian is dead,” he said.

The words shattered me. A car accident. She survived. He did not.

I cried for three days without stopping. The grief was a storm that tore through me, leaving me hollow and broken. I grieved for Christian, but I also grieved for my father and my grandfather. It was as if all the loss I had ever felt came rushing back at once.

And when the tears finally stopped, something inside me hardened.

If loving means losing, I thought, then I will not love.

If dreaming means having it all taken away, then I will not dream.

The Lesson: The Danger of Closing Your Heart

This was the moment I chose to stop feeling. I thought I was protecting myself, but in truth, I was cutting myself off from the very thing that gives life meaning: connection. I didn’t realize it at the time, but this decision—to stop loving, to stop dreaming—was the beginning of my greatest suffering.

What I’ve come to understand is that our hearts are not meant to close. They are designed to expand, even in the face of pain. Love and loss are two sides of the same coin, and the more we resist one, the more we block the other. This was a hard lesson to learn, but it’s one of the most important lessons I’ll share with you in this book: how to keep your heart open, even when it feels like the world is trying to break it.

The Experiment That Changed Everything

A year passed in a quiet, internal collapse. I moved through the days like a shadow, numb and disconnected, my heart wrapped in a protective shell I didn't know how to break. One by one, I lost my friends. Even my closest friend told me she couldn't bear to be around my negativity anymore.

Alone in my despair, I began to think. If I was going to keep living, I needed to find a reason. I needed to understand why life felt so cruel. And then, after what felt like days of thinking, a question emerged:

If someone I loved were to die tomorrow, would I feel less pain because I had refused to love, refused to dream, refused to live?

The answer was no.

I realized that my negativity wasn't protecting me from pain—it was only robbing me of joy. And so, I made a decision. If being negative didn't stop the pain, then I would try the opposite. I would choose to be positive. I would look for the good, even when it was hidden. I would live, and I would love, and I would embrace joy for as long as I could.

At first, it was an experiment. It didn't feel real. But slowly, something began to shift. I found meditation, grounding myself in its quiet power. I built a life with my new and very sweet boyfriend, weaving moments of joy into the fabric of my days. Gratitude became my constant companion. I began to understand that how I responded to life shaped my reality. I was not a victim—I was a creator.

The Lesson: You Are the Creator of Your Energy

This was one of the most profound lessons of my life: that we are not powerless in the face of life's challenges. We have the ability to shape our experience through the energy we bring to it. When we master our energy, we can transform even the darkest moments into opportunities for growth and connection.

This is the foundation of everything I teach today. It's not about denying pain or pretending that life is always easy. It's about learning how to work with the energy of life, so we can create something beautiful, even in the midst of difficulty.

The Initiation: A Gateway to Light

The diagnosis came quietly, over the phone. Terminal pancreatic cancer. Six months to a year.

The words didn't make sense at first. My body felt hollow, my ears rang, and my mind refused to process the truth. My mother—my sanctuary, my proof that goodness existed—was dying.

My mother wasn't just my mother. She was my safe haven, my anchor, my constant. Her presence softened my nervous system the moment I stepped into her home. She loved without condition, saw only the best in me, and spoke it into existence until it became real. She was my reminder that goodness existed in the world.

And now life was going to take her too?

I remember sitting alone after the diagnosis, staring at nothing. The familiar temptation returned—the quiet decision I had made before: if love only leads to loss, then I will stop loving. If dreaming only ends in heartbreak, then I will stop dreaming.

But something inside me refused to freeze.

This time, I didn't retreat. I didn't shut down. I didn't close my heart. Instead, I made a conscious choice to lean in. I decided to feel it all—the pain, the grief, the love, the connection. I decided to cry all my tears before she passed so that I could hold her, comfort her, and love her fully while she was still here.

As I spent time with her, I began to see her in a new light. She wasn't just my mother. She was a soul, preparing to return to the infinite. She spoke to me openly about her journey, about what it meant to leave the body, about the other side of the veil. She didn't speak with fear—she spoke with knowing. And as her body grew weaker, her spirit grew brighter.

Something extraordinary began to happen.

I started to feel her energy in ways I never had before. When she was in pain, I could sense where the energy was blocked in her body, and I intuitively knew how to help her find relief. I could see her aura, glowing and radiant, and as she approached her final days, it became even brighter. Her room began to fill with a presence I couldn't explain. Light beings appeared—subtle, yet unmistakable. Were they angels? Were they our loved ones who had passed on before her? I didn't know, but I could feel their love surrounding us.

When she finally left her body, the room filled with an indescribable light. It wasn't harsh or blinding; it was soft, warm, and all-encompassing. My boyfriend and I looked at each other and smiled, because we could feel it—she hadn't left. Her body was still, but her energy was everywhere. Subtle, like warmth at the back of the heart. Like a gentle current in the air.

In that moment, I understood.

The Lesson: Death Is Not an End, It's a Return to Light

My mother's passing was the most profound initiation of my life. It shattered every belief I had once held about death and loss. It

showed me, with a clarity I could no longer deny, that death is not the end. It is not a cruel separation, but a reunion. A return to the infinite love that connects us all.

I realized that the energy of those we love doesn't disappear when their physical bodies do. It becomes part of the fabric of existence, woven into the air we breathe, the light we see, and the love we feel. My mother's love didn't die with her body. It expanded, and I could feel it everywhere.

For the first time, I saw the truth behind all the deaths I had experienced. My father, my grandfather, Christian, several others before and after him and now my mother—they were never truly gone. They had simply returned to the source. Their energy, their love, their essence, was still with me, as real and present as it had ever been.

This understanding freed me. It freed me from the fear of death and the grip of grief. It freed me from the belief that life was cruel, that love was fragile, and that joy was fleeting. It allowed me to see the beauty in life's impermanence.

The Gift of Energy

But the gift of this realization didn't stop there. It wasn't just about making peace with death—it was about discovering the true nature of life.

I began to understand that the energy I had felt as a child, the energy I had used to ease my mother's pain, wasn't tied to the physical body. It was something far greater, something infinite. And yet, it could be harnessed to elevate the physical body, to amplify life's pleasures, to create success and fulfillment, and to live with a sense of freedom that isn't dependent on circumstances.

This was the beginning of true ENERGY MASTERY.

When you understand that your energy is not limited by your physical body, you begin to see the world differently. You stop being a victim of your circumstances. You stop waiting for the world to change so you can feel better. Instead, you realize that your energy is a resource—one that you can cultivate, expand, and direct.

This is the key to living a life of soul-level fulfillment. When you master your energy, you can:

- Free yourself from the fear of loss and the grip of circumstances.
- Use your energy to enhance your body's performance and experience life's pleasures more deeply.
- Create success and abundance from a place of alignment, not struggle.
- Cultivate a joy that is unshakable, because it comes from within.
- Align with your Higher Self and discover your soul's purpose.

This is what it means to bring heaven to earth. It's not about escaping the challenges of life—it's about transforming them. It's about using your energy to create a life that feels like home, a life that reflects the truth of who you are.

A Luminous Invitation

If you are reading this, perhaps you too have known the pain of loss. Perhaps you've felt the weight of grief, the exhaustion of running on

empty, the ache of longing for something more. Maybe you've even questioned whether life is worth living, worth dreaming about, worth loving fully.

I want you to know this: there is a way to actual deep Soul level fulfillment and it's much more simple than you may think.

This book is not about becoming someone new. It's not about fixing yourself, because you are not broken. It's about utilizing the energy you arrived with. The energy that no hardship can extinguish. The energy that does not disappear when bodies do. An energy that ignites the light that has been waiting—patiently—for you to shine brighter than ever before.

You are not here to simply survive. You are here to thrive. You are here to create, to love, to experience the fullness of life—not despite its challenges, but because of them. You are here to master your energy, to step into your power, and to live from a place of freedom, joy, and alignment with your Soul.

In the pages ahead, I will share with you the tools and practices that helped me transform my life:

- How to stop running on empty, and instead tap into an infinite source of energy.
- How to use your energy to create the life you truly desire, rather than feeling trapped by your circumstances.
- How to experience yourself as your Higher Self creating soul-level fulfillment, the deepest sense of joy and meaning.

This is not just my story. It is your story too.

You have always been connected to an energy source vaster than yourself. You have always been more powerful than you realize. As soon as you know how to direct your energy, your full potential becomes available. It's time to tap into this source of energy together.

Part I

Protect Your Energy



Chapter 1

Reclaim Your Energy – Step Into a New Relationship With Your Energy

As you step into this next part of the journey, take a deep breath with me. Feel the air filling your lungs, awakening your body, and grounding you in the present moment. Begin to notice how much energy you have at this very moment.

The easiest way to sense this is to check in with yourself. How much physical or mental activity could you imagine doing right now?

- 100% means you're ready for anything, so long as it feels meaningful to you.
- 50% is a mix of "I could do it, but I'd rather not."
- 0% is complete depletion, where all you can think about is rest and sleep.

Take a moment. Where are you on this scale? **Write this down. We will use this number in the next chapter.**

Your energy is a powerful force. It shapes how you feel, how you move through your day, how you experience the people around you, and how you respond to life.

But here's something even more profound: your consistent energy levels determine the vibration you carry. This vibration is the key to living what I call "The Higher Self Lifestyle."

Let me explain how I define your Higher Self. Your Higher Self is the eternal part of you, timeless, formless, infinite, all-knowing, the part of you that holds your Divine blueprint - your purpose in life. It dwells in the Higher Realms connected to God, Heaven, Source or what you prefer to call it.

Your Higher Self communicates with you throughout your life via your unconscious intuition, but you are not always able to hear it. There are many other voices in that channel; so it's hard to know if the guidance is really coming from your Higher Self or from somewhere else.

Once you become able to consciously communicate with your Higher Self, through a process that you can learn, messages become clear. You will gain unprecedented clarity, Divine insights and profound understanding.

When your energy is steady and aligned, your frequency naturally rises. This is the first step in consciously communicating with your Higher Self and to live from that vantage point. Without this alignment, life can feel like a constant reaction to what's happening around you, leaving you hoping that one day you'll have the energy to live the life you dream of.

So many of us move through our days unconsciously. We feel drained and call it a long day. We feel heavy and call it stress. We feel overwhelmed and call it life. But what we're really experiencing is a misalignment of energy. It's energy that hasn't been consciously protected, restored, or directed.

The moment you begin to work with your energy intentionally, something extraordinary starts to happen. You feel like yourself again. You feel clearer, stronger, and more present. You begin to move through life with awareness, with purpose, and with a sense of inner steadiness that carries you through challenges and opportunities alike.

This is the first step in accessing your Higher Self and stepping into what I call the “Jetstream of the Higher Self”. This is where life begins to flow with greater ease, clarity, and alignment. In this state, you are no longer chasing after energy or struggling to keep up. Instead, you are creating a life that reflects your deepest desires and highest potential.

The good news is that the path to this kind of alignment is simpler than you might think.

If I had understood energy earlier in my life, I would have moved through the world with a deeper sense of stability, clarity, and inner strength. What I’ve come to know—through my work with over 20,000 clients in person and over 100,000 through my membership and courses—is this:

Your experience of life is shaped by your energy.

How you protect it.

How you restore it.

How you use it.

These are the three keys we will master together in this book:

Key One: Protect Your Energy

- Your energy becomes clear, contained, and strong—a field that supports you wherever you go.

Key Two: Transform Your Energy

- Your body and energy field become cleared of what doesn't serve you. You release energies you've taken on from others to fully become yourself again.

Key Three: Recharge Your Energy

- Your body and energy field become nourished, filled, and alive with a steady life force. Creating an overflow of energy so you never run out.

As these three keys come into place, your entire experience of life begins to shift. You move through your day feeling grounded and supported. Your energy becomes steady and available to you. Your presence grows clearer, more centered, and more radiant. And your life begins to reflect the way you truly desire to feel.

In this book, we are not creating something new. We are awakening something that has always been within you. A natural intelligence that knows how to protect, restore, and direct your energy with wisdom and ease.

This is the relationship you are stepping into: a relationship where your energy becomes your ally. It becomes your foundation, your strength, and your pathway to accessing your higher guidance system—your Higher Self

Chapter 2

Self Assessment 1

At this point, pause for a moment and gently turn inward—because before we move forward, you’re invited to meet your energy exactly where it is right now.

Step 1: Overall Energy

Use the number you came up with in the first chapter to rate your current energy level.

0% — completely depleted

100% — fully energized, clear, and alive

Write your number: _____ %

Step 2: Daily Energy Markers

For each statement, rate yourself from 0–10

0 = very low / difficult

10 = very high / effortless

Your Body & Rhythm

1. Morning Energy

How easy is it for you to wake up in the morning?

Score: _____

2. Falling Asleep

How easily do you fall asleep at night?

Score: _____

3. Sleep Quality

How often do you sleep through the night without waking?

Score: _____

4. Physical Vitality

How energized does your body feel throughout the day?

Score: _____

Your Daily Energy Flow

5. End-of-Day Energy

How much energy do you have left at the end of your day?

Score: _____

6. Consistency of Energy

How stable is your energy throughout the day (without big crashes)?

Score: _____

7. Recovery Speed

When you feel drained, how easy is it for you to regain your energy?

Score: _____

Your Emotional Energy

8. Joy Level

How high is your natural sense of joy during your day?

Score: _____

9. Emotional Stability

How steady and balanced do you feel emotionally?

Score: _____

10. Resilience

How easily do you move through challenges without losing yourself?

Score: _____

Your Inner Connection

11. Gratitude Access

How easy is it for you to feel genuine gratitude?

Score: _____

12. Inner Calm

How often do you feel calm, grounded, and at peace?

Score: _____

13. Clarity

How clear and focused does your mind feel?

Score: _____

14. Connection to Guidance

How connected do you feel to your intuition or Higher Self?

Score: _____

Your Energetic Boundaries

15. Protection of Energy

How well do you maintain your energy around other people?

Score: _____

16. Sensitivity Without Overwhelm

How well can you feel empathy towards others without becoming drained?

Score: _____

Your Life Experience

17. Presence

How present are you in your daily life?

Score: _____

18. Enjoyment of Life

How much do you genuinely enjoy your life right now?

Score: _____

19. Alignment

How aligned do your actions feel with who you truly are?

Score: _____

20. Capacity to Give & Receive

How balanced is your giving and receiving (love, support, money, opportunities)?

Score: _____

Step 3: Your Energy Snapshot

Add your scores from the 0-10 assessment: _____ / 200

Add Your percentage from overall energy level (0-100%) : _____
/ 100

SUM: _____ / 300

This number is not a judgment.

It is a doorway.

It shows you how your energy is currently expressed through your body, your emotions, your mind, and your life.

Step 4: Return at the End

When you complete this book, and have used each exercise daily for minimum of 3 weeks, come back here.

Answer again— honestly.

And then pause...

Feel the difference.

See the difference.

Become aware of the difference.

Because this is where it becomes real.

Chapter 3

Bringing Light Into Darkness

The doors closed behind me with a dull, metallic click. That sound still resonates in my body. It wasn't just the sound of being locked in—it was the sound of stepping into a space where the air itself felt thick with unspoken pain, a space where hope seemed to flicker faintly, like a candle struggling against the wind. The psychiatric ward was quiet, but not in a way that brought peace. It was the kind of quiet that whispered stories of lives paused, of people caught in a liminal space between surviving and truly living. It was my first time in such an environment, and though I had prepared for this, nothing could have truly readied me for the weight of it.

I had worked hard to be here. I had studied, trained, and dreamed of making a difference. I wanted to help people find their way back to themselves. I wanted to remind them of the light that still burned within, even when it seemed hidden. The agony I had felt as a teenager and overcome so triumphantly was present here and I was eager to help bring the light back into people's lives. Little did I know that this would be the beginning of me discovering something that would help millions of people in the future.

The Disconnect Between Meaning & Energy

I had learned to be an Occupational Therapist, helping people to succeed at life with practical and tangible tools - no matter where they were at. After finishing my degree I chose psychiatry as my field. The work was meaningful—deeply so. I could see it in the small victories of my patients, those who had spent years, even dec-

ades, in the long-term psychiatric ward. These were individuals navigating the labyrinth of depression, schizophrenia, and other mental health challenges. My role was to help them reconnect: with life, with joy, with themselves.

And there were many moments of triumph. I remember the day we built a pond in the hospital courtyard. Patients who hadn't engaged in years picked up shovels and dug into the earth with their own hands. They poured water, arranged stones, and planted flowers. By the end, we stood together, admiring the transformation. For a moment, they weren't just patients—they were creators, contributors, and collaborators. Their faces lit up with pride, and my heart swelled with purpose.

These moments reminded me why I had chosen this work. But despite the beauty and meaning, I couldn't ignore the growing heaviness within me. How could something so fulfilling leave me so drained? I didn't understand it. I felt the clients deeply, they allowed me into their experiences as they trusted me. And I deeply cared. But somehow it felt that there was something repeatedly pulling my energy out from the middle of my body until I was completely depleted.

At first, I tried to push through. I told myself I just needed to be stronger, tougher, more resilient. But the more I pushed, the more I felt like I was losing myself. My energy, my spark, my joy—it all seemed to be slipping through my fingers like water.

The emotional pain in the clients seemed to ease, they woke up earlier, made it out of bed (some hadn't gotten up for weeks), they participated in projects. The more they felt better the more I found myself depleted... Was I giving them my energy? If so, how? And how could I stop that?

By the end of each week, I was irritable and exhausted. By the end of each month, I felt like I was moving through life in a fog. And by the end of the year, I began to wonder if I could keep going.

The Turning Point

One evening, after a particularly heavy day, I found myself at the train station, waiting to go home. My legs felt like lead, my shoulders slumped under the invisible weight I carried. I was too drained to even stand, so I slid down to the cold concrete floor, leaning my head back against the wall.

I wasn't just tired. I was depleted. Empty. I had nothing left to give—not to my patients, not to my friends, not even to myself.

Sleep became my only refuge. I would come home from work, collapse into bed, and sleep for hours. On weekends, I barely moved. One Sunday, my roommate found me still curled up in bed at 2 p.m. She stood in the doorway, hands on her hips, and said, “You need to get up. You’re sleeping your life away!”

Her words stung, not because they were harsh, but because they were true. I was sleeping my life away. Not because I wanted to, but because I didn't have the energy to do anything else.

That day, as I lay in bed staring at the ceiling, I allowed myself to admit what I had been avoiding. Even though my work was meaningful, it was draining me in ways I couldn't explain. I didn't understand energy, let alone how to protect it. I didn't know why I felt so overwhelmed. All I knew was that something had to change—and soon.

I had reached a breaking point. I was becoming less patient, less joyful, less alive by the day. And in that moment of clarity, I stopped asking myself, “How do I keep going?” and started asking, “How do I stop losing myself?”

The First Glimmer of Hope

It was around this time that my friend and doctor Elvira stepped in. She had been watching me struggle for months, and one afternoon,

as we walked through the lilac bushes in our town, she gently said, “I think I know someone who can help you feel better.”

She told me about a healer she trusted, someone who worked with energy in ways that were both practical and transformative. “He changed my life,” she said, her voice warm and steady. “You should meet him.”

I was delighted. I had heard about healers in stories but never met one. A part of me was also sceptical, wondering if he was “the real deal” but I trusted my friend. And so, I said yes.

I didn’t realize it at the time, but this was the moment my whole life would change.

Meeting the Healer

I’ll never forget the day I met the Healer. The air seemed different, lighter somehow, as if the universe itself was holding its breath. The sky stretched wide and clear above me, and for the first time in what felt like forever, I felt a flicker of possibility.

When I stepped into his space, I was struck by the energy that filled the room. It was warm and gentle, yet undeniably powerful. The Healer stood before me, his presence both calming and commanding. His long, golden hair seemed to shimmer in the light, and his eyes held a depth of understanding that made me feel seen in a way I hadn’t in years.

Beside him stood his wife, a woman whose very being radiated warmth and grace. Her dark, luminous skin seemed to glow, her curls framing her face like an aura of light. Together, they exuded a sense of peace and purpose that was both grounding and uplifting.

I felt a little self-conscious. They had asked me to wear soft, natural tones—white, beige, or cream—and as I stood there in my newly purchased outfit, I felt like an imposter. Habitually wearing bright colors and lots of black, I had to go to the store beforehand to buy

clothes in white. But as I sat down, the tension began to melt away. The air around me seemed to hum with a gentle energy, wrapping me in a cocoon of calm.

And then the Healer spoke.

“You’ve been living underwater,” he said, his voice steady and soothing. “Every day, you fight to rise to the surface, just to take in enough air to keep going.”

His words cut through me like a blade, sharp and precise. My body trembled as a wave of recognition washed over me. He had seen me—truly seen me.

“That’s exactly how I feel,” I whispered.

“You’ve been carrying so much,” he said, his eyes filled with compassion. “But you don’t have to live this way anymore. This is the day it all changes.”

The Protection Shield

What followed was extraordinary. The Healer began to work with my energy, gently clearing away the layers of heaviness I had been carrying for so long. He explained that I had been absorbing the energy of others—taking on their pain, their struggles, their emotions—without realizing it. My sensitivity, which I had always considered a gift, had become my greatest vulnerability.

And then he taught me about the protection shield.

He guided me through a simple yet profound exercise, showing me how to create a radiant field of light around my body. This shield wasn’t just a barrier—it was alive, a dynamic energy that could protect me, nourish me, and restore my strength.

As I activated it for the first time, I felt an immediate shift. My lungs expanded, warmth spread through me, melting away the exhaustion

that had become my constant companion. For the first time in years, I felt lighter, freer. It was like becoming whole again.

A New Beginning

That day marked the beginning of a transformation I couldn't have imagined. With the Healer's guidance, I began to understand the nature of energy—how it flows, how it can be protected, and how it can be used to create a life of abundance and joy.

I learned to recognize the moments when my energy was slipping away and how to stop it. I discovered how to replenish myself, how to create boundaries, and how to live in alignment with my true self. Each step brought me closer to a life where I wasn't just surviving—I was thriving.

But there was one lesson that changed everything: the connection to my HIGHER SELF.

The Healer taught me how to access this part of me—the infinite, wise, and loving essence that had been quietly waiting for me to remember it was there. Through this connection, I found a wellspring of knowledge and guidance that I didn't even realize I was seeking. My Higher Self became my compass, offering me insight into myself, others, and the world around me. It was like discovering a hidden map that showed me how to navigate life with clarity and purpose.

Through this connection, I began to align with the highest potential of every moment. I learned to trust my intuition, to listen to the whispers of my soul, and to take inspired action. And as I grew in this practice, something incredible happened: I began to heal in ways I never thought possible.

But it didn't stop there. What I learned from my Higher Self allowed me to do something no one ever expected—I was able to help the Healer himself.

There were places within him that even he hadn't been able to reach. He couldn't explain how I could know what to do and when to do it with extreme precision. Since my mind was fighting all this new knowledge and claiming I was making it up, I decided to turn off my thoughts about anything healing related and practice instead, only looking for results, not explanation. This way I wouldn't hinder this new expansion that was happening to me.

I began applying these tools in my work as an occupational therapist. The results were astounding. Patients who had struggled for years began making progress at a pace I had never seen before. The tools I was learning and developing through my Higher Self were creating shifts that were faster and deeper than anything else I had ever studied or used.

Eventually, I realized that this work was my calling. The transformation I had experienced was too profound to keep to myself. I practically never ran out of energy anymore. I was always joyful and happy, feeling truly fulfilled. I called myself, "The Happiest Person On Earth."

I made the decision to step fully into this path, leaving behind my role as an OT to become a full-time healer. It wasn't an easy choice, I had a lot of pushback from my own mind but also from the world around me. However this was the most aligned decision I'd ever made. I knew I had found the work I was meant to do—the work that could help others not only heal but thrive.

*In time, I began teaching others the energy tools my Higher Self revealed to me. These tools became the foundation of my work, a way to help others reconnect with their own light and rise above the struggles that had once held them back. They are the tools that have the power to change lives, just as they changed mine. And many of these tools, I'll share with you in this book and the accompanying course "Higher Self Mastery." It all started with one small but profound energy tool, the **PROTECTION SHIELD**.*

Chapter 4

Sensitivity Turned Into Strength

Let's be clear, your sensitivity is not a liability. Sensitivity is the ability to perceive more. To feel more. To notice subtlety.

Sensitivity is a strength.

But sensitivity without protection becomes self-erasure.

In the psychiatric ward, my sensitivity allowed me to sense when someone was withdrawing, when someone needed encouragement, when someone was ready to engage. It made me effective at my job.

Now in my profession as a healer and Higher Self coach my sensitivity is my greatest asset. This easily counts for your sensitivity too, if you know how to handle it.

I was even able to take it to the next level. Nowadays in my practice I'm able to do something that no one else is able to do. I can connect my clients with their Higher Self, the invisible part of them also called Soul and help them access its guidance. I can only do this because I'm sensitive to energies and have now trained myself to not only feel energy but even to communicate and see in the invisible energies. This way I can see and hear my client's Higher Self and translate its information and energy back to my client. I simply have become an energy conduit that never runs out and creates constant happiness and bliss.

Imagine what you could do if you became a master of **YOUR** energy? Your Higher Self has possibilities for you in store you can't even imagine.

But without energetic boundaries, your sensitivity costs you too much and without knowing how to handle energy you simply run out before you enter the realm of excellence and extraordinary performance..

Just like I did, right now you may:

- Feel everyone's despair as if it were your own.
- Carry emotions home that don't belong to you.
- Confuse empathy with taking on other people's pain.

On the other hand, protection gives your sensitivity the strength to thrive without overwhelming you. Protection doesn't diminish your sensitivity. It enables you to shine.

The Shift from Exposure to Containment

After learning the protection shield, something subtle but profound happened.

I stopped bracing myself.

Before, my system was always on alert—open, scanning, responding. It was exhausting. Protection allowed my body to *relax*, because it finally knew where *I* ended and the world began.

This is one of the greatest gifts of energetic protection:

It gives your nervous system permission to stand down.

When you are unprotected, your system is constantly negotiating:

- What is mine?
- What is not?
- What do I need to respond to?

- What do I need to fix?

Protection answers those questions automatically.

Why the Shield is Not a Wall

This is an important distinction.

Many people worry that protection will make them:

- Closed
- Distant
- Less loving

The opposite is true.

A protection shield is not a wall. It is a **filter**.

It allows in:

- Love
- Connection
- Inspiration
- Support

And filters out:

- Overwhelm
- Interference
- Emotional debris
- Energetic noise

With protection, you are not less available—you are **appropriately available**.

How Protection Changes the Quality of Care

Once I began using the protection shield daily, my work changed in ways I didn't expect.

I was still deeply present with my patients—but I no longer carried them with me. I could sit with their pain without absorbing it. I could offer creativity, encouragement, and meaning without sacrificing my own vitality.

And something surprising happened:

My presence became **stronger**.

When your energy is contained, it becomes coherent.

When it is coherent, it becomes stabilizing.

People felt that.

Protection did not diminish my impact.

It amplified it.

Chapter 5

Energy Leakage Explained Simply

Many people don't know this, but our energy actually can leak, and therefore we can inadvertently lose energy throughout the day. Energy leaks occur when: Your attention is constantly outward.

- You feel responsible for other people's emotions
- You try to "fix" rather than support
- You enter environments without energetic preparation

Every time your attention leaves your body without returning, energy leaves with it.

Protection stops the leak.

Why Modern Life Makes This Worse

We live in a world that constantly pulls attention outward.

News.

Notifications.

Social media.

Other people's crises.

Collective fear.

Sensitive people feel this more intensely.

Without protection, your system is always reacting. Always adjusting. Always compensating.

This is not sustainable.

This is why we need to protect our energy field from outer influences, just like we protect our body from rain or cold weather.

Protection is not withdrawal from life—it is **how you stay in it**.

One of the most surprising things I learned is that joy is incredibly vulnerable.

When our energy is unprotected, joy slips away faster than almost anything else. It gets pulled on by people, situations, and responsibilities. It feels fleeting, like it's too delicate to hold onto. This is because your vibration goes down when you lose energy, and your vibration is directly responsible for how good or bad you feel. We'll go more into this in the second part of this book.

Protection helps you to not lose your energy and therefore keeps your vibration high and therefore your joy intact.

When joy is protected, it becomes steady. Creativity flows more freely. Laughter lingers longer. Pleasure feels safe.

This is why people who protect their energy often seem lighter. It's not because life is easier for them—it's because they've learned how to hold onto their joy.

People ask me two things the most:

- 1) How come you are never tired?
- 2) How come you're always joyful?

You now know the key to both of those answers and I can't wait for you to be asked the same questions.

The Daily Practice That Changed Everything

The most important thing I learned is this:

Protection must be **daily**.

Not occasional.

Not only when things feel difficult.

Daily protection is what transforms:

- Exhaustion into steadiness
- Sensitivity into strength
- Care into contribution

Every morning before work, I created my shield.

Every evening, I reset.

Over time, my baseline energy shifted. I no longer woke up feeling behind. I no longer needed to recover from my own life.

And, to my roommate's delight, I began waking up rested and ready to live again.

Chapter 6

What Protection Gives You Back

If your energy is protected, it can be compared to a bank account that stores your money, your energy gets stored in your energy field, and does not leak, nor get robbed, or lost. When your energy is protected, you regain: **Vitality**.

- Performance.
- Emotional consistency.
- Clarity.
- Joy.
- Presence.

You stop living in reaction.

You start living in **choice**.

Why Protection Is An Act Of Responsibility

There is a misconception that protection is selfish.

That it means you are thinking about yourself instead of others.

But in reality, protection is an act of **energetic responsibility**.

When your energy is not protected:

- You become inconsistent
- Your mood fluctuates
- Your capacity changes from day to day
- You cancel, withdraw, or overextend

This affects everyone around you.

Protection allows you to be **reliable**.

It allows your energy to show up the same way today as it did yesterday. It allows people to trust your presence, because your system is stable.

Identity Shift: From Open to Sovereign

Over time, something profound happens when you practice protection consistently.

You stop seeing yourself as someone who is easily overwhelmed or drained. Instead, you begin to see yourself as someone who is energetically sovereign—someone who can navigate the world with strength, clarity, and purpose.

My promise to you

At the end of this book, I'll share a simple daily routine that you can easily integrate into your life. It will bring together all the tools I've shared, so you can create your own daily practice of protection and reclaim your energy.

Chapter 7

How to Direct Energy

Are you ready to create a protection shield for yourself? The first step is understanding how to direct energy. It all begins with a simple yet profound principle that governs the quality of your performance, your emotions, and the outcomes you experience in life:

Where your attention goes, your energy flows.

Your attention is like a spotlight, and the energy you carry follows wherever that light shines. But it goes deeper than just focusing on something. When your attention stays on a thought, image, or belief for more than 15–20 seconds, a powerful process begins to unfold:

- A thought turns into a feeling. Your mind starts to connect that thought with an emotion. Whether it's excitement, joy, fear, or doubt, your body begins to respond to the emotional signal your mind is sending.
- The feeling stabilizes. Once this happens, your emotional state becomes more consistent, and it starts to influence your physical body, your actions, and even your decisions.
- Your state influences your experience. When your feelings stabilize, they create a vibration—a frequency—that begins to ripple outward. This vibration affects the energy you radiate, and it draws similar energy back to you, shaping the situations and experiences you encounter.

This is why your intention is so important. Your intention is like the quality control for your energy. It determines whether the energy you're sending out into the world is positive, hopeful, and aligned with your highest good—or whether it's scattered, fearful, or filled with doubt.

Let's look at **a clear example of how this principle works in real life:**

Think about athletes, like Michael Jordan. When he practiced, his attention wasn't divided between success and failure. He didn't spend his time worrying about what might go wrong. Instead, he trained his mind to focus solely on one outcome: the ball going into the net. Over and over, he visualized success. He placed his attention on the result he wanted to achieve.

That focus created a powerful internal state—a feeling of certainty, confidence, and determination. It wasn't just about his physical skill; it was about how his energy aligned completely with his intention. That feeling of certainty translated into his movements: his timing, precision, and confidence. His energy, thoughts, and actions worked together in harmony, increasing the likelihood of success.

Now imagine the opposite. Picture another athlete with the same physical skills stepping up to take the same shot. But instead of focusing on the ball going into the net, their attention is consumed by fear. *What if I miss? What if I fail?* They hold onto that thought, and within seconds, it creates a feeling—hesitation, doubt, maybe even panic. That feeling then affects their body: their hands tremble, their stance falters, their movements become less precise. The shot is off. The outcome is no longer aligned with success because their energy and attention were directed toward failure.

This principle is not limited to sports—it applies to every area of life. Whether you're preparing for a job interview, having a difficult conversation, or creating a protection shield for yourself, the same mechanism is at play.

The Mechanism of Energy: Law of Resonance and Intention

This principle—*where your attention goes, your energy flows*—is connected to a larger universal mechanism.

What you consistently think and feel creates a state.

- For example, if you constantly think thoughts of gratitude, you'll begin to feel grateful. That gratitude becomes a state of being—a way you move through the world.

That state creates a vibration.

- Your thoughts and emotions don't just stay inside you. They create an energetic frequency that radiates outward, like ripples in a pond.

That vibration matches you with similar experiences.

- This is the law of resonance. Your internal vibration aligns with external circumstances that match its frequency. If your vibration is rooted in gratitude, you'll start to notice more things to be grateful for. If your vibration is rooted in fear or doubt, you'll attract more situations that reinforce those feelings.

This is not some abstract, mystical idea—it's practical and observable. It's why athletes visualize success before a game. It's why high performers practice mindfulness and cultivate positive mental states. And it's why your intention is so critical when working with energy.

Just like electricity flows through a cable when it's connected to a power source, your energy flows wherever your attention is placed. But here's the key: your intention determines the quality of the energy you command.

Real-Life Examples of Intention Shaping Energy

Think about a time when you walked into a room and immediately felt the energy shift. Maybe it was a tense meeting where everyone seemed on edge, or a celebration where the air was electric with joy. That's energy in action. The collective focus and emotions of the people in the room created a tangible atmosphere that you could feel.

Now, consider how your own energy impacts the world around you. Have you ever had a moment where you entered a situation feeling confident and calm, and everything seemed to flow effortlessly? Or, on the flip side, have you ever approached a task feeling rushed, frustrated, or doubtful, only to find that nothing went as planned?

The difference in those experiences wasn't just luck—it was the quality of energy you brought with you. Your intention shaped your energy, and your energy shaped the outcome.

Applying the Principle to Your Protection Shield

When it comes to creating a protection shield, this principle is the foundation. To build a shield that protects you, you must first understand how to direct energy.

When you understand that your attention directs your energy, and your intention shapes the quality of that energy, you unlock an incredible power. You can use this principle to consciously direct energy in the form of light, creating a shield that not only protects you but nourishes you, strengthens you, and allows you to thrive.

This is the first step. And as you continue through this book, you'll discover more tools and practices that build on this foundation—tools that will help you align with your Higher Self, protect your energy, and step into the fullness of who you are meant to be.

Chapter 8

Creating The Protection Shield

Remember **where your attention goes, the energy flows.** This is very important for this practice as it allows you to create a protection shield whether you are good at imagining and sensing energy or not.

If imagining is not your forte, you may be someone who *commands* energy rather than visualizes it. In this case, whenever I use the word “imagine,” simply replace this word with “intend.”

The energy follows your attention and when you intend something you have undivided attention on the very thing you're intending. The same counts for imagining. So the result is exactly the same. Trust this as this is a law as solid as the law of gravity.

Let's start.

Stand comfortably. Feet grounded. Spine relaxed but upright.

Call on Archangel Michael three times.

Ask him to stand with you.

Ask him to assist you in creating a shield of divine protection.

Imagine or intend his presence — steady, calm, unwavering.

Now imagine a brilliant white light descending from Source.

It enters through your crown chakra — like a column of liquid radiance — and flows down through you. Pure. Intelligent. Alive.

Make a gentle fist.

Extend your index and middle finger.

Let your thumb rest across the other fingers.

Imagine the light now coming out of the tips of your two fingers.

Like a laser.

Like focused intention.

Now with the hand in this position, let your arm hang naturally at your side.

Begin to slowly turn clockwise.

As you turn, imagine the light streaming from your fingers to draw a circle around you. A perfect ring of white light.

Turn in a circle deliberately. Consciously.

When you reach the place where you began, overlap the light slightly. Seal it. Close it fully.

Better to overlap than to leave even the smallest opening. Energy, when funneled through a narrow gap, intensifies. We want continuity — smooth, whole, complete.

Once the circle is complete, a cone of light forms around you. A radiant pillar.

Pause inside it.

Ask Archangel Michael to fortify this shield.

Let it move through your body and out through your right hand.

Ask him to make it movable — so that when you walk, the cone walks with you. You are not stepping out of protection. Protection travels with you.

The density will increase. It stabilizes, creating calm authority.

Now imagine this white light expanding.

See it filling your entire auric field — six to nine feet in diameter — surrounding not only your body but your subtle layers.

A luminous cone.

Strong. Intelligent. Loving.

Give thanks.

Relax your hand.

And move into your day knowing:

You are sovereign in your field.

You are guarded.

You are walking inside light.

This is your protection shield.

It is flexible.

It is intelligent.

It allows in only what serves your highest good.

What to Expect After This Practice

You may feel:

- Grounded
- Calmer
- Heavier (in a good way)
- Clearer

Or you may feel very little at first.

Protection builds through **consistency**, not intensity.

Journaling Prompt: Noticing the Shift

After practicing protection for a few days, reflect on the following:

- How do I feel at the end of the day compared to before?
- What situations no longer drain me as much?
- Where do I notice more emotional steadiness?
- What surprises me?

Write without censoring.

Notes

Notes

Notes

Notes

Calling in Higher Support

You are not doing this alone. Just like electricity, energy isn't visible to the human eye, nor are light beings such as angels. Does this mean they don't exist? I leave this question up to you to decide.

But I do want to encourage you to put your beliefs through a test. Try using the protection shield and all the tools in this book for a minimum of 3 weeks and see what changes. Just like we plug in a lamp into an outlet to test if there's electricity, you can plug in those tools and see if your energy changes.

The same counts for light beings/angels. Try calling on them and see if your life gets easier. If not, nothing is harmed, if it does, you may want to continue and get your mind used to a different/better reality than the one you bought into before. But as I said, this is up to you. I simply ask you to test these principles for yourself and see the results.

What happens when we call on Archangel Michael, we are inviting support from a light being that is deeply attuned to protection. He is known as a guardian, holding a frequency that stabilizes, strengthens, and protects the energy field.

There are light beings who understand energy far beyond what we can perceive in our human bodies. When we invite them in, they assist us in ways that are precise and intelligent.

Just like in life, when you have a guide or a teacher, you move more safely and more clearly. You make better decisions. You feel supported as you walk forward.

Energy works the same way.

When you call on higher light beings, you are choosing to work with guidance that already understands what you are learning.

Archangel Michael is especially aligned with protection. He serves on what is often called the blue ray of protection, and his presence supports the strengthening of your field.

If the word “angel” does not resonate with you, simply call on what feels true.

You can call on light.

You can call on protective energy.

You can call on God directly.

What matters is your intention and your openness to receive support.

Just like it is said in the Bible “ask and ye shall receive,” the moment you call on help from above, your field begins to respond.

Why We Call Three Times

There is a reason I guide you to call three times.

This has to do with the law of resonance.

Resonance is how energy becomes real in your experience. It is how something moves from subtle into form.

Repetition is part of that process.

You see this in everyday life.

When something is said once, it can pass by unnoticed. Your attention may be somewhere else. When it is said again, you begin to notice it. When it is said a third time, it lands. Your system registers it.

This is why teachers repeat important information. This is why speakers emphasize key points three times. Your brain is designed to recognize importance through repetition.

Energy follows the same principle.

When you call once, you initiate the connection.

When you call a second time, your system begins to align with what you are calling in.

When you call a third time, the connection stabilizes. It becomes present in your field.

At that point, it is no longer something you are reaching for. It is something that is there with you.

Everything that is repeated three times carries a stronger presence. It draws attention. It anchors. It becomes real in your experience.

This is why we say:

Archangel Michael

Archangel Michael

Archangel Michael

With presence. With clarity.

And over time, you will feel the difference. Your system begins to recognize the moment the connection settles into place.

The Hand Position and Its Meaning

There is also a reason for the hand position used in the protection shield.

Two fingers extended—the index and the middle finger—while the rest of the hand forms a gentle fist.

This gesture has been used for centuries as a symbol of protection and directed energy. You can see it in many depictions of Jesus Christ, where it represents the transmission of focused light.

This is not symbolic in a decorative way. It is functional.

When you use this hand position, your energy becomes directed. It moves through a clear channel rather than dispersing in all directions.

At the same time, it begins to establish protection immediately.

As you draw your protection shield with this gesture, you are already reducing the impact of outer influences. Your field becomes more contained and more defined.

This is why the hand position is so powerful. It supports both direction and protection at the same time.

Chapter 9

Other ways of creating a Protection shield

There will be moments where you are not in a position to physically create the protection shield. You may be in public. In a conversation. In a space where standing up and turning in a circle would feel uncomfortable.

In those moments, you can create the entire protection shield internally.

Creating the Shield Without Physical Movement

Where your attention goes, energy flows.

You can see yourself in your mind.

You can intend the movement.

You can feel the light coming down through your crown, moving through your body, and out through your fingers as you place the shield around you.

This is almost as powerful as creating it physically.

Your attention is what directs the energy.

In the beginning, the physical movement supports stronger focus. Over time, as your system becomes familiar with the protection shield, imagining it becomes just as effective.

Your body learns the pattern.

Your field recognizes it.

The protection becomes immediate.

When You Can Only Ask

There are also moments where even imagining the shield feels difficult. Such as when you're sick or in an emergency.

In those moments, you can ask.

You can say:

“Please place a protection shield around me.”

This works.

When you ask, you invite support.

When you place your attention on it, you strengthen it.

Because your attention naturally moves after asking, you may need to repeat this more than once. Each time you return to it, the shield becomes stronger.

Over time, especially if you continue practicing the physical shield, your system becomes so familiar with protection that even a simple request creates a stable and clear field around you.

Extending Protection Beyond Yourself

This is also how you create protection for things that are not within your immediate physical reach.

- Your children.
- Your home.
- Your car.

- Your belongings.

You do not need to physically walk around them.

You imagine it.

You intend it.

And you ask for it.

Asking invites the support to place the protection.

Your attention strengthens it.

This is how you create protection for anything, regardless of distance or size.

Over time, this becomes second nature.

Your system becomes familiar with protection.

Your energy remains with you.

And you move through your life with a steady, clear field that supports you in everything you do.

Chapter 10

Advanced Uses of the Protection Shield

As you grow more familiar with the protection shield, it becomes less of a task and more of a way of being. It's no longer something you actively "do" all the time—it becomes an integrated part of how you move through the world.

Protection in Dense Environments

Some environments carry heavier energy than others. Places like malls, hospitals, large institutions, crowded public spaces, or anywhere filled with fear, illness, or emotional intensity can feel overwhelming. These spaces aren't inherently "bad," but they are dense, and that density can impact you if you're not prepared.

Before entering these places, it's important to strengthen your protection shield. Taking a moment to ground and center yourself can make all the difference.

This isn't about avoiding the world or shutting it out—it's about stepping into it with presence and preparation.

Before I walk into a dense environment now, I pause—sometimes for just a few seconds—and reinforce my shield. I remind myself that my energy is stable, supported, and whole. That small moment of intention shifts everything.

Protection for Children

Children are naturally open, both emotionally and energetically. They haven't yet developed the boundaries that help them navigate the world. This openness makes them beautifully intuitive and sensitive, but it also leaves them vulnerable.

As caregivers, we have the ability to protect their energy field. This isn't about controlling or limiting them—it's about offering them a safe container while they learn to create their own.

You can place a protection shield around your child at key moments in their day:

- In the morning, to prepare them for the world.
- Before school, to help them stay grounded.
- At night, to create a sense of safety as they sleep.

You don't need their permission to do this. Your role as a parent or guardian is to support and protect them until they're ready to take over that role for themselves.

Protection for Loved Ones (With Permission)

When it comes to adults, free will is essential. Energetically, this means we must honor their autonomy.

You can offer to create a protection shield for a loved one, but it's important to ask for their permission first. A simple spoken or silent request is enough. If their answer feels unclear or hesitant, trust that and don't proceed.

Offering protection without permission can create resistance, and it may unintentionally interfere with their own Soul's journey. Balance is key in all things, and an act born of imbalance will never create harmony.

However, when someone gives you their consent—even if it’s a standing invitation, like “You are always welcome to create a protection shield for me”—it can be a profound gift. Protection offered with love and permission creates a sense of deep relief and support.

Protection for Belongings

This might seem like an unusual concept at first, but protecting your belongings with an energy field is actually possible. You can place a protection shield around your car, your home, your bag in public or your tent at the campground, and this will protect them from being stolen or broken. It also helps you to avoid accidents.

Every morning, I take a moment to protect my home. Before I drive, I protect my car. These small acts only take seconds, but they create a noticeable difference. This makes me feel confident and relaxed as I begin the day.

When Protection Becomes Tangible

There comes a point in every spiritual practice when belief is no longer something you have to hold onto—it simply becomes a part of your reality.

That’s what happened with protection for me. It stopped being an abstract concept or a theory. It became something I could feel, something I could trust.

This shift didn’t happen during meditation or in a quiet moment of reflection. It happened in the most unexpected way.

It became tangible in fire.

Chapter 11

The Wood Shack in Freiburg

I was living in a beautiful old apartment in a picturesque town in the south of Germany – Freiburg, with its cobblestone streets, soft cathedral bells, and that golden light that seems to linger on red rooftops in the evening. The ceilings in my apartment were high, the windows tall and slightly uneven with age. It had character. It had Soul.

And it was heated with wood.

I chose it that way.

I have always loved fire. The movement of it. The warmth. The way it gathers people into presence. Fire feels alive to me – grounding and mystical at the same time. So when I found an old apartment still heated by a wood stove, I felt an immediate yes in my body.

Choosing that apartment meant choosing the lifestyle that came with it.

All summer long, while others were at lakes or cafés, I was in the forest.

It became a ritual. A full operation. A wood-cutting expedition that required planning, muscle, and loyal friends who were willing to trade their weekends for sweat and laughter. I would borrow a truck. We would drive out early. The forest air carried that deep green scent of moss and sap.

We cut older trees that had been marked for removal. First the large trunks fell. Then we cut them into manageable logs. Then again into smaller sections. Then came the splitting — hours of rhythmic force, axe meeting wood, the crack of fibers separating cleanly. Pile after pile slowly growing.

It was labor. Real labor.

And I loved it.

There was something ancient about preparing for winter with your own hands. Something deeply human. We would load the truck until it was full, drive back, unload it, stack it neatly. And because my apartment was on an upper floor, every single piece had to be carried upstairs. Armful after armful. The smell of wood filling the stairwell. My body sore and satisfied.

I needed a lot of wood for a German winter.

So I had a shack in the suburbs of Freiburg where I stored the majority of it. It was simple. Practical. Surrounded by other shacks and other stacks belonging to other families who also depended on fire for warmth.

All summer long, my stack there grew.

Slowly filled.

Carefully arranged.

Each piece was placed with intention.

Then autumn arrived.

The leaves turned deep red and amber. The air shifted. You could feel the temperature dropping in the mornings. The season of fire was approaching again.

My wood stack was completely full. Ready. Prepared.

That morning, I was about to drive out to the shack to load my car and bring the first round of wood home. I could already picture the stove glowing again in my apartment. I was moving through my morning when the phone rang.

It was the owner of the wood shack.

Their voice carried something heavy.

There had been a fire.

They did not yet know the cause. It had spread quickly. The entire wood shack complex had burned down. They were very sorry to tell me that the building no longer existed.

I felt the words land inside me like a physical weight.

An entire summer of work.

Days in the forest.

Truckloads.

Carrying wood upstairs.

Every single log.

Gone.

I did not wait long. I got on my bicycle and rode out there. The ride felt unreal. My body moved automatically. My thoughts struggled to catch up.

As I approached, I saw blackness before I even reached the entrance.

The entire area was charred. The building itself was gone — completely collapsed into itself. Where walls had stood, there were only

dark outlines. The air still smelled of smoke. The ground was coated in gray ash.

Trees along the side had been scorched — their bark blackened and seared by the heat, their surfaces blistered by flame, yet their cores still standing.

I walked slowly.

Section after section came into view.

My fellow humans' stacks — gone. Reduced to soft gray heaps. Carefully prepared wood transformed into powder. Entire winter supplies erased overnight.

There was no structure left intact.

Everything was ash.

I kept walking toward the section where mine had been stored.

My heart was beating in my ears.

And then I saw it.

At first, my brain could not compute the image.

Because in the middle of uniform destruction, something stood upright.

My wood stack.

Fully formed.

Precisely as I had left it.

The outermost layer carried a light blackening from exposure. A faint marking from the surrounding flames. Yet the structure itself

stood solid. When I stepped closer and touched it, the logs inside were completely intact. Dry. Usable. Perfect.

It was the only stack standing.

All around it — ash.

In front of it — ash.

Behind it — nothing but cinder and dust.

People were calling it a miracle.

I stood there very still.

I knew exactly what had happened.

Every morning, I place a protection shield over my belongings. I visualize containment. I anchor the field. I call in Archangel Michael to guard and secure what is within my care. It is a daily practice. Calm. Consistent. Intentional.

My wood had been inside that shield.

Standing there in Freiburg, surrounded by the evidence of fire's force, something shifted permanently in me.

This was not imagination.

This was not wishful thinking.

*This was **ENERGY MASTERY**.*

Energetic containment had expressed itself physically.

The flames had moved through the complex. They had consumed what was uncontained. They had blackened trees. They had collapsed beams. They had erased entire winters of preparation.

And yet the field around my wood had held.

The experience settled deeply within me, imprinted into my nervous system.

My mind, so often prone to doubt, grew quiet. There was nothing left to question. The proof was undeniable, standing in front of me, clear as day.

Protection is real.

The shield is real.

Archangel Michael's guardianship is real.

As I rode my bicycle home that day, something had shifted. The streets of Freiburg looked unchanged—the same red leaves, the same crisp air—but within me, there was a calm I hadn't felt before. A quiet steadiness had taken root, deeper than ever.

The fire had revealed its power.

The shield had revealed its strength.

And from that day forward, my protection practice carried a deeper certainty — anchored not in belief, but in certainty that came from experience.

Chapter 12

Protection In Practice

That moment shifted my understanding of protection in a way I couldn't have anticipated. Until then, protection had been something I felt—something that transformed my inner state, my energy, and got rid of the exhaustion. But then, I saw it could do more. It could impact outcomes in the physical world.

Protection is a powerful force. It's an organizing principle that brings coherence and alignment to your energy. When your energy is steady and contained, it creates a ripple effect in the world around you. It's not about controlling reality—it's about stepping into harmony with a higher order.

The Nervous System Finally Exhales

One of the most profound gifts of daily protection is the way it affects your body.

When your energy is unprotected, your nervous system is always working overtime. It's constantly scanning your environment, asking questions like:

- What do I need to handle?
- What am I taking on?
- What am I responsible for?

Protection quiets this noise. It gives your body permission to relax and let go. Your system no longer needs to brace itself for every interaction or brace against the unknown.

This is the moment when energy stops leaking.

How Protection Becomes Second Nature

The beauty of protection is that it can become as natural as breathing.

It's not something you need to question or debate with yourself. It's simply part of how you move through life, like locking the door when you leave the house.

As you make protection a daily practice, you'll notice how it begins to transform you. Your energy will stabilize, your baseline will rise, and you'll feel more spacious and emotionally balanced. Over time, you'll stop thinking about it—it will simply be woven into the fabric of your day.

Habit Stacking: A Sacred Practice

When I left the healer that day, I felt a sense of renewal—glowing, trembling, and breathing more freely than I had in years. In that moment, I made a quiet promise to myself:

This would not be a one-time experience.

The light I felt was generous, but I knew it would respond to my commitment. The healer had not only helped me clear my energy, but he had also shown me how to protect it. I understood that this needed to become a daily ritual. Not something elaborate or dramatic, but something steady and consistent.

This is where the practice of habit stacking becomes transformative.

Habit stacking is simple: you take something you already do every day—something natural, reliable, and anchored in your routine—and

pair your new practice with it. Instead of trying to remember to protect your energy, you integrate it into the rhythm of your life.

There's no need to carve out extra time or rely on willpower. You simply weave the practice into what you're already doing.

Do you drink tea in the morning? That can become your sacred moment. As your hands wrap around the warm cup, you can activate your protection shield. Let the rising steam remind you of light surrounding your body. As you take the first sip, feel the shield gently sealing around you—radiant, breathable, and alive.

If you prefer coffee, let the process become your practice. As the machine hums and the coffee pours, imagine light pouring around you. With the first sip, feel the shield forming—a presence that is steady and strong.

Your morning tea becomes a temple. Your coffee becomes a moment of grounding.

If you brush your teeth, use that time. As you stand in front of the mirror, imagine light washing over you from head to toe. While you clean your teeth, you can also cleanse your energy. By the time you rinse, you're ready to face the day—physically and energetically renewed.

You can also use your shower as a sacred moment. Water is already a symbol of cleansing. As it runs over your body, picture it activating your shield—a luminous layer of light forming as you step out. The towel becomes a symbol of integration, and the mirror reflects your readiness.

Even the simplest actions can carry this practice:

- Place your hand on the doorknob and feel your shield rise.
- Start the car engine and let the light surround you.
- Click your seatbelt and feel the shield secure.

If you check your phone first thing in the morning, let that be your cue. Before opening messages or scrolling through social media, take a moment to shield your energy. Protect your inner world before engaging with the outer one.

The beauty of habit stacking is that it works with your brain's natural love for patterns. When you pair one action with another consistently, the second action becomes automatic. Over time, you won't have to think about creating your protection shield. It will simply happen, like breathing or blinking.

The Evolution of the Shield

When I first learned to create the protection shield, it felt like drinking water after being parched for days. My body was so depleted that the light felt like nourishment, quenching an intense thirst.

As I grew stronger, something shifted. The shield was no longer just a way to survive—it became a way to thrive. It wasn't just about finding relief from exhaustion anymore. It became a practice of honoring my energy, of stepping into my own radiance.

This is the transformation that habit stacking allows.

At first, you might create the shield because you feel overwhelmed. Over time, you'll do it because you recognize the value of your energy. Eventually, it will become an expression of who you are.

You'll move through the world as someone who is luminous and protected.

A Refined Exchange

One of the most beautiful aspects of the protection shield is the way it transforms how you connect with the world.

The shield doesn't separate you from others. Instead, it refines the energy you exchange.

You'll still love deeply. You'll still serve with passion. You'll still feel compassion in its fullness. But you'll no longer feel like you're drowning in emotions that aren't yours. You'll no longer absorb the energy of every room or carry the weight of every conversation.

Instead, you'll remain steady and resourced. You'll leave interactions feeling whole and energized, rather than drained and unsure of why.

This is how someone who once felt like they were drowning becomes a lighthouse. Not through a single, miraculous moment, but through small, consistent acts of devotion.

It's in the simple, sacred moments of your day:

- Wrapping your hands around a warm cup of tea.
- Brushing your teeth in the morning light.
- Feeling water cleanse your skin in the shower.
- Turning the key in your car ignition.
- Clicking your seatbelt into place.

Each of these moments becomes an opportunity to invite light into your life, to anchor your energy, and to move through the world with grace.

And one day, you'll look back and realize something extraordinary:

You've been full of energy—easily, completely, and effortlessly—the entire time.

Chapter 13

Daily Practice 1

Your Daily Protection Rhythm first version

Throughout the book together you and I will slowly create a routine for you that implements the tools described here into your day. In a seamless way. Today I'm offering you the simplest rhythm—the one that sustained me through the most demanding work of my life:

In The Morning

- Call on Archangel Michael, ask him to protect you and to help you create the protection shields
- Create a protection shield around yourself
- Around your loved ones
- And around your home, car, and belongings

During the Day

- Reinforce the Protection Shield entering dense environments
- Reinforce if you feel drained or overstimulated

In The Evening

- Restore your Protection Shield
- Prepare your body for rest

This rhythm does not take time.

A Common Question

“What if I forget to protect?”

You simply begin again.

Protection is forgiving.

The moment you remember, it responds.

Keep at it, it's worth it. **You are** worth it!

What comes after Protection?

Protection stabilizes your energy.

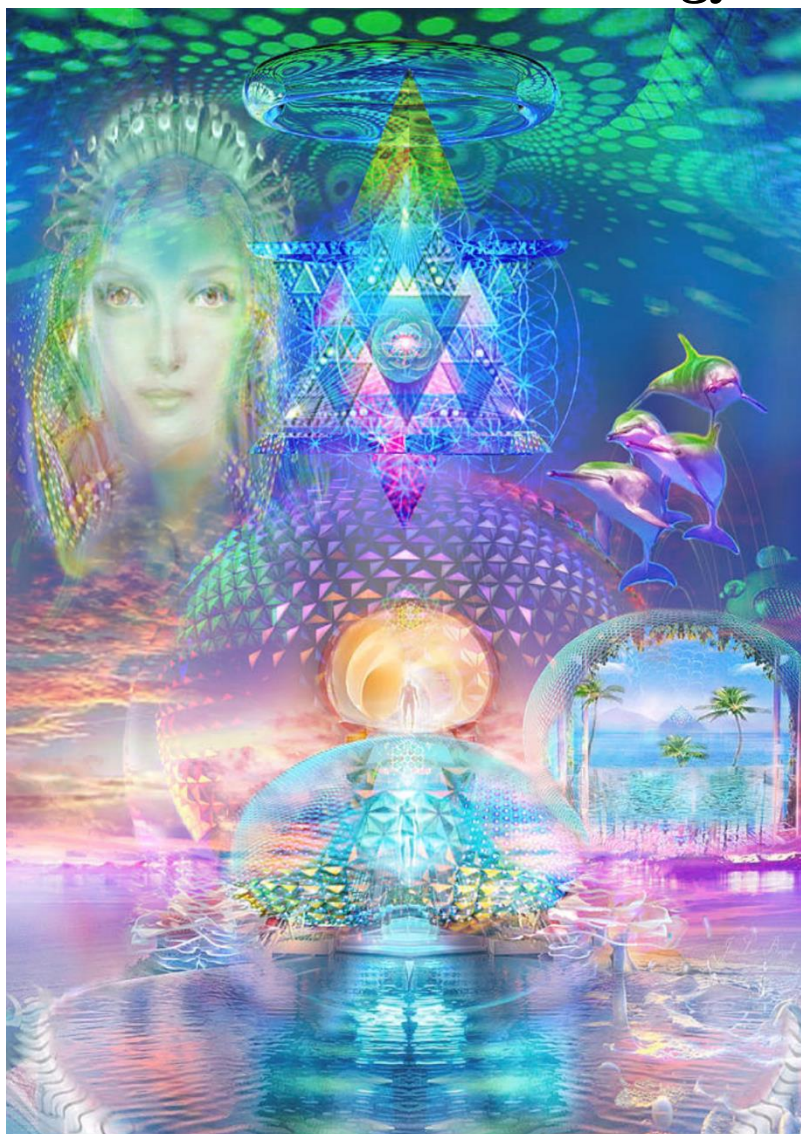
And once your energy is stable,

you can begin to transform it.

Because some energy is already within your field or needs to be changed into something more beneficial. This is where we're going next.

Part II

Transform Your Energy



Chapter 14

Transformation

There are times when protection is exactly what you need.
A container. A boundary. A sacred perimeter of light that says:

This is me.

And this is not.

And then there are times when protection is not the full answer—because the energy is already there.

In your field.

In your mind.

In your nervous system.

In the room.

In those moments, you don't only need a shield.

You need alchemy.

You need something that does not merely block, but transforms.

This is where the next tool I want to introduce to you comes in.

The healer taught me the protection shield first because it is foundational. It stops the leak. It gives the nervous system a boundary so it

can finally exhale. But after the shield, he introduced something that felt even more mysterious to my logical mind:

A flame.

Not a physical one—but a frequency.

A field of spiritual fire that doesn't burn matter...

It burns distortion.

It dissolves what does not belong.

It transfigures what is dense.

It transmutes fear back into light.

And the first time I worked with it, I understood something I had never understood before:

Some energy does not need to be fought.

It needs to be upgraded.

This flame, like electricity and the light from the protection shield, is invisible to the human eye. Nevertheless it is a powerful tool which, when used in the right way, can transform your energy from negative to positive, from low vibrational to high vibrational and more.

The Difference Between Protection and Transmutation

Protection is like closing your windows during a storm.

You stay dry. You stay safe. You stay inside your own atmosphere.

The Violet Flame is what you use when the storm already blew through, and everything feels damp.

It is what dries the air.

It clears the residue.

It restores your frequency.

The shield protects your field.

The Violet Flame purifies your field.

Protection keeps energy from entering.

Transmutation changes the energy already present.

It is not either-or.

It is both.

And once you know how to use the Violet Flame, you stop being afraid of density.

Because you realize:

You don't have to carry it.

You don't have to absorb it.

You don't have to push it away.

You can transform it.

Chapter 15

The Nature Of The Violet Flame

What is the Violet Flame exactly?

As I mentioned above, the Violet Flame is a cosmic flame—an invisible light of transmutation.

The Violet Flame is a frequency of alchemy.

It is a transformative energy that takes what is dense, misaligned, or heavy and elevates it into its highest possible vibration. Wherever it is placed, it does not simply remove energy—it refines it. It reorganizes it. It lifts it into a more coherent, harmonious state.

This is why it creates positivity where there was negativity. The original energy is not pushed away or suppressed. It is alchemically changed into a higher expression of itself.

At a metaphysical level, everything is frequency.

Thoughts carry frequency.

Emotions carry frequency.

Spaces, interactions, and outcomes all exist within energetic fields that are constantly in motion.

When a field holds lower-frequency patterns—such as tension, fear, confusion, or distortion—it tends to organize experiences that match

that frequency. Conversations become strained. Situations become complicated. Outcomes begin to reflect that underlying density.

The Violet Flame enters that field and raises its vibrational state.

As the frequency rises, the structure of the field reorganizes. What could have unfolded in a heavy or misaligned way begins to shift toward clarity, ease, and coherence. This is why the Violet Flame can change outcomes before they occur. It works at the level where reality is forming, not only where it has already materialized.

You are transforming the energetic blueprint before it expresses.

This is the essence of alchemy.

You can think of it in a very simple way.

Physical fire transforms whatever it touches. It changes wood into ash, reshapes matter, and releases what is stored within it. The Violet Flame works in a similar way, only on an energetic level.

It is a fire of transformation—an invisible flame.

Just as the light you use in the Protection Shield is not seen with your physical eyes yet clearly felt and effective, the Violet Flame is not a physical fire. It is an energetic flame that moves through your field and the fields around you, transforming energy at its core.

It does not burn in a destructive way.

It refines.

It elevates.

It restores.

The Violet Flame interacts with energy fields, timelines, and probabilities. When you place it on a situation, it begins to dissolve distortions within that field and align it to its highest potential. Interactions

become smoother. Decisions become clearer. Events begin to unfold in a more supportive way.

It also works within your personal field.

Stored emotional energy, repetitive thought patterns, and energetic imprints from past experiences all carry a certain vibrational signature. The Violet Flame refines these imprints, releasing the density and restoring flow. As your field becomes clearer, your external reality naturally reflects that clarity.

The more you work with it, the more you begin to notice that life responds differently.

Situations resolve faster.

Energy moves more freely.

There is a sense of alignment that begins to lead.

The Violet Flame is not something you generate.

It is something you access—a cosmic fire of transformation that is always available.

When you call it in and direct it, you are engaging with a field of alchemy that continuously brings energy back to its highest expression.

The Violet Flame's Guardians

When you call on the Violet Flame, you are not only working with an energy—you are also connecting with a specific frequency of transformation.

You may notice that I call on Archangel Zadkiel or St. Germain.

For some, these are very real beings—guides who hold and amplify the frequency of the Violet Flame. For others, this may feel unfamiliar or unnecessary. Both approaches are completely valid.

You can understand Archangel Zadkiel and St. Germain as intelligent fields of energy that represent compassion, transformation, and refinement. When you call their names, you are tuning into that frequency—like selecting a station that supports the shift you are asking for.

If you experience them as beings, you may begin to notice their distinct qualities.

Archangel Zadkiel carries a gentle, spacious presence. His energy is deeply connected to mercy, compassion, and allowing. When you work with him, there is a sense that everything can soften, everything can be released, everything can return to harmony.

St. Germain often comes through with a sense of precision and forward movement. His energy carries the quality of alchemy—the transformation of dense energy into something refined and supportive. There is a momentum with him that helps shift patterns and situations into a higher expression.

Both hold the Violet Flame and work closely with it.

You may feel drawn more strongly to one or the other, or you may work with both. There is no right way here. Follow what feels natural to you.

If relating to them as beings feels natural, you can speak to them directly, just as you would to someone you trust. Simple, clear, and genuine communication creates a strong connection.

If that does not resonate, you can simply call in the Violet Flame itself and work with it as a transformational energy. The effect remains.

What matters most is your relationship to the process.

Over time, you may begin to notice subtle shifts—a lightness in your field, more ease in situations, a sense that things resolve more smoothly.

Whether you experience this as energy, presence, or simply as a shift in how life unfolds, you are working with the same principle:

Energy can be directed.

And what is dense can be transformed.

How the Violet Flame Works

Anytime you invoke the Violet Flame:

- Dense energy is softened
- Unwanted patterns dissolve
- Situations reorganize
- Outcomes align with the highest good

It can be placed:

- On yourself
- On belongings
- In front of your car
- Between people in conversation
- On clients before they arrive
- On situations before they unfold

It not only works after something occurs but it also works **before** problems manifest. It's sort of like a prevention of negativity.

I'll share more on how to invoke the violet flame in a moment but first I'd like to take you back with me when we saw the violet flame at work (in unison with the protection shield) in the most magnificent ways.

Chapter 16

The Volcano Erupts

In 2018, my understanding of protection and transformation was tested in ways I could never have foreseen. The test did not come gently, like the shifting of seasons or the quiet stirrings of a storm. It rose from the depths of the earth itself, raw and unrelenting, shaking the very ground beneath our feet.

At the time, we were living on the Big Island of Hawaii, in a spiritual community dedicated to the teachings of the ancient and wise saint, Paramhansa Yogananda. The community, called Polestar, was nestled on a piece of land that felt timeless—older than memory, older than the stories we tell ourselves. There was something alive in the air, a quiet hum that seemed to vibrate through everything. The trees stood tall and watchful, as if they carried the wisdom of centuries. The soil beneath our feet was warm, even after the sun had set, as though the land itself held the breath of creation within it. Walking barefoot, you could feel the pulse of life, steady and strong, moving through you like a current.

And then, one day, that pulse began to shift.

At first, it was barely noticeable—a single earthquake, just enough to make you pause and laugh nervously. But then another came. And another. Soon, the tremors were constant, hundreds of them rippling through the ground every day. The earth seemed alive, heaving and stretching under immense forces deep below. Cups rattled in

the cabinets. Doors creaked softly against their frames. The land beneath us felt restless, as though it were preparing for something far beyond human understanding.

One morning, we drove just past our driveway and saw it—a massive crack, jagged and raw, splitting the asphalt in two. It was as if the earth had been torn apart by invisible hands, a gaping wound that could no longer be ignored.

The volcano was going to erupt.

Lesson: The Pulse of Energy

As I reflect on this moment, I now understand that the pulse I felt in the land wasn't just physical. It was energetic. The earth itself was shifting, releasing built-up energy in a way that was both destructive and transformative. This is the nature of energy—it must move. When it becomes stagnant or blocked, it builds pressure until it finds release.

The same is true for us. In our own lives, we hold onto energy—whether it's fear, anger, or doubt. Over time, that energy builds up, creating tension and imbalance. But when we learn to work with energy consciously, we can release it in ways that are healing rather than destructive.

This is one of the reasons I teach the Violet Flame tool. The Violet Flame is a powerful energy tool that transmutes heavy, stagnant energies into lighter, higher vibrations. It allows us to release what no longer serves us, just as the earth released its pent-up energy in the form of the eruption. The difference is that with the Violet Flame, we can guide the energy intentionally, transforming it into something that supports our growth and alignment.

Evacuation

On May 3rd, 2018, we left home for what was meant to be a simple two-week trip to visit my partner in California. As always, I had

taken the time to meditate before booking the trip, asking for clarity on the right timing. A specific date had come to me, calm and certain, so we planned our departure accordingly.

That morning was no different from any other. We packed our bags, loaded the car, and took a final look at the trees swaying gently in the breeze. The air was peaceful, still, almost deceptively calm.

We climbed the stairs to board the plane, one hand on the railing, the other holding our phones. Suddenly, a chorus of alarms filled the air. Phones buzzed and blared around us, each one carrying the same urgent message:

The volcano was erupting.

A fifty-foot fountain of lava shot into the sky, a fiery column of molten rock and ash rising from the earth just a mile from our community. Evacuation orders were issued immediately.

Halfway up the stairs to the plane, the weight of the moment hit me. In an instant, everything shifted. The life we had known just hours earlier was gone, replaced with uncertainty. My heart raced as my mind filled with questions.

Were our friends safe?

What would happen to the animals?

Should we stay?

Should we go back?

I called the woman who had been caring for my horse. Her property was dangerously close to the eruption site, less than half a mile from the first fissure. Her voice was calm but firm when she answered.

“We’re already evacuating the horses,” she said. “The lava is moving quickly, and the smoke is too dangerous for them to stay.”

I hesitated, torn between the instinct to return and the quiet trust that told me I was exactly where I needed to be. “Do you think I should get off the flight?” I asked.

There was a pause. Then, with a steady voice, she said, “No. We’ve got him. Go. You’re where you need to be.”

Her words settled over me like a weight lifting. The decision had been made.

They loaded my horse into a trailer and drove him an hour south, away from the danger. And I stepped onto the plane, my heart pounding and my mind swirling, but with an undeniable sense that we had been guided to this moment.

As the plane climbed higher into the sky, I looked over at my son. He met my gaze, and though we didn’t say much, we both understood. Somehow, we were exactly where we were supposed to be.

When we landed in California, my partner greeted us with his usual calm presence. He didn’t ask for explanations or details. He simply smiled and said, “Stay as long as you need.”

What began as a two-week trip became two years.

Lesson: The Protection Shield

Looking back, I now see how the Protection Shield I had placed over my home played a vital role in this story. Before we left, I had meditated and asked my Higher Self for guidance. I was told to leave everything behind, to trust that it would be safe.

The Protection Shield is an energy tool that acts as a barrier, keeping your space safe from harm and holding a vibration of peace and stability. When you create a shield with clear intention, it aligns with your energy and the energy of the universe, offering protection that goes beyond the physical.

What I didn't realize then was that the shield I had created wasn't just protecting my belongings—it was preserving the energy of my home. It was holding a space of calm and stillness amidst the chaos of the eruption. And as you'll see, that shield would prove to be far more powerful than I could have imagined.

Protection is more than a shield against harm; it is a profound force. It doesn't just preserve what exists—it opens space for what is meant to unfold. It is the quiet architect of change, working in ways we may not always see, but can deeply feel.

The lava moved through our lives like a sculptor, carving away what was no longer needed. It didn't destroy us; it refined us. The fire swept through with a purposeful intensity, leaving behind clarity about what truly mattered.

Standing on that black glass earth, under the vast Hawaiian sky, I felt a truth settle into my being.

We have the power to impact our experiences with energy mastery. We need to know how. And apply it. This way we co-create with the Divine in ways that are beyond our wildest dreams. There is a Divine order that leads us behind the scenes. When we learn to listen to it through our intuition and by communicating with our Higher Self, the conscious use of energy becomes energy mastery. Then we can truly trust the intricate design of life, even the fire becomes part of something greater.

Chapter 17

The Violet Flame And The Heart

From the moment we began our journey to California, I had leaned on my protection shield, not as an occasional tool, but as a constant presence. Morning, noon, and night, I had woven it around myself, the car, and everything we held dear. I understood that protection wasn't a superstition—it was a form of energetic architecture, a structure that held space for safety and stability.

But this time, I had added something more.

The Violet Flame.

I had called upon it before we left. I had called upon it as we drove, its energy weaving through every moment. When the sky had turned that strange, otherworldly color—one that only appears when nature is shifting in ways that defy explanation—I had called it in again. And I had kept calling until we returned home, standing in awe as we saw, with our own eyes, that our house remained completely unharmed.

It's important to understand what this means, in a grounded, practical sense. Fire is a force of nature, an elemental intelligence that moves with precision. It follows the paths that are open, where energy flows freely, where structures are weak.

When you work with the Violet Flame, you're not wielding control over fire. You are inviting a higher order of energy, one that brings

organization, purification, and transformation. It's not about stopping fire; it's about aligning with a fire that knows how to cleanse and transmute without destruction.

The protection shield created a container, a boundary of safety. The Violet Flame worked within and around that container, transforming energy, shifting the atmosphere, and bringing harmony to what could have been chaos.

It wasn't just the lava that needed attention. The eruption awakened something deep within the human spirit. It stirred fear, vivid images of loss, spiraling anxieties, and the collective panic that ripples through communities in crisis. It triggered the nervous system, bracing for impact, and the mind, racing through worst-case scenarios.

This is the part of transformation we rarely speak about. Often, the greatest challenge isn't the event itself—it's the energy the event stirs within us.

The Violet Flame became my anchor. It wasn't just surrounding the house; it was within me, working through the thoughts that threatened to steal my peace. It met the projections of others—their fears, their worries, their questions—with a quiet, transformative presence.

“What if it reaches you?”

“What if you lose everything?”

“Are you sure you should stay?”

Each time someone's fears brushed against me, I felt them try to take root in my field. The Violet Flame met those projections in mid-air, dissolving their charge before they could settle. It transformed the weight of those worries into light, shifting the energy before it could become a story or a burden.

This is the gift of the Violet Flame. It doesn't just protect—it liberates. It frees you from the invisible threads of energetic entanglement.

The Violet Flame And The Mind

Many people assume their thoughts are entirely their own, but often, they are not. Thoughts can be like stray signals, energy patterns we encounter, emotional residue left by others, or echoes of collective fears. For sensitive people, the mind can act like an antenna, picking up these signals and mistaking them for personal truths.

The Violet Flame helps you discern what is truly yours. It doesn't silence your thoughts; it shifts their frequency. It takes the looping patterns of fear—*What if something goes wrong?*—and transforms them into clarity: *I am here. I am guided. I am safe.*

It restores coherence to the mind, pulling it out of chaos and bringing it back to the present moment. This shift is subtle but powerful, allowing you to navigate life with a sense of calm and clarity.

When Other People's Thoughts Impact You

As we've explored earlier, attention is an energetic exchange. Where energy flows, it creates movement and impact. This becomes especially important when people direct their attention to you, particularly when it comes from a place of worry.

Worry often disguises itself as love, but at its core, it carries the vibration of fear. When someone worries about you, they unintentionally project that fear into your field. Their concern, though well-meaning, can amplify the very energies they wish to protect you from.

For sensitive individuals, this can be exhausting. It's not a matter of weakness; it's the natural result of absorbing the energetic weight of others' fears and "what ifs."

The Violet Flame offers a solution. It allows you to remain connected to others without absorbing their fear. It transforms worry into neutral energy, freeing you from the burden of carrying what

isn't yours. It also works in reverse, enabling you to care for others without inadvertently adding to their stress.

This is the beauty of the Violet Flame—it creates a space of love and connection while dissolving the heaviness of fear.

The Violet Flame Is Mercy

At its core, the Violet Flame is an expression of spiritual mercy. It meets you exactly where you are, without judgment or demands. It doesn't resist your fear or shame your struggles. Instead, it offers a gentle invitation:

Bring it here. Let it change.

With consistent practice, something profound begins to shift within you. You stop feeling the need to suppress your emotions or force yourself to be perfect. You realize that transformation is not about fighting against yourself but about working with the energy of what is.

The Violet Flame teaches you to become an alchemist of your own life. It shows you that even the heavy, shadowed parts of yourself can be transmuted into light. It offers a path of grace, where every challenge becomes an opportunity for growth and every fear becomes fuel for clarity and strength.

Instead of worrying, place the Violet Flame on the person, situation, or even yourself, and invite it to create the best possible outcome. Watch as it works quietly, powerfully, to bring harmony and resolution.

Chapter 18

Invoking The Violet Flame

Before you begin using the Violet Flame, take a moment to understand what you are stepping into. This is a tool of transformation—one that responds to your intention and begins to move the moment you invite it in. You are not creating the energy; you are calling it forth and directing it. The more simply and clearly you use it, the more powerfully it works.

You are welcome to use the invocation exactly as it is written, and you are just as welcome to make it your own. The intention carries the power, not the exact wording. Let the words feel natural in your body, in your voice, in your way of speaking.

As you call on Archangel Zadkiel or St. Germain, you can speak to them as you would to someone you trust. There is no need for formality. A simple, direct, and genuine connection is more than enough.

I offer you a longer and a shorter version as examples. Both are here to support you. Feel free to adjust them, reshape them, and let them evolve with you as you begin to use this tool in your daily life.

Daily Violet Flame Invocation

Archangel Zadkiel, (or St. Germain)

Archangel Zadkiel,

Archangel Zadkiel,

I call upon you now.

Bring forth the Violet Flame.

Let the Violet Flame burn on me, through my entire field, for as long as it is beneficial for me and for all.

Let the Violet Flame burn in my home, (clearing all energy and restoring harmony)

Let the Violet Flame burn in my workspace, (aligning everything to clarity, ease, and flow.)

Let the Violet Flame burn between me and all people I interact with today, (supporting understanding, connection, and smooth communication.)

Let the Violet Flame burn in front of me, in my entire path today,
(so everything is already cleared and aligned before I arrive).

Let the Violet Flame burn on all situations, all conversations, and all outcomes ahead of me, (guiding everything into the highest expression).

Thank you for holding this for as long as it is beneficial for all.

And so it is.

Longer Violet Flame Invocation

I now call forth the highest expression of the Violet Flame.

Let the Violet Flame burn on me, through my entire field,
through every layer of my energy,
for as long as it is beneficial for me and for all.

Let it transmute all density,
all heaviness,
all distortion—
into pure light.

Let it restore my field to clarity,
to harmony,
to truth.

I place the Violet Flame around me now,
as a living field of transformation,
clearing all that does not belong to me.

I place the Violet Flame around my loved ones,
only in alignment with their Higher Self, allowing their field to be
cleared and supported in the most benevolent way.

I place the Violet Flame between myself and others,
harmonizing all interactions,

softening communication,

allowing understanding and clarity to flow.

I place the Violet Flame in front of me—

in my path,

in my day,

in every situation ahead of me.

Let everything I walk into

already be cleared,

already be transformed,

already be aligned.

I place the Violet Flame in my home,

in my workspace,

in every environment I enter,

so that all energy is lifted before I arrive

Let the Violet Flame burn on all possibilities before they form,

transmuting any potential for disruption, and aligning all outcomes with the highest good.

I call upon the beings who hold and amplify this frequency, to support this process fully, and to sustain it

for as long as it is beneficial for all.

And so it is.

Journaling Prompt: Noticing the Shift

After practicing protection and the violet flame for a few days, reflect on the following:

- How do I now feel at the end of the day compared to before?
- What situations no longer drain me as much?
- Where do I notice more emotional steadiness?
- What surprises me?

Write without censoring.

Notes

Notes

Notes

Notes

Chapter 19

How To Use The Violet Flame

For me, the Violet Flame has become as essential to my daily routine as a morning shower. It is part of my energetic hygiene, a practice that keeps my field clear and my spirit aligned.

Practical Applications of the Violet Flame

I use it when I feel emotionally unsettled, when I sense someone else's energy lingering, after a difficult conversation, or when I've spent too much time online. I call upon it when I feel anxious, when I'm surrounded by collective fear, or when I'm preparing for a challenging situation.

The Violet Flame works in harmony with the protection shield. The shield creates a container, holding and stabilizing your energy. The flame works within that container, transmuting anything that does not serve your highest good. Together, they create a state of sovereignty—an unshakable foundation that allows you to move through life with clarity and grace.

The Violet Flame is most powerful when used *in the moment* and *before the moment*.

A gentle placement, a clear intention, and the energy begins to reorganize instantly.

Communication & Relationships

- Use the Violet Flame anywhere energy is exchanged between people.

Between people

- Place it between you and another person before or during a conversation.
- It harmonizes the field and supports clarity and openness.

During heated moments

- Let it burn on the emotions, the words, and the interaction itself.
- This softens intensity and restores balance.

After something felt off

- Place the Violet Flame on the conversation afterward.
- It clears residue so nothing lingers in your field.

Before important conversations

- Use it ahead of time—meetings, difficult talks, family moments.
- You walk into a field that is already aligned.

Movement, Travel & Timing

- Use the Violet Flame to prepare the path ahead of you.

In front of your vehicle

- Place it in front of your car, bike, bus, train, or airplane.
- Let it move ahead of you and clear the path.

During travel

- Surround your entire field with the Violet Flame.
- It stabilizes your energy as you move through different environments.

For timing and flow

- Place it on your day, your schedule, or specific transitions.
- Things begin to align with more ease and flow.

Before entering new places

- Let the Violet Flame go ahead of you into the space.
- You arrive into a cleared environment.

Mind & Emotional Field

- Use the Violet Flame the moment something arises within you.

Negative or heavy thoughts

- Place the Violet Flame directly on the thought.
- It dissolves the charge and restores lightness.

Emotional waves

- Let it burn on what you feel—without needing to change it.
- The energy begins to reorganize on its own.

Overwhelm or mental noise

- Place it on your mind and nervous system.
- Clarity and calm naturally return.

Old memories resurfacing

- Let the Violet Flame burn on the memory and its emotional imprint.
- It gently releases stored density.

Spaces & Environments

- Use the Violet Flame to clear and prepare the spaces you move through.

Your home

- Place it in every room or throughout the entire space.
- It restores harmony and lightness.

After visitors leave

- Let it clear any energy left behind.
- Your space returns to your own frequency.

Your workspace

- Place it on your office, desk, or store.
- It supports clarity, focus, and aligned interactions.

Shared or public spaces

- Use it quietly when entering dense environments.
- Your field remains clear and steady.

Body & Physical Support

- Use the Violet Flame as a gentle support for the body.

On areas of discomfort

- Place it on tension, tightness, or minor pain.
- The body softens and reorganizes.

On fatigue or low energy

- Let it burn through your field.
- It clears heaviness and restores flow.

For energetic cleansing of the body

- Run the Violet Flame through your entire system.
- It clears accumulated density from the day.

Creation, Work & Daily Life

- Use the Violet Flame anywhere you are creating or engaging.

Before starting a task or project

- Place it on the activity.
- It aligns the energy of what you are about to create.

On emails, messages, or content

- Let it burn on your communication before sending.
- It supports clarity and clean transmission.

On decisions

- Place the Violet Flame on the situation.
- Distortion clears, and what is aligned becomes more visible.

Nature & Living Systems

- Use the Violet Flame to support life around you.

Plants and flowers

- Place the Violet Flame on them.
- It enhances vitality and growth.

Gardens or land

- Let it move through the entire area.
- The field becomes more alive and balanced.

Food and water

- Place the Violet Flame on what you consume.

- It clears and uplifts the energy within it.
- For animals, use the emerald flame, which is more attuned to their field.

Preventative Use

- This is where the work becomes truly powerful.

Before anything happens

Place the Violet Flame on situations before they unfold—

- Conversations,
- Travel,
- Meetings,
- Events
- Etc.

On possibilities

- Let it burn on all potential outcomes ahead of you.
- It reduces friction and aligns the highest path.

On your entire day

- At the start of the day, place the Violet Flame over everything you will move through.
- You step into a field that is already prepared

- There is a quiet elegance to this practice.
- You place it.
- You allow it.
- You move on.
- And life begins to meet you in a field that is already clear, already supported, and already aligned

Chapter 20

Your Daily Routine Second Version

As we are creating a routine for you to implement these tools into your day. It's now time to add the second key to your routine—the one that transforms your life to a higher octave:

In The Morning

- Call on Archangel Michael, ask him to protect you and to help you create the protection shields
- Create a protection shield around yourself
- Around your loved ones
- And around your home, car, and belongings
- Call on Archangel Zadkiel, ask him to generate the Violet Flame and allow it to burn for as long as it's perfect for everyone involved
- Place the Violet Flame in your aura and the aura of the people you will meet today
- In the aura of your loved ones
- In your house
- Your workplace

During the Day

- Reinforce the Protection Shield and the Violet Flame before entering dense environments
- Place the violet flame between you and others when you get together with people to enhance positivity and ideal outcomes
- Reinforce if you feel drained or overstimulated

In The Evening

- Release what is not yours into the Violet Flame intentionally
- Restore your Protection Shield
- Prepare your body for rest with a thought of gratitude

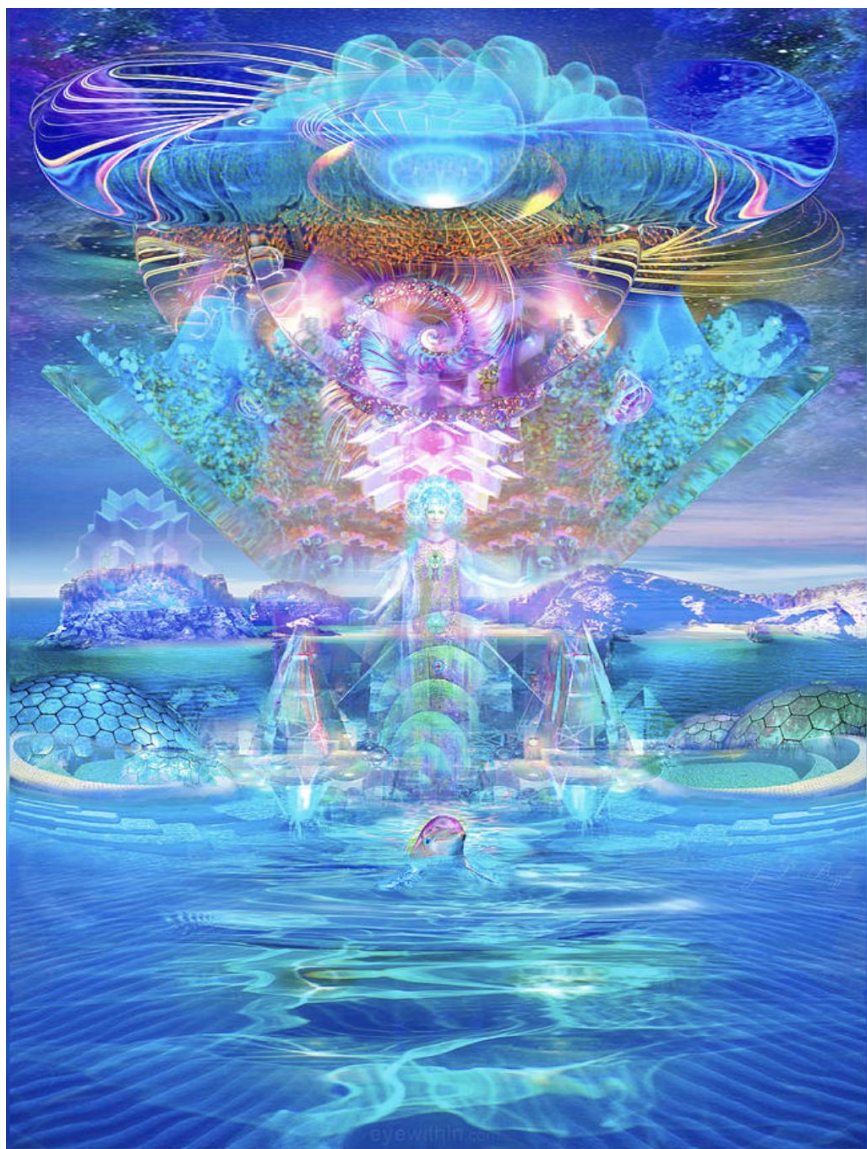
Watch and become keenly alert to how little time these routines actually take and how much they save you time throughout your day by **eliminating obstacles, mishaps and keeping you at peak performance throughout the day.**

The next Key will reveal to you how you can **recharge your energy at will. Not through food or sleep alone but through *energy recharge***—This will recover you from depletion and create a natural state of overflow.

Now, finally, what you receive will stay.

Part III

Recharge Your Energy



Chapter 21

The Power Of Recharging

By the time you arrive here, you have already learned how to protect your energy and transform what weighs on it. These two keys stabilize your energy field, creating the foundation for something even more transformative: the ability to actively recharge your energy. Let me tell you about Mary and how recharging changed her entire life.

Mary's Transformation

Mary is a nurse, deeply devoted to her work and her family. Her heart is full of love for what she does, and she pours herself into every moment. She shared with me that she cared for her patients with unwavering attention and kindness, always striving to be fully present for them.

At home, she longed to come back with enough energy to truly connect with her husband. She cherished their bond and wanted to share laughter, love, and the simple joys of life together. She wanted to be there for her children—not just physically, but emotionally, offering them her full presence and warmth.

Her intention was clear: to give her best to those she loved and cared for. And for years, she worked tirelessly to live up to that vision. She showed up every day, giving her all, pushing herself further whenever she felt she could do more. She gave and gave, fueled by her deep commitment to others.

But over time, her body began to speak in ways she couldn't ignore.

It started with a fatigue that lingered, no matter how much she rested. She would wake up in the morning, hoping to feel refreshed, but instead, her body felt heavy and drained. Her joints began to ache, stiffness creeping into her mornings as though her muscles hadn't been able to recover overnight.

Her head throbbed more often, at first occasionally, then more frequently. The headaches became part of her daily life, and pain medication became a necessity—not because she wanted it, but because it was the only way she could keep going.

Her eyes grew tired, not from neglect, but from the sheer weight of everything she carried. At work, she noticed subtle changes in herself. She found it harder to hold eye contact with her patients for long. When she did, she felt the depth of their pain, their fear, their uncertainty, and it became overwhelming. Her heart still cared deeply, but her body could no longer process the intensity of it all.

Doctors searched for answers. They diagnosed her with chronic fatigue syndrome. There were moments when more serious conditions, like lupus, were considered, as her symptoms pointed to severe depletion. Yet, there was no single physical explanation for what was happening.

From the outside, everything seemed fine. From the inside, however, the truth was undeniable. Her body and spirit had been running on empty for far too long.

This wasn't just about her work, though. At home, the effects of her exhaustion were just as profound. Her relationship with her husband, a man she deeply loved and shared a soul connection with, began to suffer. The love between them remained strong, but her energy to express it had diminished.

She found herself withdrawing, unable to engage in the way she wanted. Her desire for intimacy faded, her enthusiasm dulled, and

life itself seemed to lose its vibrancy. She began to wonder if she even had the strength to sustain her relationship. Her husband, ever patient and supportive, stayed by her side. He saw her struggle and did everything he could to help her feel better. Together, they knew that something needed to change.

Through a friend, Mary found her way to me.

When we assessed her energy, the number was clear: eighteen percent.

It explained everything. At eighteen percent, her system was focused solely on survival—getting through the day, meeting the most basic demands of her work and life. There was no energy left for joy, connection, or restoration. Even sleep couldn't replenish her, because her exhaustion wasn't just physical. It was an all-encompassing depletion of her energy field.

So we began the journey of rebuilding.

Rebuilding

The first step was to stabilize her energy field, to create a foundation she could rely on. She learned how to protect her energy, to preserve it throughout the day. Slowly, she began to notice the difference.

Before her shifts, she practiced surrounding herself with a field of energy. She extended this energy to her patients and even to the nurses' station, where the conversations often carried the emotional weight of the day. The effect was immediate and profound. The environment became lighter, the interactions more fluid. She no longer carried the burdens of the day with her, and her presence became a source of calm. For the first time in a long while, she could look her patients in the eyes and truly connect without feeling overwhelmed.

Next, we focused on restoration.

Right outside her apartment stood a magnificent oak tree, its roots deeply anchored in the earth, its branches stretching toward the sky. This tree became her sanctuary. Every morning before work, she would place her hands on the trunk, setting a clear intention to receive its abundant energy. After her shift, she would return to release the weight of the day and replenish herself. In the evening, before bed, she would visit the tree once more, grounding herself in its strength.

This ritual became her anchor, a consistent practice that supported her in every way. Even when she couldn't physically be there, she would close her eyes during her shifts, imagining herself standing before the tree, drawing on its energy. Her body responded with gratitude, as though it truly believed she was there.

Her energy began to rise. Slowly, steadily, she moved from eighteen percent to thirty, then fifty. With each increase, her body softened and healed. Her mornings became easier. The stiffness in her joints eased, her muscles relaxed, and the persistent headaches faded into the background. She found herself needing less and less pain medication. Her eyes, once strained and weary, became clear and bright again.

And as her energy returned, so did her life.

A Life Renewed

As her energy grew stronger, her connection with her husband deepened. One evening, as they sat together, she realized how present she felt. She wasn't distracted or weighed down by exhaustion. She was fully there, able to listen, to laugh, to share in the moment.

With her presence came a renewed intimacy. Her desire awakened naturally, her sensuality blossomed, and she felt a warmth and playfulness that had been missing for so long. Their time together became a source of joy, a space where they could connect deeply and rediscover the love that had always been there.

Her home, too, transformed. Evenings were no longer quiet and heavy. They became vibrant and full of life. Game nights brought laughter and joy to the table, first with her family, then with friends. The house echoed with the sounds of conversation and playful banter. Her children, sensing the shift, gravitated toward her, bringing their own energy and ideas into the home.

She found herself saying yes to life again. Walks in the park, spontaneous coffee dates, family outings—all the things that had once felt like too much now felt effortless and enjoyable.

Her creativity ignited, and she began to see her home through fresh eyes. She rearranged furniture, added thoughtful touches, and brought new life to her surroundings. Her home became a reflection of her renewed self—bright, welcoming, and full of energy.

Her work flourished as well. She approached her patients with a calm focus and genuine care that others couldn't help but notice. Her steady presence created a ripple effect, improving the entire environment around her. Opportunities began to arise, and with them came new roles, greater recognition, and financial growth.

Her life became abundant in every sense.

Life in Full Bloom

Mary's transformation wasn't just about recovering her energy—it was about creating a life that overflowed with joy, connection, and purpose. Her relationships became richer, her home more vibrant, her work more fulfilling.

She discovered that when her energy was full, life itself expanded. Joy became her natural state. Clarity guided her choices. Opportunities flowed toward her, and abundance became a natural part of her experience.

Mary's journey began with exhaustion, but it led her to a life of vitality, creativity, and fulfillment. She didn't just heal—she thrived.

And in doing so, she discovered a truth that changed everything.

When your energy is full, life meets you in the most extraordinary ways.

Chapter 22

Your Daily Routine

When you have enough energy, your day feels different. Your body feels stronger. Your emotions stabilize more quickly. Your mind becomes clearer. Your relationships become more enjoyable because you are truly present for them. Your work improves because your attention is fully available. Your intuition sharpens because your system is no longer buried under exhaustion. Your joy becomes more natural because your vibration has the support it needs.

For many people, life feels difficult not because they are doing the wrong things, but because they are trying to live beautifully while running on empty. They are trying to love, create, heal, lead, mother, work, and serve while their system is crying out for replenishment.

This is why recharging matters so deeply.

Recharging your energy is not a luxury—it is an act of self-responsibility. It is essential for a life that feels aligned, joyful, and sustainable. It supports every part of you—your physical body, emotional balance, mental clarity, and spiritual connection. It allows you to live from a place of fullness rather than depletion.

In this part of the book, we will explore three powerful ways to recharge:

- **Recharging in Nature**
- **Recharging During Sleep**
- **Recharging Through Meditation**

These practices will teach you how to fill your system directly with energy. They will help you stop moving from empty to empty and instead begin moving from fullness into overflow.

Everything in this part of the book is built on two simple but profound principles:

- **Where your attention goes, your energy flows.**
- **Ask, and you shall receive.**

When you place your attention on a strong energy source, your system begins to connect with it. When you ask, you activate the flow of energy toward you.

Recharging through energy fields works differently from food and sleep. Food nourishes the body, but digestion requires energy. Sleep restores the body, but it takes hours to do so. Recharging through energy fields is direct, immediate, and can happen in minutes.

The more you understand how to recharge, the more you'll realize that your life can be lived from a completely different baseline. You don't have to move from exhaustion to exhaustion, always recovering. Instead, you can live from fullness, where your energy system overflows with vitality.

Chapter 23

Recharging in Nature

Nature is one of the most accessible and abundant sources of energy available to us. It is constantly giving, offering a steady stream of life force energy that can nourish and replenish us. Trees, mountains, rivers, oceans, and even the earth itself hold energy that is naturally aligned, balanced, and supportive.

You may have noticed that simply being in nature makes you feel better. Walking through a forest, sitting by the ocean, or standing on a mountain can bring a sense of calm, clarity, and vitality. This happens because nature's energy field is inherently stable and abundant. When you step into it, your system begins to align with its steadiness, releasing stress and absorbing nourishment.

But there's an important distinction between passive exposure to nature and conscious connection. While you can benefit from simply being outside, you can receive so much more when you connect with nature deliberately. Conscious recharging allows you to draw energy directly into your system, filling yourself in a way that is immediate, intentional, and deeply transformative.

Receive From The Overflow

When you ask a tree, mountain, or body of water for energy, it's essential to ask for its overflow—its excess energy—rather than simply asking for energy in general.

Nature is alive. Trees, mountains, rivers, and oceans are living beings with their own energy systems. Just like you, they need energy to thrive. If you were to ask a tree for its energy without specifying

that you want only its overflow, you might unintentionally draw energy that the tree needs for its own health and balance.

When you ask for overflow, you are creating a harmonious exchange. You are asking for what the tree, mountain, or ocean can give without any cost to itself. This creates a respectful relationship between your energy system and the natural source you are connecting with.

This principle is rooted in reciprocity. A healthy exchange means both you and the source remain nourished. It is not about taking—it is about receiving what is freely available.

Give Something Back

When you receive energy from nature, it's important to give something back. This creates balance in the exchange and honors the source that has nourished you.

Giving back can take many forms:

- **A physical offering:** You can leave a strand of hair, a small amount of spit, or even a tiny piece of food. These are tangible ways of acknowledging the gift you've received and offering something in return.
- **Energy:** You can send energy back to the source through your hands, ensuring that you remain connected to the earth below and Source above so that you do not deplete your own reserves while giving.
- **Gratitude:** Sometimes, a simple “thank you” is enough. Gratitude itself is a powerful energy that completes the exchange and strengthens the connection.

Giving back is not just a symbolic gesture—it is a real energetic act. It shows that you are in relationship with the source, not simply taking

from it. This practice creates a flow of energy back to you and eventually creates an overflow for you.

Examples of Recharging in Nature

Sarah, the Overwhelmed Employee

Sarah, one of my dear clients, works in a fast-paced office environment. She shared that by mid-afternoon, she often felt drained, her focus scattered, and her patience wearing thin. She used to rely on coffee to push through the rest of her day, but it left her feeling jittery and anxious.

One day, after learning the practice of recharging in nature, Sarah decided to try something different. She stepped outside during her break and walked to a nearby park. She found a tall, healthy tree with a strong trunk and placed her hands on it. She asked the tree, “Dear tree, please give me from your overflow of energy.”

As she focused on her breath, she began to feel a gentle warmth in her hands. She imagined the energy flowing into her body, filling her with vitality. After five minutes, she felt her mind clear and her body relax. She thanked the tree and returned to work, feeling renewed and ready to finish her day with focus and calm. From that day on I didn't need to remind her anymore, she did the practice in every noon break. She told me that her colleagues initially mocked her but after watching Sarah climb the ladder from employee to CEO in a matter of months while always having a joyous and vital energy about her, two of them eventually joined her. They are now a team of amazing high performers.

James, The Busy Parent

James is a stay-at-home dad with two young children. He came to me because of a physical problem initially but soon shared that he was overwhelmed. By the time he got his kids down for their afternoon nap, he felt completely exhausted. He used to spend nap time

scrolling through his phone, but it left him feeling even more depleted.

After learning about recharging in nature, James started using nap time as an opportunity to replenish his energy. He began stepping into his backyard, sitting on the grass, and placing his hands on the earth. He asked the soil, “Dear earth, please give me from your overflow of energy.”

As he breathed deeply, he felt a sense of grounding and calm. The energy from the earth flowed into his body, filling him with a steady vitality. After just ten minutes, he felt more alive and ready to spend the rest of the day with his children. This is a practice he has since shown his kids and his wife and the whole family has a much better energy since then.

Emily, The City Dweller

Emily lives in a busy urban area with few natural spaces nearby. She told me she often felt overwhelmed by the noise and energy of the city, especially after commuting to and from work.

After working with me for a few weeks we had gotten her into the course and she learned to master her energy. Emily loves to recharge inwardly. She sits quietly in her apartment, closes her eyes, and imagines a beautiful mountain she had visited during a hiking trip. She places her attention on the mountain and asks, “Dear mountain, please give me from your overflow of energy.”

She imagines the mountain’s strength flowing into her body, filling her with calm and steadiness. As she focuses on her breath, she feels her energy field expand and her nervous system settle. When she opens her eyes, she feels grounded and ready to enjoy her evening. I’m so proud of her.

Practice: Recharge in Nature

Choose a Healthy Source of Energy

- Select a strong and healthy source in nature—a tree, mountain, river, ocean, or even healthy soil. If you choose a tree, look for one with a large trunk, a mature presence, and a straight form. Avoid trees that look weak, damaged, or distorted.

Connect to the Source

- Stand in front of the source of energy. Let your body settle. Feel your feet firmly on the earth. Place your hands on the trunk of the tree, or extend them toward the source if it is not within reach.

Ask for Overflow

- Ask the source for its overflow of energy. You can say:
 - “Dear tree, please give me from your overflow of energy.”
 - “Dear mountain, please give me from your overflow of energy.”
 - “Dear ocean, please give me from your excess energy.”

Receive the Energy

- Focus on your breath. With each inhale, imagine the energy flowing into your body. Let it move through your hands and fill your entire system—your chakras, aura, cells, and energy field. Stay with this until you feel full.

Give Something Back

- Thank the source for its energy. Then give something back to complete the exchange. You can leave a hair, offer a little spit, or send energy back through your hands. Gratitude itself can also be enough.

Application and Examples

When to Recharge in Nature:

- After work to transition into your evening with energy and presence.
- During lunch breaks to reset your system before the second half of your day.
- After an emotionally intense interaction to ground and clear your energy.
- Before an important meeting or presentation to stabilize your energy and increase clarity.
- At the start of your day to set a strong energetic foundation.

How to Recharge in Nature:

- If you're near a park, find a healthy tree and spend five minutes connecting with it.
- If you're near water, sit by a river or ocean and breathe deeply as you ask for its overflow.
- If you're in a city, imagine a natural power place and recharge inwardly.

By incorporating this practice into your daily life, you can begin to experience the profound benefits of recharging in nature. Your energy will stabilize, your vibration will rise, and your ability to move through the day with vitality and presence will grow.

Chapter 24

Recharging During Sleep

Sleep is an essential part of life. It's when your body rests, re-stores, and repairs itself. However, most people don't realize that sleep can also be a profound opportunity to recharge your energy on a much deeper level.

For many, sleep is treated as a passive process—something that just happens when you lie down at the end of the day. But what if sleep could be used as an active practice to enhance your energy, align your subconscious, and even bring you closer to the life you want to create?

The key to recharging during sleep lies in one simple yet powerful truth: Your mind spends the entire night with your last thought.

Whatever energy you carry into sleep will stay with you, shaping your subconscious processes and influencing how your energy system operates during the night. If you go to bed with stress, worry, or negative thoughts, your subconscious will spend the night amplifying those feelings. But if you consciously choose a positive, aligned thought or image before sleep, your mind will spend the night in that energy, allowing your system to recharge and align itself naturally.

In this chapter, we will explore the following three ways to consciously recharge during the night:

- **Focusing on your last thought before sleep.**
- **Imagining yourself spending the night at a power place in nature.**
- **Imagining yourself in a manifested future, aligning your energy with what you wish to create in your life.**

Each of these practices offers a unique way to use sleep as a time of powerful restoration, alignment, and manifestation.

The Three Practices for Recharging During Sleep

1. The Simplest Practice: Focus on Your Last Thought

The simplest and most foundational way to recharge during sleep is to consciously choose your last thought before you fall asleep. This is the easiest practice to implement, yet it can have a profound impact on your energy and your overall well-being.

Why it works

Your mind is incredibly powerful, and your subconscious continues to process information even while you sleep. The last thought you think before falling asleep serves as a kind of "programming" for your subconscious. It creates the energetic tone for your night, influencing your dreams, your emotional state, and even how your body restores itself.

If your last thought is filled with stress, worry, or negativity, your subconscious will amplify those feelings during the night. But if your last thought is positive, uplifting, and aligned with what you want, your subconscious will work to integrate those energies while you sleep.

How to Do It

- Before you go to bed, take a moment to reflect on your day. Acknowledge any worries or unfinished thoughts, and then gently set them aside.
- Choose a single positive thought to focus on as you fall asleep. This could be something simple like:
 - “I am safe and supported.”
 - “I am grateful for today.”
 - “Tomorrow will be a beautiful day.”
- Repeat this thought in your mind as you drift off to sleep, allowing it to fill your awareness.

Emma, The Worrier

Emma had a habit of falling asleep while scrolling through her phone, often reading stressful news or worrying about her to-do list for the next day. After learning about the power of the last thought, she decided to change her routine. Each night before bed, she began focusing on a single positive thought, such as “I am grateful for my health and my family.”

After just a week, Emma noticed a difference. She woke up feeling calmer and more centered, and her days began to flow smoother.

2. Spending the Night at a Power Place in Nature

The second way to recharge during sleep is to imagine yourself spending the night at a natural power place. This is not the same as recharging directly from a power place, as described in the previous chapter. Instead, this practice involves imagining yourself sleeping at

a sacred or powerful location, allowing your system to align with its energy throughout the night.

Why It Works

Energy always moves where your attention goes, no matter the distance. Your energy field doesn't need to be physically present at a power place to connect with its energy. When you vividly imagine yourself at a sacred location, your system begins to resonate with the energy of that place.

This practice is especially helpful when you feel deeply depleted or when you want to experience the grounding, healing, or uplifting energy of a specific location.

How to Do It

- Before bed, choose a natural power place that feels meaningful or nourishing to you. This could be a real place you've visited, such as Machu Picchu, Mount Shasta, or a sacred forest, or it could be a place you create in your imagination.
- Close your eyes and imagine yourself lying down at this power place. Picture the details—the colors, the sounds, the textures, and the atmosphere. Feel yourself being held by the energy of this place.
- As you drift off to sleep, keep your attention on this image. Imagine yourself spending the entire night there, allowing your body and energy system to naturally recharge in the presence of the power place.
- In the morning, it's important to bring your energy fully back into your body. Place a reminder, such as a pillow or object, on the floor by your bed to help you remember. When you wake up, sit on the edge of your bed, place your feet on the

ground, and imagine your energy returning fully to your body. Take a few deep breaths to ground yourself.

David, The Mountain Lover

David came to me to heal his depression. Depression is caused to 90% by a lack of energy. So besides some healing sessions I asked David to use his 8 hours of sleep for recharge. He had always been fascinated by Mount Shasta, even though he had never visited. He often felt a deep sense of peace just looking at pictures of the mountain. After learning about this practice, David decided to use Mount Shasta as his power place for recharging during sleep.

Each night before bed, he would close his eyes and imagine himself lying at the base of the mountain, feeling its strength and stability surrounding him. He would fall asleep with this image in his mind, and in the morning, he would sit on the edge of his bed, place his feet on the floor, and imagine his energy returning fully to his body.

After a few weeks, David noticed a significant improvement in his energy levels. He felt more grounded, calm, and capable of handling the challenges of his day.

3. Manifesting Through Recharging

The third way to recharge during sleep is to combine recharging with manifestation. This practice involves imagining yourself in a future situation that you are trying to create in your life. By aligning your energy with the vision of your desired future, you not only recharge your system but also begin to attract that reality into your life.

Why It Works

The energy you hold in your mind and body shapes your reality. According to the law of attraction, what you focus on expands. When you imagine yourself living your desired future, you create a powerful energetic signal that draws that reality closer to you.

At the same time, this practice allows you to recharge because it aligns your energy with a high-vibration state. When you imagine yourself in a life of fulfillment, joy, or abundance, your energy system begins to resonate with those frequencies, creating a natural sense of vitality and renewal.

How to Do It

Choose A Vision Of Your Future

- Before bed, decide on a specific aspect of your future that you want to manifest. This could be a big-picture vision, like living your dream life with the perfect home, career, and relationships, or it could be a smaller goal, like finding a new job, moving to a new city, or achieving a personal milestone.

Visualize The Future

- Close your eyes and imagine yourself living in that future. See the details clearly—what you’re doing, where you are, and how you feel. Let yourself experience the emotions of having already achieved this vision.

Add Gratitude

- As you hold this vision in your mind, feel gratitude as if it has already come true. Imagine yourself saying, “Thank you, thank you, thank you,” and allow the feeling of gratitude to fill your body.

Fall Asleep In The Vision

- Keep your attention on the vision and the feeling of gratitude as you drift off to sleep. Let your subconscious work with this energy throughout the night, aligning your system with the reality you are manifesting.

Manifestation Through Recharging

Ethan's New Job

Ethan was feeling stuck in his current job and dreamed of finding a new position that would bring him more joy and fulfillment. Each night before bed, he would close his eyes and imagine himself in his ideal job—working with supportive colleagues, feeling excited about his work, and thriving in a positive environment. He would feel the gratitude of already having this job and fall asleep with that feeling.

Within a few months, Ethan received an unexpected job offer that aligned perfectly with the vision he had been holding.

Sophia's Dream Home

Sophia wanted to move into a new home that felt peaceful, spacious, and aligned with her desires. Before bed, she started imagining herself living in her dream home. She pictured the rooms, the furniture, the view from the windows, and the way the sunlight filled the space. She imagined herself walking through the house, feeling completely at home and deeply grateful.

Practice

Recharge During Sleep

- Focus on Your Last Thought
 - Choose a single positive thought, such as gratitude or peace, and hold it in your mind as you fall asleep.

- **Imagine Yourself at a Power Place**
 - Visualize yourself spending the night at a sacred or natural power place, such as a mountain, ocean, or forest. Imagine the details vividly and feel yourself being held by the energy of the place.
- **Manifest Your Future**
 - Imagine yourself living in your desired future. See the details, feel the emotions, and express gratitude as if it has already come true.
- **Ground Yourself in the Morning**
 - Place a reminder, such as a pillow or object, on the floor by your bed. When you wake up, sit on the edge of your bed, place your feet on the floor, and take a few deep breaths to ground yourself and return fully to your body.

By using these three practices, your nights can become a time of deep restoration, alignment, and manifestation. You'll wake up feeling more energized, balanced, and ready to create the life you desire.

Chapter 25

Recharging Through Meditation

Meditation is one of the most profound tools for recharging your energy. It invites you to pause, step away from the chaos of daily life, and reconnect with the infinite sources of energy that are always available to you. Through meditation, you can calm your mind, release tension, and allow your energy system to reset and align.

Meditation is a cornerstone of the recharge process because it gives you the ability to consciously direct your attention, connect to powerful sources of energy, and cultivate a state of inner fullness and radiance.

Recharging through meditation is not just about feeling better in the moment—it's about creating a sustainable flow of energy that supports every aspect of your life. When you learn how to access and harness this energy, you'll find that you no longer need to rely on external sources to feel replenished. Instead, you'll be able to draw from the infinite well of energy within and around you.

In this chapter, we will explore these **three transformative meditation practices for recharging your energy**:

- Simple Breathing Meditation to calm the mind and bring you into the present moment.
- The “Energy Booster” Meditation to clear your energies and recharge from the most powerful sources.

- The “I Radiate” Meditation to fill your entire energy system and radiate light out into the world.

Each practice builds upon the last, creating a comprehensive system for recharging and sustaining your energy throughout the day.

1. Simple Breathing Meditation

The breath is one of the most powerful tools you have for recharging your energy. It is always with you, happening in the present moment, and it is your direct connection to life itself.

Why It Works

Breath is the anchor that brings you into the here and now. You cannot breathe in the past, and you cannot breathe in the future. The act of breathing happens only in this present moment.

When you focus on your breath, you automatically draw your attention away from worries about the future and regrets about the past. You step into the present moment, which is where peace, stability, and a sense of "all is well" reside.

In the present moment, your nervous system begins to relax. Your body realizes that it is safe. Worries and fears, which are tied to the future, and regrets or guilt, which are tied to the past, begin to fall away. What remains is a profound sense of calm, balance, and clarity.

This state of presence is essential for recharging your energy. When your nervous system relaxes, your body can begin to repair itself. Your organs are rejuvenated, your cells regenerate, and your entire system is nourished.

Guided Practice

- Find a quiet and comfortable place to sit or lie down. Make sure your back is straight, and if you're sitting, let your feet rest flat on the floor.
- Close your eyes and take a deep breath in through your nose, allowing your belly to expand fully. Then exhale slowly through your mouth, feeling your belly soften.
- Bring your attention to the sensation of the breath entering and leaving your nostrils. Notice the coolness of the air as you breathe in and the warmth of the air as you breathe out.
- Follow your breath as it moves deeper into your body. Imagine the air traveling through your nostrils and all the way back to the area between your eyebrows—your third eye. With each inhale, feel this area gently activate, opening you to clarity and insight.
- Continue to breathe deeply, focusing on the sensations of your breath and the present moment. With each inhale, feel yourself drawing in fresh energy. With each exhale, release any tension, stress, or worry.
- Stay with this practice for 5-10 minutes, allowing yourself to fully arrive in the moment and recharge your energy.

Maya the Busy Bee

Maya used to feel overwhelmed by her busy mornings, often rushing out the door in a state of stress. She started waking up 10 minutes earlier to practice this breathing meditation.

Sitting quietly in her living room, she focused on her breath, following it into her third eye and letting herself relax into the present moment.

As she practiced daily, Maya noticed that her mornings became calmer and more intentional. She felt more grounded and ready to face the day with clarity and energy. Even her friends noticed that there was a sense of calm around her that wasn't there before.

2. The Energy Booster Meditation

The Energy Booster Meditation is a deeply grounding and balancing practice. It connects you to the heart of the earth, the heart of creation, and your own heart, allowing you to draw energy from the most powerful sources available to you.

Why It Works

Your energy system operates in two main directions: downward into the earth and upward into the source of all creation or God, whichever you may want to call it. The earth provides grounding, stability, and nourishment for your physical body, while the source of all creation provides inspiration, clarity, and spiritual alignment.

When you connect to both the earth and the source, you create a powerful flow of energy through your system. This flow not only recharges your body but also clears away stagnant energy, leaving you feeling energized, balanced, and deeply connected.

Guided Practice

- **Grounding into the Earth**

- Sit comfortably with your back straight and your feet flat on the floor. Close your eyes and take a few deep breaths to center yourself.
- Imagine three roots of light growing from your body: one from each foot and one from between your legs. These roots travel deep into the earth, moving through layers of soil and rock until they reach the crystal core at the center of the earth.
- Allow your roots anchoring into the crystal, which holds the energy that supports your physical reality. Imagine the energy from the crystal flowing up through your roots and into your body.
- With each inhale, draw in the earth's grounding energy. With each exhale, release tension, stress, and any energy that no longer serves you.

- **Connecting to the Source of All Creation**

- Shift your attention to the top of your head, your crown chakra. Imagine a column of light extending upward from your crown, reaching all the way to the source of all creation. You may think of this as the divine, God, or universal energy—whatever resonates with you.
- With each inhale, imagine drawing in pure, expansive energy from the source. With each exhale, release any

stagnant or heavy energy, letting it flow upward through the column of light.

- **Uniting in the Heart**

- Now, bring your attention to the center of your chest—the heart chakra. Imagine the grounding energy of the earth flowing up into your heart, and the expansive energy of the source flowing down into your heart.
- With each inhale, feel these two energies meeting and merging in your heart, creating a sense of balance, harmony, and fullness. With each exhale, release any tension or heaviness, letting it flow out in both directions.
- Continue this practice for as long as you like, until you feel fully recharged and aligned.

3. The “I Radiate” Practice

The final step in recharging through meditation is the “I Radiate” Practice, which builds upon the “Energy Booster.” This practice allows you to not only recharge your energy but also expand it into your entire energy field, creating a radiant, self-sustaining system that nourishes both you and the world around you.

Why It Works

When your energy system is fully recharged, it naturally begins to overflow. This overflow creates a protective barrier around you, preventing you from absorbing negative energy from the outside world. At the same time, it allows you to radiate positive energy outward, uplifting and inspiring those around you.

The “I Radiate” Practice helps you cultivate this state of overflow, ensuring that you remain fully charged throughout the day and that your energy positively impacts your environment.

How to Do It

- Begin with the “Energy Booster” meditation, grounding into the earth, connecting to the source of all creation, and uniting the two energies in your heart.
- Once you feel your energy balanced and aligned in your heart, begin to direct your breath outward. With each in-hale, draw energy in from the earth and the source. With each exhale, send that energy out into your entire physical body. Imagine it filling every cell, every organ, every muscle, and every space between your cells.
- When your physical body feels full and vibrant, allow the energy to overflow into your emotional body, which extends about one foot outside your physical body. As you exhale, imagine the energy filling your emotional body, enhancing feelings of love, joy, and happiness.
- Once your emotional body feels full, allow the energy to overflow into your mental body, which extends another foot beyond your emotional body. As you exhale, imagine the energy filling your mental body, enhancing positive thoughts, clarity, focus, and hope.
- Finally, allow the energy to overflow into your spiritual body, the outermost layer of your energy field. Imagine this energy strengthening your connection to your Higher Self, your guides, the divine, and all of creation.
- When your entire energy field feels full and radiant, imagine it overflowing in all directions, creating a sphere of

light around you. This light protects you from absorbing negative energy and allows you to radiate positivity into the world.

- End the practice with a hand movement that feels natural to you, such as placing your hands over your heart or extending them outward. As you do this, say the word “I Radiate” three times, affirming your intention to carry this radiant energy with you throughout the day.

Sophia, running on ‘empty’

Sophia, a mother of three, often felt like she was running on empty by the end of the day. After learning the “I Radiate” Practice, she began incorporating it into her morning routine. She found that by recharging her energy and radiating light outward, she was able to approach her day with more patience, love, and joy.

She also noticed a shift in her family’s energy. Her children seemed calmer and happier, and the atmosphere in her home felt lighter and more harmonious. Sophia realized that by recharging and radiating her energy, she was not only helping herself but also creating a positive ripple effect for those around her.

Practice: The Complete “I Radiate” Meditation

- Step 1: Connect to the Earth
 - Sit comfortably and close your eyes. Imagine three roots of light growing from your body—two from your feet and one from the base of your spine. These roots travel deep into the earth and connect to the crystal core at its center.

- With each inhale, draw grounding energy up from the earth. With each exhale, release tension and stress downward through your roots.
- Step 2: Connect to the Source of All Creation
 - Shift your attention to your crown chakra and imagine a column of light extending upward to the source of all creation.
 - With each inhale, draw in pure, divine energy from above. With each exhale, release any stagnant or heavy energy upward into the light.
- Step 3: Unite in the Heart
 - Bring your attention to your heart chakra. Imagine the grounding energy of the earth flowing up into your heart and the divine energy flowing down into your heart. Feel these two energies merging in your heart, creating a sense of balance, peace, and fullness.
- Step 4: Recharge the Energy Bodies
 - Begin by directing your breath outward into your physical body, filling every cell, organ, and muscle with energy.
 - Allow the energy to overflow into your emotional body, enhancing feelings of love, joy, and peace.
 - Let the energy overflow into your mental body, amplifying positive thoughts, clarity, and focus.

- Finally, allow the energy to overflow into your spiritual body, strengthening your connection to the divine and your Higher Self.
- Step 5: Radiate Light
 - Once your entire energy system is full, let it overflow in all directions, creating a radiant sphere of light around you.
 - End the practice with a hand movement that feels natural to you and say “I radiate” three times.
- Reinforce Throughout the Day
 - To maintain this state, take one deep breath from above and below during the day, and use your chosen hand movement while saying, “I radiate.” This will reactivate the system and sustain your energy throughout the day.

Application and Benefits

By practicing these meditations regularly, you will notice a profound shift in your energy levels, your emotional balance, and your overall

sense of well-being. You will feel recharged, resilient, and radiant, ready to face each day with clarity and vitality.

This practice also benefits the world around you. When you radiate light, you uplift the energy of your environment and those you interact with. You become a source of positivity, creating a ripple effect that touches everyone you encounter.

Remember, the more you practice, the more natural this process will become. Over time, you will find that you need to recharge less frequently because your energy system will be operating at a higher baseline of vitality and radiance.

Journaling Prompt: Noticing the Shift

After practicing protection and the violet flame for a few days, reflect on the following:

- How do I now feel at the end of the day compared to before?
- What situations no longer drain me as much?
- Where do I notice more emotional steadiness?
- What surprises me?

Write without censoring.

Notes

Notes

Notes

Chapter 26

Guided Meditations for Recharge

This meditation transmutes your energy field into a radiating field of light. This field doesn't take in energy from the world but gives it to the world, while constantly creating an overflow of energy for yourself. This meditation creates a sustainable system that can be reinforced simply in just a few seconds.

Where you were a sponge before you will become a beacon of light, self-sufficient and sustained by the most supreme energies we have access to. You'll be feeding the world around you while filling yourself up continuously. This is the most sustainable way to live. Let's start.

1. I “Radiate” Meditation

Connecting To The Earth

Take a few deep breaths, allowing your body to relax and settle into this moment. Notice the natural rhythm of your breath as it flows in and out.

Now, imagine three roots of light extending from your body. Two roots grow down from the soles of your feet, and one grows down from the middle, between your legs. These roots travel deep into the earth, moving through layers of soil, rock, and minerals, until they reach the crystal core at the center of the Earth.

Imagine your roots anchoring into the crystal. This crystal holds infinite energy—energy that is grounding, stabilizing, and perfectly attuned to your physical reality.

With your next inhale, imagine drawing this vitalizing energy up through your roots and into your body. Feel it filling your legs, your hips, your abdomen, and your entire body. With your exhale, release any tension, stress, or stagnant energy from your body back down through your roots into the Earth. There the energy gets immediately transformed.

Breathe deeply and slowly. With each inhale, draw in fresh, revitalizing energy from the Earth, immunity, strength, vigor. With each exhale, let go of anything that no longer serves you. This helps your body become charged with vitality.

Breathing in: recharging, breathing out: letting go.

Continue this for about 3-5 minutes.

Connecting To The Source Of All Creation

Now, shift your attention to the top of your head, your crown chakra. Imagine a column of light extending upward from your crown, reaching all the way to the Source Of All Creation. You may think of this as the Divine, God, universal energy, or whatever resonates with you.

With your next exhale, imagine sending your energy upward through this column of light, connecting to Source. With your in-hale, draw pure, divine energy down through the column and into your body.

This is energy filling you with clarity, inspiration, and a deep sense of connection. It is as though you are breathing in the very essence of creation itself. This helps your mind become clear and you feel guided.

Breathing in: recharging, breathing out: letting go.

Continue this practice for about 3-5 minutes.

Uniting In The Heart

Bring your focus to the center of your chest, your heart chakra. This is the sacred space where the energies of the Earth and Source unite.

With each inhale, imagine the energy from the Earth and from Source flowing into your heart simultaneously. With each exhale, allow these energies to flow back to Source and the earth in one breath. Continue to breathe like this, allowing it to cleanse and recharge you with every breath.

This energy is filling you up with love. Allow your heart chakra to be recharged with unconditional love from both directions on every inhale. Allow every exhale to cleanse your heart chakra from anything that hinders love. Your heart chakra is expanding,

filling up with the energy of love. This helps you to feel loved easily and to love deeply.

Continue this for about 3-5 minutes.

Recharge Your Energy Body

Now that your system is cleansed, begin directing your exhale outward into your energy field.

- With each inhale, continue to draw energy from the Earth and Source into your heart.
- With each exhale, now send this energy into your physical body, filling every cell, every organ, and every space between your cells. Feel your body becoming vibrant, strong, and full of life. Continue this for 2-3 minutes, until your physical body feels completely recharged.

Once your physical body is full to overflowing, like a balloon that's ready to pop, allow the energy to overflow into your emotional body. The emotional body extends about one foot/ 30 cm outside your physical body. With each exhale, imagine the energy overflowing from your physical body into your emotional body, enhancing feelings of love, joy, peace, and happiness. Continue for 2-3 minutes, until your emotional body is full to overflowing.

Then let the energy overflow into your mental body, which extends another foot beyond your emotional body. With each exhale, imagine the energy coming through your physical and emotional body and filling up your mental body. This is enhancing positive thoughts, clarity, focus, and gratitude. Continue for 2-3 minutes, until your mental body feels completely recharged and is ready to overflow.

Finally, allow the energy to overflow into your spiritual body, the outermost layer of your energy field. This layer extends again about 1 foot/30 cm outside of your emotional body. With each

exhale, imagine the energy strengthening your connection to your Higher Self, your guides, the Divine, and all of creation. Allow yourself to become deeply aligned with your purpose and your highest potential.

Radiate Light

Now that your entire energy system is full, it's time to radiate the light outward.

Breathe in once more from above and below into your physical body and let it overflow into your emotional, mental and spiritual body. From there imagine your energy overflowing outward in all directions, creating a radiant sphere of light around you. This light extends beyond your physical body, into the room you're in, filling the world around you.

Continue to breathe like this two more times.

You are now a beacon of light, radiating love, peace, and vitality. This light not only nourishes you but also uplifts and inspires everyone and everything it touches.

To anchor this practice, place your hands over your heart and make a hand movement outward from there any way it feels natural to you. As you do this, say the words "I radiate." Do this in sync with your breath three times. With each repetition, feel your energy field becoming stronger, brighter, and more expansive.

I radiate.

I radiate.

I radiate.

Now you are a radiating energy field. This field doesn't take in energy from the world but gives it to the world, while constantly creating an overflow of energy for yourself.

Where you were a sponge before you are now a beacon of light, self-sufficient and sustained by the most supreme energies we have access to. You're feeding the world around you while filling yourself up continuously. This is the most sustainable way to live.

Remind your system that you will maintain this radiant state throughout the day like this: Anytime you need to reinforce it, you will simply take a deep breath from above and below three times, use your chosen hand movement and say, “I radiate” each time. This will instantly reactivate the system and keep your energy flowing.

Returning to the Present

When you're ready to end the meditation, take a few deep breaths. Slowly open your eyes and bring your awareness back to your physical body. Wiggle your fingers and toes, and take a moment to feel the grounded, radiant energy coursing through you.

Carry this sense of light, love, and vitality with you into your day. Remember, you are a source of light, and your energy has the power to uplift and transform the world around you.

2. “Recharge” Meditation

This meditation recharges your energy field during the day in a more powerful way than the shorter meditations do. If you need an extra boost, are healing your body or are otherwise depleted this meditation will help your body to become supercharged.

See this meditation like a meal that you can devour when you're hungry and it will satisfy you and make you feel full of energy.

Connecting to Earth Energy

Take a few deep breaths and just make yourself comfortable. See that your spine is upright, your feet and hands aren't crossed, and that you're standing or sitting with your feet firmly on the ground.

Breathe in and out of your roots a few times, sending used-up energies down into the core of the planet via your roots, out of your perineum and both your feet. Then breathe back up the fresh energy from the core of the planet into your system.

As you're breathing in and out, you're already refreshing your energy field, preparing yourself for this meditation. After a while, you'll start to see a light field being created in and around you through this connection to the heart of the planet.

Not only are you drawing light up through your roots, but you're also in a field of light that is moving upward from the center of the Earth into your system. Simultaneously, there is also a downward movement of energy from your system back to the center of the Earth.

Start expanding into that energy field, allowing yourself to just be in it. Become aware that as your body naturally breathes, you are placing your attention fully away from the body and into the energy field around and within you.

Now, allow that energy to recharge you and cleanse you. Be in gratitude for this beautiful energetic happening. Realize that every cell in your body is being fully recharged and cleansed at the same time. The space between your cells and your entire aura are also being renewed.

Start noticing how your chakras are beginning to communicate with each other. Your chakra column starts to light up more and more, creating a transparent and conductive pillar that allows the energy between the chakras to flow freely.

Specifically, your second chakra begins to light up, creating a strong connection with your heart chakra, and vice versa. Beautiful.

Now, allow a deeper activation of your energy field. Amplify what is happening right now. It is as if you were in first gear, and now you're moving into second gear. With your intention, set it to second gear, cleansing and recharging more strongly.

Once again, shift from second gear to third gear with your intention. Surrender into it—less doing, just allowing.

Finally, allow the energy to rise all the way to the highest gear possible for you, one that is healthy and accompanied with ease. With your intention, dial it all the way up. Feel the strongest recharge and cleansing taking place.

Enjoy allowing this to happen.

Connecting to Source Energy

Now, begin opening up towards your crown chakra. With your intention, shoot your energy up to Source through your crown chakra

Use your breath—breathe out to send energy to Source, and breathe in to draw energy from Source.

Fully activate your energy field, letting it extend all the way up to Source and then flow back down into your system. This adds a whole new flavor, a whole new energetic dynamic to this cleansing and recharging process. Feel a new level of connection and harmony within you.

Heart Chakra Activation

Now, allow your chakras to activate even more strongly as you focus on your heart chakra, the distribution point between above and below. Allow the energy to flow into your heart from both directions and back out again.

Notice how this creates a torus (donut shaped) energy field around you. The energy flows up from your heart, through your crown, above your crown, and back around you, down into your feet. It creates a torus—a simultaneous flow of energy moving up and down, right and left.

Sit within this torus as it spins and flows, rejuvenating and strengthening you. It cleanses and recharges you with perfect vitality, perfect strength, and perfect vigor. Just allow yourself to be in this moment. Enjoy simply being.

Notice that, as this energy flows, your heart field becomes stronger. Your heart chakra expands, allowing more love to stream in. Space is being created for more love to be felt and shared.

Your creativity and vitality are being charged with this unconditional love field, connecting with it deeply. Every endeavor you pursue, and everything you touch after this, will be infused with love—not just as a feeling, but as a universal, impersonal energy.

Allow yourself to fully surrender to this love.

Sending Love to Your Family

Now, begin sending this love out to your spouse, your children, and your whole family. Focus on your family for now. As you do this more often, you'll be able to expand this love to include more people and even the entire world.

Notice that as you send this love and allow it to fill their energy fields, you are also being filled with love. The more you give, the more you receive. This love flows infinitely from above and below, a never-ending wellspring of energy and connection.

Anchoring and Programming

Slowly allow your heart chakra to return to its original size. Feel the connection to Source, to God, to all that is—on a sensory level, an experiential level, and a level of deep wisdom.

Take three deep breaths, anchoring this energy into your roots. Place your hands in a mudra by touching your middle finger and thumb together.

As you hold this mudra, say the word “Recharge” three times. Each time you do, tell your system that this gesture and word will instantly activate the recharge system you've created today. Every time you use this mudra and mantra, you will fully recharge your energy field, cleansing and renewing it to the highest level possible—while always accompanied by ease, grace, and perfect health.

Recharge.

Recharge.

Recharge.

So it is.

And so it is.

And so it is.

Returning to the Present

Slowly open your eyes, bringing your awareness back to your physical body.

Carry this sense of renewal, love, and vitality with you into your day.

Chapter 27

Your Daily Recharge Rhythm

At this point, you have several powerful ways to recharge your energy. You can recharge in nature physically. You can recharge inwardly by imagining a healthy power place and receiving from it. You can recharge at night through the last thought, through vision, through gratitude, through traveling to a power place, and eventually through the Higher Self. You can recharge through guided meditation and deepen it with silence.

Now the question becomes:

How do you bring all of this into daily life?

The answer is rhythm.

You do not need to use every tool in every moment. You need a rhythm that supports your real life and that your system can grow with. In the morning, begin with your morning programming. Let that bring you back into your body, reconnect you, and set the field for the day.

During the day, recharge consciously as needed. If you are deeply depleted, use recharging every hour for a while. Two to five minutes can make an enormous difference. If your system is already catching up, one to three daytime recharges may be enough. The important thing is to receive before you collapse.

After work or after lunch are ideal anchor points for habit stacking your recharge. Tie it to a moment that already exists and let it become automatic.

In the evening, use your evening programming to release the day, clear what is not yours, and prepare the system for rest. Then consciously choose your last thought. See your vision. Feel gratitude or travel to a power place if that feels right. Let your night become part of your recharge.

And stay with this rhythm long enough for your system to learn it.

Your body learns through repetition. Your nervous system learns through consistency. Your energy field learns through experience. After a while, what once felt like a practice begins to feel like a way of life.

This is when something very beautiful happens.

You stop living in depletion.

You stop waiting until you are broken down enough to finally receive.

You stop measuring your life by how exhausted you feel at the end of the day.

YOU BEGIN LIVING FROM FULLNESS

And then you understand something that changes everything:

Energy was never meant to be something you spend all day and recover only after collapse.

Energy was meant to flow.

Energy was meant to replenish.

Energy was meant to overflow.

And that is the life I want for you.

A life where you have enough.

A life where you begin the day full and end the day full.

A life where your vitality becomes one of your greatest assets.

A life where your joy rises because your system is finally supported at the level it was always meant to be supported.

A life where you are free to love, create, serve, rest, and live with your whole self available.

This is what it means to recharge your energy.

This is what it means to live in overflow.

Chapter 28

Your Daily Routine - Third Version

As we are creating a routine for you to implement these tools into your day. It's now time to add the third and last key to your routine—the one that helps you create an overflow of energy:

In The Morning

- Call on Archangel Michael, ask him to protect you and to help you create the protection shields
- Create a protection shield around yourself
- Create a protection shield around your loved ones
- Create a protection shield around your home, car, and belongings
- Call on Archangel Zadkiel, ask him to generate the Violet Flame and allow it to burn for as long as it's perfect for everyone involved
- Place the Violet Flame in your aura and the aura of the people you will meet today
- Place the Violet Flame in the aura of your loved ones
- Place the Violet Flame in your house
- Place the Violet Flame in your workplace

- Place the Violet Flame in front of your vehicle while you're driving
- Do the guided “I Radiate Meditation” to clear & recharge your energy field and create the “I Radiate Field”

During the Day

- Reinforce the Protection Shield, by simply asking for it
- Reinforce the Violet Flame, by simply asking for it
- Reinforce the “I Radiate Field” by taking one breath with the hand signal and saying “I Radiate!”
- Reinforce if you feel drained or overstimulated or before entering dense environments
- Recharge at a tree or other power place in nature for 5 minutes at a time when you feel tired or low on energy

In The Evening

- Release what is not yours into the Violet Flame intentionally
- Restore your Protection Shield
- Do the “I Radiate Meditation” to restore your “I Radiate Field”
- Prepare your body for rest with any of the three evening practices

Watch and become keenly alert to how much these routines actually don't take your time but save you time throughout your day by **eliminating obstacles, mishaps and keeping you at peak performance throughout the day.**

Chapter 29

Self Assessment 2

After practicing these tools daily for 3 weeks, take the assessment again and compare your score to your score from the beginning of the book. Where has your energy and your life improved?

Step 1: Overall Energy

Use the number you came up with in the first chapter to rate your current energy level.

0% — completely depleted

100% — fully energized, clear, and alive

Write your number: _____ %

Step 2: Daily Energy Markers

For each statement, rate yourself from 0-10

0 = very low / difficult

10 = very high / effortless

Your Body & Rhythm

1. Morning Energy

How easy is it for you to wake up in the morning?

Score: _____

2. Falling Asleep

How easily do you fall asleep at night?

Score: _____

3. Sleep Quality

How often do you sleep through the night without waking?

Score: _____

4. Physical Vitality

How energized does your body feel throughout the day?

Score: _____

Your Daily Energy Flow

5. End-of-Day Energy

How much energy do you have left at the end of your day?

Score: _____

6. Consistency of Energy

How stable is your energy throughout the day (without big crashes)?

Score: _____

7. Recovery Speed

When you feel drained, how easy is it for you to regain your energy?

Score: _____

Your Emotional Energy

8. Joy Level

How high is your natural sense of joy during your day?

Score: _____

9. Emotional Stability

How steady and balanced do you feel emotionally?

Score: _____

10. Resilience

How easily do you move through challenges without losing yourself?

Score: _____

Your Inner Connection

11. Gratitude Access

How easy is it for you to feel genuine gratitude?

Score: _____

12. Inner Calm

How often do you feel calm, grounded, and at peace?

Score: _____

13. Clarity

How clear and focused does your mind feel?

Score: _____

14. Connection to Guidance

How connected do you feel to your intuition or Higher Self?

Score: _____

Your Energetic Boundaries

15. Protection of Energy

How well do you maintain your energy around other people?

Score: _____

16. Sensitivity Without Overwhelm

How well can you feel empathy towards others without becoming drained?

Score: _____

Your Life Experience

17. Presence

How present are you in your daily life?

Score: _____

18. Enjoyment of Life

How much do you genuinely enjoy your life right now?

Score: _____

19. Alignment

How aligned do your actions feel with who you truly are?

Score: _____

20. Capacity to Give & Receive

How balanced is your giving and receiving (love, support, money, opportunities)?

Score: _____

Step 3: Your Energy Snapshot

Add your scores from the 0-10 assessment: _____ / 200

Add Your percentage from overall energy level (0-100%): _____ / 100

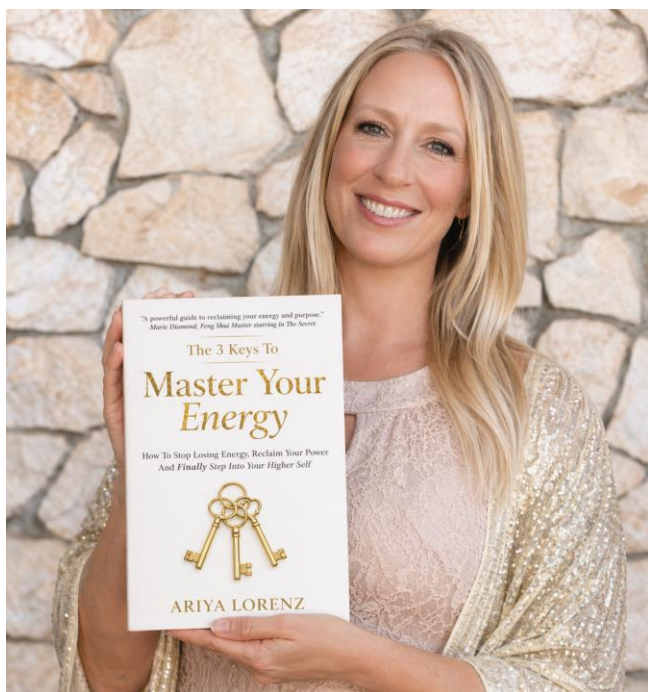
SUM: _____ / 300

It shows you how your energy is currently expressed through your body, your emotions, your mind, and your life.

✦ The 8 Secrets For Energy Mastery ✦

Special Pre-Sale/Launch Bonus from the Book “The 3 Keys To Master Your Energy” By Ariya Lorenz

For Pre-Sale/Launch Pioneers only



1. Energy First, Everything Follows

Your life does not begin with action—it begins with energy. When your energy rises, clarity sharpens, decisions align, and life begins to move with you. Aligned action leads to desired results.

2. Stop the Silent Energy Leaks

Exhaustion isn't random.

It comes from unnoticed drains—people, thoughts, environments. Once you stop the energy leaks, you naturally step out of overwhelm... and your energy & happiness returns.

3. Protection Creates Power

Sensitivity becomes strength when it is contained.

A protected energy field allows you to stay open, present, and deeply connected—without losing yourself. Real power lies within this balance.

4. You Are Designed to Overflow

You were never meant to “manage” your energy.

You were designed to live in overflow—where giving, creating, and leading feel natural and effortless. You need to program your body for overflow.

5. Recharging Is Instant When You Know How

Energy does not come from time off—it comes from tapping into the energy source.

A few intentional moments can refill your entire system when you tap directly into Source.

6. How To Direct Energy

Where your attention goes, the energy flows.

Shift your attention, and reality starts rearranging itself around you.

Your attention is like a retrieving arrow that if shot in the right direction targets what you wish and brings it to you.

7. Ask and you shall receive

You are not doing this alone. The universe has your back.

The moment you ask—clearly and intentionally—support begins to move toward you. "Ask and you shall receive" becomes tangible with energy mastery.

8. The Higher Self Lifestyle

If you align yourself with the highest vibration your body can hold, you become part of the highest order. Energy mastery becomes who you are.

You move guided. Decisive. Certain.

Life stops feeling like trial and error—and starts feeling like alignment.

This is the first step in accessing your Higher Self. If you feel like you'd like to dive into more depth and actually learn to communicate with your Higher Self, click on the QR Code below and you'll not only get the free first Module, called Master Your Energy, but you can upgrade to the full course. I'd love to see you there.

Thanks for being one of the pioneers in my book launch! I appreciate you!

Blessings,

Ariya

PS: If You haven't accessed your **free Bonus** that comes with the book purchase, here's a **QR Code to the FREE first module of my Higher Self Mastery Course**. The first Module teaches everything in the book. This gives you an in depth tangible video experience of what you read in the book.

If you wish this will allow you also to upgrade to the **full Higher Self Mastery Course** and even to the **all inclusive Membership**, with **live sessions with Ariya**.



<https://ariyalorenz.com/hsm-course-individual-module-pricing-special/>

More about Ariya: www.ariyalorenz.com

Email: support@ariyalorenz.com

After practicing the tools for about three weeks, share your success by sending an email to support@ariyalorenz.com and you will receive a free gift.

Gain access to Module 1 “Master Your Energy” for FREE. The first module is completely free for you if you use the above QR code. It includes the guided “Morning Programming” with the “I Radiate Meditation.”

The full course “Higher Self Mastery” also offers you Module 2,3, and 4 for a fee. It includes the “I Radiate,” the “Recharge Meditation,” an extended “Morning Programming” and training worth over \$2000.