



Shamanic Ritual To Call Back Our Power:

Feel free to go ahead and do this now, or make a date with yourself (yes, on the Calendar) to do this ritual within the next 48 hours.

- Draw a circle of protection around you, either with your intention, or drawing up energy from Mother Earth or asking your Angels and Guides to come in to help.
- Recall someone who drains your energy or who you know has taken power from you.
- Ask their Highest Self to come to the edge of the circle, but they may not come in.
- Demand that they give your power and energy back. They may be willing or you may need to wrestle it from them a bit. Your Guides are there to protect you, trust me, they don't need your energy, not can they do anything with it anyway.
- Receive it back as a ball of light.
- Give your Gratitude to their highest Self for returning what is rightfully yours.
- Scan your energy field to see if you need to return any energy to them. If so return it kindly and bid your goodbyes.
- Clear your energy field with crystals, sage, palo santo or sound.
- Thank your Guides and close your circle.
- Use this circle of protection at any time and repeat for everyone who may have taken your power, past, present future or past lives.