

# Mini Energy Guide

**(Source is a placeholder for your higher power.)**

## **FOR CONNECTING YOUR ENERGY -**

Intend that only source and light are here \*

Say I choose to connect above and below

Here is the visual to have -

intend to have GOLD light from above move through your body from head to toe connecting you to source and PINK light from below move through your body from toe to head connecting you to the center of the earth.

## **HOW TO ONLY FEEL YOUR ENERGY-**

I choose to only feel and hear my own energy and thoughts

Here is the visual to have-

intend to have a gold light circle around your body and shield your energy.

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## **PROTECT YOURSELF FROM DARK FORCES**

Choose to only have source and light with you

Connect yourself above and below ( the gold and pink light)

See the gold light wrap all around you and intend to suck all the dark out.

After say I choose to supernova blast any dark forces that are intentionally hurting me.

## **symptoms of dark forces/**

random emotions, dark  
thoughts,  
anxiety , headaches,  
random pain,  
feeling off and you can't  
explain it,  
dizzy, nausea, and you can  
even feel depression.

Dark Forces are nothing to be fearful of! Remember  
light is so powerful.