

Decree

This is a generic decree to clear your energy field, set boundaries, and claim your space. Once you get comfortable with the language you can say it however it feels right for you without the verbiage I've provided. It's multiple parts because it needs to be said and rephrased 2-3 times to be most effective and this is typically a daily decree. You may notice emotions arise especially the first few times you say it, I encourage you to repeat it as many times as you need until you notice any heaviness dissipate.

First: Take a deep breath, close your eyes and do a scan of how your body feels physically & energetically. Do you feel any heaviness, pressure, pain, and/or emotions in or around your body?

*Then begin the decree by speaking the following *out loud (*this is important).*

"I'm speaking directly to any spirits of the dead, unhealed ancestors, energy, energy fields, beings, mental and emotional states who through their experience are having a negative influence on me and mine.

I'm asking you to completely depart from me and mine. I (*your name*) claim me and mine as a sovereign space which means that I am 100% determined to keep it free and clear of any negatively influencing energies. I'm asking you to go and I really mean it.

I'm speaking directly to any spirits of the dead, unhealed ancestors, energy, energy fields, beings, mental and emotional states who are having a negative influence on me and mine. I'm asking you to completely withdraw to completely depart. If you can hear my voice, even if you're hidden, if you can hear my voice and you are not a benevolent and compassionate helping spirit attuned to oneness, then I am talking directly to you. It's time for you to go and I really mean it, I'm insisting that you leave me and mine.

I invite my helping spirits, compassionate angels and ancestors to assist you in withdrawing from me, my space, and my loved ones and to help you find a place where you will be much happier as I know there is a place that you will be much happier than here with me.

Again, I'm addressing directly any spirits of the dead, unhealed ancestors, energy, energy fields, beings, mental and emotional states who through their experience are having a negative influence on me and mine. Even if you think you're helping by being with me you're not and so I'm asking you to leave, to take everything that's yours with you and leave everything that mine with me. It is time for you to go, it is time for you to take your leave.

Thank you