

Decree – Claiming Your Space

Many of us are simply sensitive to energy that is around us. It's really helpful to ask the energy you're feeling, and don't like, to leave. Repeating the following decree a few times, with minor variations adds to the request.

Stating the words out loud allows us to reclaim our power - and if you have auditory sensitivities, discourages spirits from speaking to you inside your head, and thus enforces a boundary that your body is off limits.

*I'm providing you with two different approaches to dismissing unwanted and negatively impactful energies, energy fields, and beings (human and non-human). If I'm aware of a more specific energy, energy field, or even a person with whom I feel is encroaching on my energy field I find the first decree is most effective. I work with second decree most often as it includes all negatively influencing energies, including those I may be unaware of in my space. **Either decree should be repeated as many times as needed until you feel a shift in the energetic atmosphere around you.***

Decree #1: This is an example related to the coronavirus, but you can honestly substitute out the word [coronavirus] for any energy you're feeling. See how it works for you, and please feel free to change it as you are called to.

- I am asking the [coronavirus] and any energy, energy fields, or beings around [the pandemic] that have impacted me or my space negatively to depart, to disengage, to completely withdraw from me and my space.
- I am asking the [coronavirus] and any energy, energy fields, or beings around [the pandemic] that have impacted me or my space negatively to depart, to disengage, to completely withdraw from me and my space.
- I am asking the [coronavirus] and all energy and beings around the pandemic that are having a negative influence on me or my space, to depart, to disengage from me and my space in any way you have been interacting with me, including any energy, energy fields, or beings that think I am not talking to you.
- I am asking the [coronavirus] and all energy, energy fields, and beings around the pandemic that are having a negative influence on me or my space, to depart and disengage from me and my space in any way you have been interacting with me, including any spirits riding on the energy.
- I am asking my helping spirits and compassionate angels to assist any beings that do not have my best interest at heart that have not left to leave, and to clear any remaining energy left behind.

Thank you

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Decree #2:

I (your full name) declare and 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 addressing any spirits of the dead, unhealed ancestors, energy, energy fields, or beings who through their experience are having a negative influence on me and mine. I'm asking you to depart at this time, to completely withdraw from me and mine and I really mean it.

Whether you are above me, below me, in front of me, behind me, beside me, or on my periphery, if you can hear my voice and you are not a helping spirit whom I have consciously invited into my space or a compassionate spirit attuned to oneness with my best interest at heart, then I am talking to you, and I am asking you to go, to leave, to completely disengage from me and mine. I can assure you there are places you would be happier than here with me.

Again, I'm asking any negatively influencing energies, that are not entangled with me to depart, to withdraw, to disengage from me and mine and I really mean it. I insist that you go. This includes any spirits that are hidden or think I am not talking to you. I am claiming my space and include all spirits that can hear me that are not helping spirits that I have consciously allowed or compassionate spirits attuned to oneness that have my best interest at heart.

I am also asking that any energy that is hanging out around the boundaries of my world, that intends me any harm or has invasive thoughts directed at me to completely depart. You absolutely must go. Any agent, being, entity, barriers or opposition to my Sovereignty must depart at this time. I invite my helping spirits, compassionate angels, and any compassionate psychopomp beings that would be willing to assist in completely separating me and mine from any negatively influencing energies, energy fields, or beings that are not willing to leave of their own agency, and those who are who may need extra assistance, in completely withdrawing from me and mine, taking everything that's there's with them, and leaving everything that's mine with me. Thank you for helping them find a place they will be much happier than here with me and for clearing any remaining energy left behind. Thank you.

Note about decrees: *In general, a decree to claim your space is tremendously helpful (especially when repeated until you feel a change in atmosphere) in keeping both you and your space clear of unwanted spirits and negatively influencing energies that are not entangled with you. If the energies/beings you're addressing are entangled with you in some way, a decree typically can't dismiss those energies/beings because the entanglement needs to be specifically addressed. The cause and treatment of entanglements or persistent boundary challenges can be explored in a private Healing or Journeying Session.*