

# PROTECTING YOUR ENERGY WITH ENERGETIC DISCONNECTS

Always remember to consciously disconnect from your client's energy after every healing session.

## The Shower of Divine White Light

Disconnect from your client's energy by envisioning a shower of Divine White Light falling gently over your entire being.

You can ask Creator/the Archangels to dissolve hooks and cords between you and your client. Use this statement:

"I ask my angels/guides to come in and wash clean anything left in my space that is belonging to the client, anything that is mine left in the client's space. Come in and clean this all now, please. I ask for a blessing of love for all involved in this healing now, please. Thank you."

## The Energetic Break

You can also disconnect your energy with the Energetic Break method. You can do this by rubbing your palms together in front of your chest. Then, simultaneously push one palm away from your chest and bring the other palm back toward your chest. This energetically sends the other person's energy back to them and brings your own energy back to you.