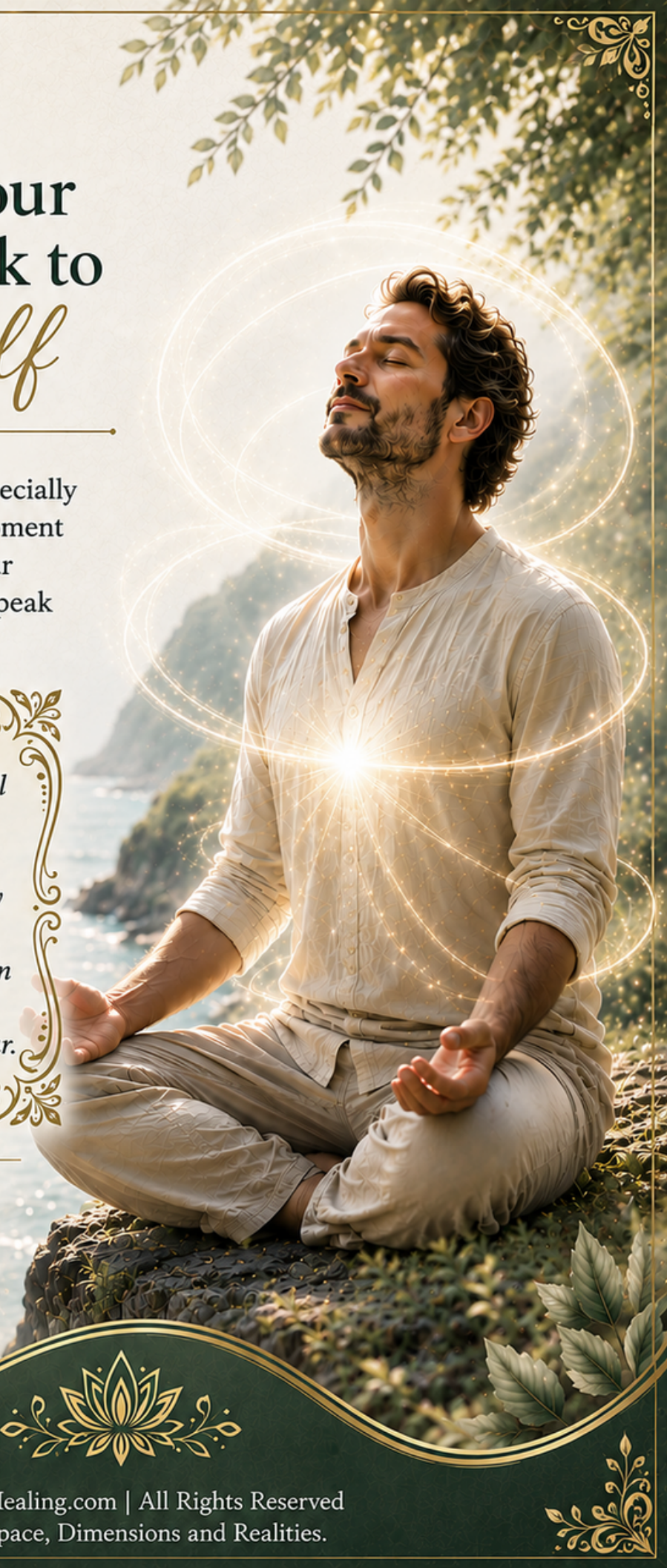
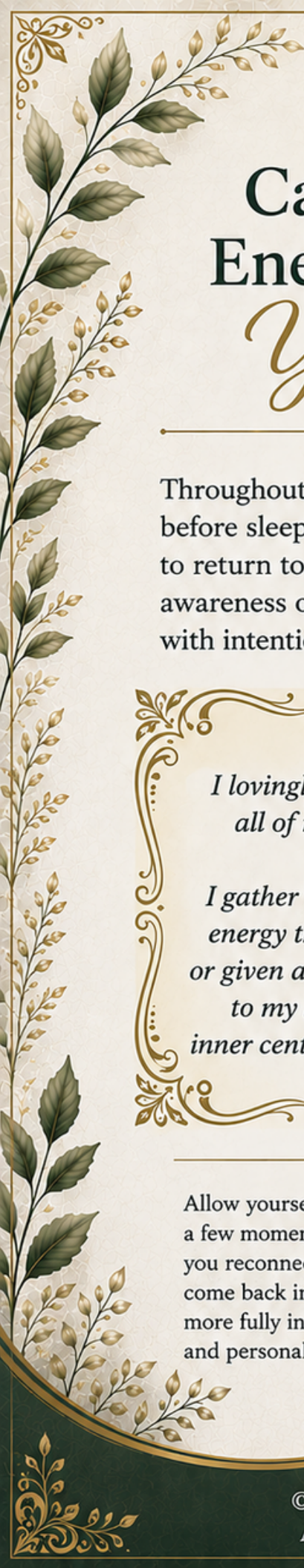




# Calling Your Energy Back to Yourself



Throughout the day — and especially before sleep — take a quiet moment to return to yourself. Place your awareness on your heart and speak with intention and presence:



*I lovingly command and call  
all of my energy back to  
myself now.*

*I gather back the parts of my  
energy that I have scattered  
or given away and return them  
to my Sacred Heart and  
inner center, purified and clear.*

Allow yourself to breathe this in for a few moments. This practice helps you reconnect with your own energy, come back into balance, and stand more fully in your presence, clarity, and personal power.