

# **Guide to Projection & Energetic Entanglement**

## **Healing Ritual to Reclaim Your Energy**

### **1. Understanding Projection**

Projection is the act of placing our inner wounds, assumptions, fears, and unresolved emotions onto another person. This creates a distorted perception of reality and activates ancient protective mechanisms of the ego.

### **2. How Projection Creates Energetic Entanglement**

Every memory, thought, fantasy, or emotional loop directed at someone becomes a current of energy. Over time, this forms an energetic web connecting you to the person. This web persists even long after the physical relationship has ended.

### **3. Signs You Are Energetically Entangled**

- Difficulty moving on from someone
- Feeling emotionally heavy or drained
- Obsessive thoughts or replaying conversations
- Feeling stuck in love, money, or creativity
- Being easily triggered or reactivated

### **4. The Energetic Cost of Projection**

Projection drains your vital energy. It pulls you out of your center, consuming energy that could be used for growth, creativity, or aligned relationships.

## 5. Returning to Your Axis

Healing begins by reclaiming your center. Grounding reconnects you to your body and stabilizes your emotional field, restoring clarity and sovereignty.

## 6. Healing Ritual: Reclaiming Your Energy

### **Step 1 — Prepare Your Space**

Light a candle, place your feet on the ground, and breathe deeply.

### **Step 2 — Energetic Awareness**

Visualize the energetic cords connecting you to the person.

### **Step 3 — Call Your Energy Back**

“I call back all my energy given through projections, emotions, or memories.”

### **Step 4 — Return Their Energy**

“I return all energy that does not belong to me. I release you in neutrality.”

### **Step 5 — Cut the Energetic Cord**

See the cord dissolve into light. Feel the release.

### **Step 6 — Seal Your Field**

“I am sovereign in my energy. What is mine stays with me.”

### **Step 7 — Grounding**

Visualize roots returning you to your axis and anchoring you in your body.

## 7. Aftercare

- Delete old messages, photos, or reminders
- Cleanse your space
- Drink water to seal the ritual
- Spend time in silence or nature

## 8. Final Integration

When you reclaim your energy, life opens again. Opportunities flow, intuition strengthens, and relationships become clearer. Releasing what is complete aligns you with abundance and higher truth.

You are sovereign, whole, and energetically free.