



## The HomeHearted Daily Energy Intentions

I have used these energy intentions for over 25 years to purify and protect myself, my family and our home. I am a firm believer of the power of intention – energy always follows intent or desire. You need to state what you want and believe it.

“I call upon Your love to surround me on all levels of my being. Any negative energy I encounter be transmuted with love and returned to me with love.” *You can do this intention on behalf of young children – just add his/her name.*

“I call upon You and Your Warrior Angels to cleanse and clear my space of all negative energy and fill and shield it with Your love.”

“I call upon my High self to merge with my low self, to cleanse me of all negative energy, to fill me with love and light so that I may be one with my High self in this world.”

“May I be a channel of God’s love and light in all that I say, do and think today.”

“I fully ground myself into the core of the planet. Any negative energy I encounter be transmuted with love and returned to me with love.”

Feel free to substitute different words to reflect your spiritual beliefs:

“I call upon God and His Warrior Angels to cleanse and clear this space of all negative energy and fill and shield it with His divine love.”

“I call upon Universal divine energy to cleanse and clear this space of all negativity and fill and shield it with love and light.”

“I call upon Love to cleanse and clear this space of all negative energy and fill it with healing white light.”

Be creative with your intentions! There are no hard and fast rules here. Use whatever language brings joy to your heart.

