



⚡ Therapist Energy Shielding Toolkit

Your Mini-Manual for Staying Whole While Holding Space

A fusion of nervous system awareness, empathic protection, and grounded rituals you can actually do (no cauldron or moonlight bath required—unless that's your thing). Whether you're ankle-deep in back-to-back trauma sessions or simply

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feeling the soft ooze of emotional residue seeping into your bones, this toolkit was crafted for the therapist who holds space deeply—but refuses to disappear into it.

PREP: Before the Session

Set the tone, the container, and the energetic boundary before you even open the Zoom link or unlock the office door.

These practices are your “psychic primer”—rituals that gently seal in your energy while inviting clarity and calm before the emotional holding begins.

1. Mirrored Shield Visualization

Envision a soft, mirrored bubble wrapping around your body. This isn't a fortress—it's a breathable container that reflects back energy that's not yours while allowing connection and attunement to flow through. It's like having a storm door on your empathy: you're still available, just not absorbing sideways gusts of someone else's chaos.

2. Sigil or Symbol Trace

With your finger, a bit of essential oil, or even a dab of water, trace a symbol over your wrist, heart, or solar plexus—whatever area feels most “leaky.” This can be a spiral, rune, or personal glyph. The key is to imbue it with meaning: “I return to myself,” “I am sovereign,” or “My energy is mine.”

3. Color-Infused Light Visualization

Close your eyes and imagine light filling your body from head to toe. Choose a color that resonates:

- Gold or white for protection
- Blue for peaceful boundaries
- Green for steady presence

Feel the color wash over any energetic rips or frays, sealing you back into your own system.

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4. Mantra Activation

Choose a short, grounding phrase to recite aloud or silently. Some favorites:

- "This hour is theirs. I will return to me after."
- "I bring presence, not sacrifice."
- "They get access to my skills—not my life force."

Let your voice become the spell. The mantra is your anchor.

5. Box Breathing Ritual

Inhale for 4 seconds → Hold for 4 → Exhale for 6.

Repeat for three cycles while pressing your feet into the floor. This stabilizes your vagus nerve and serves as your session's internal 'opening bell.'

IN SESSION: Holding with Boundaries

You're not a sponge. You're a conduit. Stay present without fusing.

These are subtle, sensory-friendly tools you can use while holding space. They won't interrupt the flow of the session, but they'll keep you from accidentally marinating in someone else's psychic stew.

1. Anchor Object

Keep a grounding object in your lap, pocket, or hand—a stone, ring, acorn, or coin. When you feel pulled too far into a client's story, touch the object and silently recite:

"Back to me. Back to now."

2. Energy Buffer Visualization

If a client's energy is starting to feel like a wave crashing on your nervous system, gently visualize a sheer curtain, soft fog, or golden mesh between

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you. It softens the transmission without cutting off connection.

3. Inner Recenter Cue

Silently say:

“Return to center.”

“Their urgency is not mine to solve.”

“My energy is not required to validate theirs.”

Repeat it like a spell. You’re reminding yourself that presence does not equal merging.

4. Body Tap or Palm Rub

Lightly tap your sternum, press your fingertips together, or rub your palms. These micro-movements reconnect you to your body and subtly interrupt energetic fusion.

5. Subtle Aromatherapy Cue

Place a grounding essential oil (peppermint, rosemary, vetiver) on a tissue or diffuser near you. When you inhale, let it serve as a nervous system reset and portal back to you.

POST-SESSION: De-Goo and Decompress

You gave your presence—not your soul. Let go of what tried to stick.

This is your decompression chamber. These rituals shake off the energetic cling-wrap so you’re not carrying session 2 into session 5—or home to your dog and snacks.

1. Energetic Cord Release

Close your eyes and scan your body. Visualize any cords of emotional connection still linked to clients. Gently unplug them from your solar plexus, heart, or third eye. Imagine the cord retracting back to them with care. Say:

“Thank you for what was shared. I return to myself now.”

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2. Water Ritual

Run your hands under warm or cool water with intention. Visualize residue—words, stories, emotions—sliding off like ink. Say:

“What’s not mine, flows away.”

3. Somatic Shake-Out

Shake your arms, legs, shoulders—even your jaw. Move in whatever way helps. Bonus if you pair it with a ridiculous song. The more you look like a stressed-out flamingo, the better.

4. Candle Closure

If you lit a candle before your sessions, blow it out now. As the smoke curls upward, mentally release the weight of what was shared that day.

5. Body Tension Scan

Where are you holding someone else’s story? Jaw? Gut? Spine? Name it, then do something physical to release it—stretch, twist, sigh, or hum. Reclaim the space within your skin.



DAILY PRACTICES (5 Minutes or Less)

Because you don’t always have time for a bath, ritual, and existential moment with the moon.

1. Three-Part Reset

Between clients, try this:

- One deep breath
- One sound (sigh, hum, whisper)
- One movement (shoulder roll, stretch, stomp)

Quick and dirty nervous system hygiene.

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2. Hourly Object Touch

Set a timer or use session transitions to touch your grounding object and silently say:

"My energy. My edges."

3. Tarot or Symbol Pull

Draw a single card, rune, or symbol before your day. Let it set the tone. Ask:

"What wisdom do I need to hold space wisely today?"

4. Sensory Connection to Nature

Keep a rock, leaf, shell, or branch near your workspace. Touch it when the room feels too "Zoom-y." Let it bring you back to something older, rooted, and real.

5. One-Song Movement Release

End your day—or interrupt the overwhelm—with a single song that's yours. Dance, sway, stretch, or shake. No meaning required. Just movement.



WEEKLY RESET: The Boundary Audit

You're not just reflecting. You're releasing what isn't yours.

Think of this as your energetic inventory. A space to check for leaks, wipe the residue, and fortify your sacred "no."

1. Energetic Debrief Journal

At week's end, take 10 minutes. Ask yourself:

- What still lingers?
- Which clients or moments felt sticky?
- Did anything attach that wasn't mine?

Write it. Close the journal. You don't need a solution—you just need to

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name it.

2. Sound Clearing

Use bells, chimes, singing bowls—or even a loud, intentional clap—to break up stagnant energy in your office or nervous system. Let the sound vibrate out anything that overstayed its welcome.

3. Paper Fire Ritual

Write down whatever you're done holding: stories, guilt, unrealistic expectations, emotional goo. Safely burn or shred the paper with the words:

"Released and gone. I reclaim my space."

4. Voice Note to Future You

Record a short message for next-week-you. Include:

- What worked
- What boundary to keep
- What you're letting go

End with: "Your energy is sacred."

5. Salt Bath or Foot Soak

Use Epsom salts + herbs (lavender, rosemary, sage) to draw out emotional buildup. As you soak, visualize the residue dissolving—grain by grain, story by story.

WITCHY THERAPIST TOOLS & STRATEGIES


For Nervous System Alchemy & Energetic Boundaries

A deeper toolkit for the therapists who talk to ghosts and insurance companies. These are your spiritual side quests—the kind that help you feel sovereign in your work without selling your soul to CPT code 90837.

Elemental Anchoring

Restore balance using the elements—no elaborate spellwork required.

- Earth: Press your feet into the floor. Touch stone, wood, or soil. Say:
“I ground into what is mine.”
- Air: Use breath, wind chimes, or smoke. Sigh intentionally. Let breath guide clarity.
- Fire: Light a candle or burn herbs (bay leaf, rosemary). Fire = transformation.
- Water: Wash your hands or spritz your face with moon water. Let the element of emotion hold and release you.

 Mini-practice: Before your day begins, anoint your wrists with water (emotion), oil (fire), and salt (earth), then take one deep breath (air). Whisper your intention for protection and presence.

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Sigil Crafting

Create a personalized symbol charged with your intention.

This is low-drama energetic boundary setting.

Steps:

- Choose an intention ("I stay whole while holding space.")
- Reduce it to a single symbol through intuitive mark-making.
- Trace it on your skin with oil or water, draw it on a post-it under your laptop, or keep it in your pocket.

Charge it with breath, a candle, or simple presence. Let it work like a psychic seatbelt.

Candle Magick for Emotional Release

Simple flame-based rituals to reset your field.

- Light a candle before sessions. Say:
"I hold space with presence, not sacrifice."
- Use colored candles intentionally:
 - Black for boundary setting and emotional release
 - White for cleansing and clarity
 - Blue for calm, steady attunement
- Blow it out at day's end to mark the energetic closure.

The flame holds what you don't need to carry.

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Chakra Tuning & Color Symbolism

Work with your energy centers—no need to name them if that's not your vibe.

- Visualize your chakras spinning and aligned. Let them move like gears—not perfect, but functional.
- Carry or wear color-coded items:
 - Red stone (root) = grounding
 - Yellow scarf (solar plexus) = boundaries + confidence
 - Indigo mug (third eye) = intuitive clarity

Let your nervous system attune through color.

Aura Sprays & Smoke-Free Smudging

Cleanse without setting off the fire alarm.

- Create a spray with witch hazel, distilled water, and a few drops of essential oils (lavender, rosemary, eucalyptus).
- Spritz your office, yourself, or your Zoom screen between sessions.
- Alternatively, use a tuning fork, bell, or singing bowl for a sound cleanse.

Say aloud (or think):

“I clear what’s not mine. I reclaim what is.”

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Symbolic Shedding & Emotional Composting

Let what isn't yours rot, transform, and be done.

Therapists are sneaky emotional hoarders. Here's how to compost the emotional scraps you didn't mean to keep.

- Keep a small box, jar, or envelope labeled "Emotional Compost."

After a session (or a week), jot down whatever feels sticky—client dynamics, overidentification, perfectionism spirals—and toss the note inside.

- Once a month, dispose of the contents. Options:
 - Burn it (safely), then bury the ashes
 - Shred it while playing your favorite "chaotic witch energy" playlist
 - Bury it in soil or return it to nature

As you do, say:

"I shed what no longer serves. What was never mine returns to the earth."

Visualize yourself like a snake sloughing skin. Not because you're broken—because you're evolving.

✨ Divination for Debriefing

Use cards, runes, or symbols to understand what lingers—and why.

Not for client interpretation. This is your reflection tool.

- After a session or end-of-week, ask:
 - "What energy did I absorb that wasn't mine?"
 - "What am I projecting or over-carrying?"
 - "What needs to be integrated, reclaimed, or released?"

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- Pull a tarot card, rune, or other symbol.

Use the imagery as metaphor—not diagnosis. What story does it tell about your part, your boundary, your blind spot?

Let this be mirror work for the healer.

Moon Cycle Integration

Align your rhythms with the moon—not hustle culture.

- New Moon: Set intentions around your caseload, schedule, or internal boundaries. What do you want more of? Less of?
- Full Moon: Reflect on what's built up. Journal, release, rest. Let the lunar tide carry away what you no longer wish to hold.

Track your own energy, too—do certain phases make you more porous or alert? Schedule accordingly.

🌙 Mini-ritual: Write one intention or release each moon cycle. Burn, bury, or display it depending on your needs.

Warding Jewelry or Clothing

Wear your boundaries—literally.

You don't need to look like Stevie Nicks unless you want to. But a few charged, intentional pieces can do wonders for energetic sovereignty.

- Choose jewelry, scarves, or clothing you can enchant with intention.

Say:

"This ring grounds me. This sweater holds the line."

- Designate a "therapy sweater" or pair of shoes that you remove immediately after your day ends. It becomes a container—on, you're the space holder.

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Off, you're just you.

Let your wardrobe become part of your ritual toolkit.

Threshold Practices

Mark the line between the therapy room and everything else.

Every time you enter or leave your therapy space, create a ritual of return.

- Before Session: Step into the room and say (silently or aloud):

“I offer steady presence.”

Light a candle. Press your hand to the doorframe. Sip grounding tea.

- After Session or End of Day:
 - Blow out the candle
 - Shut your laptop with a conscious exhale
 - Clap, ring a bell, or close a curtain
 - Whisper:

“I call my energy home.”

Marking thresholds helps your nervous system shift modes. It tells your brain: “We are not on-call for the collective anymore.”

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Final Reminder for the Witchy Therapist

Your ability to hold space is powerful. But your ability to come home to yourself is sacred.

You are not meant to:

- Absorb it all
- Heal it all
- Sacrifice your body for your client's breakthroughs
- Prove your worth through burnout

You are here to:

- Witness wisely
- Hold with clarity
- Release without guilt
- And return to yourself, again and again

Let your toolkit be a practice—not a performance. Let your magick be mundane. And let your care for others be matched by the deep, steady care you offer yourself.

♥ You're not just a therapist.

You're a steward. A spellcaster of safety. A sovereign nervous system in a chair.

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