

A golden phoenix is depicted on the left side of the image, its body and tail feathers flowing downwards and to the right, creating a sense of movement. The phoenix is set against a dark, starry background with golden energy waves at the bottom. The entire image is framed by a decorative golden border with geometric patterns at the corners and center.

The Energy Protection Guide

Seal the Invisible Leaks Draining Your Vibration

—◆ By Rovura | @risewithbhagyasrie ◆—



You're not just tired — you're out of alignment.

You have done the meditation.
You have journaled. You have rested.
And yet — your spirit still feels heavy.
That heaviness is not failure. It is a signal.
Your energy is being scattered in directions
that no longer serve your soul.

Energy Leaks Are the Invisible Ways Your Life Force Drains Away

Unlike physical exhaustion from overwork, energy leaks operate beneath the surface. They are the conversations that leave you hollow, the commitments that tighten your chest, and the thought patterns that loop without resolution.

- ◆ Persistent heaviness that rest does not resolve
- ◆ Feeling drained after certain interactions
- ◆ Difficulty trusting your own knowing
- ◆ Emotional reactivity disproportionate to the situation



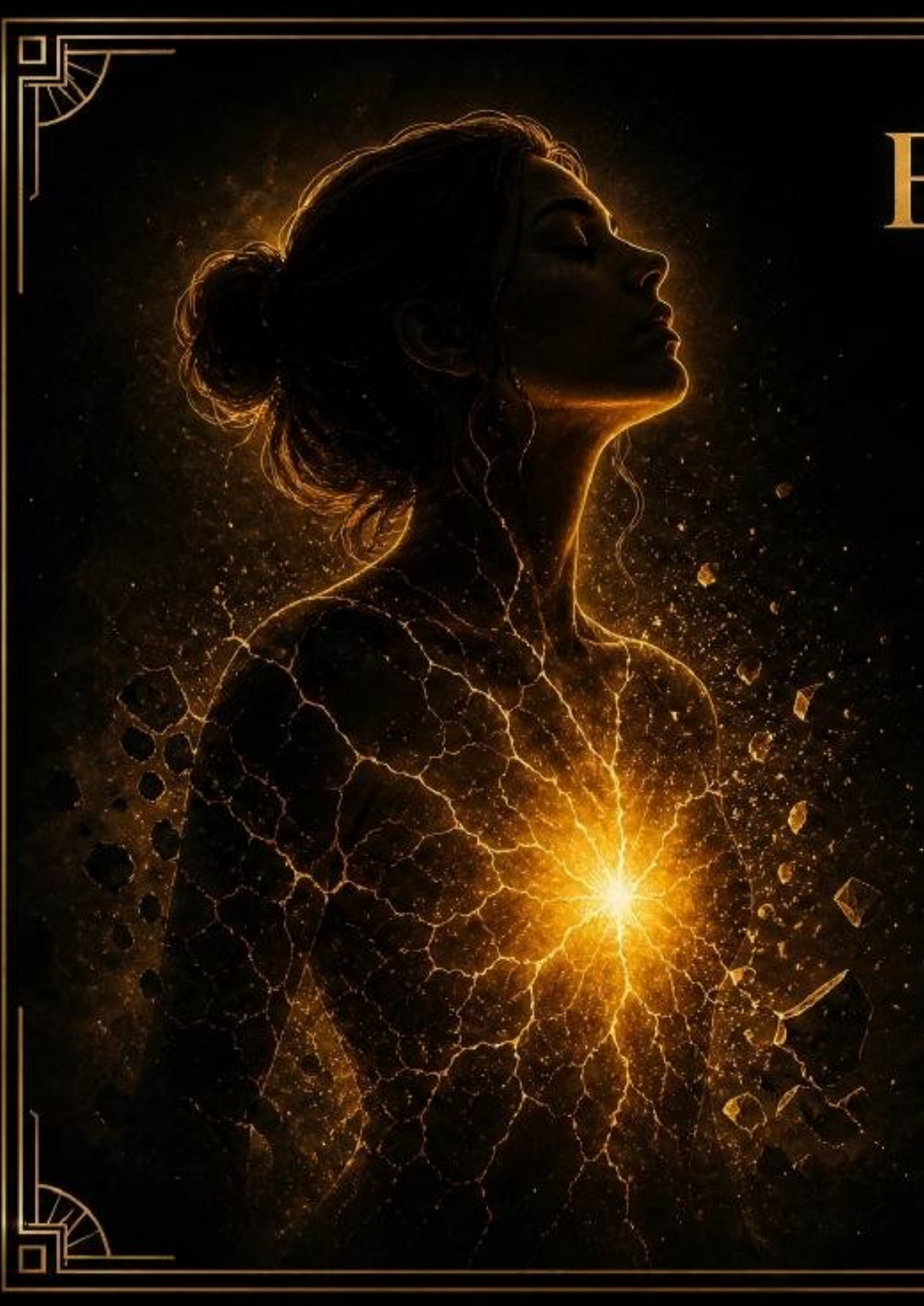
◆ ENERGY DRAIN #1 ◆

Carrying Others' Weight

You absorb emotional energy that isn't yours to hold. Without clear boundaries, other people's emotional weight becomes your own.

- ◆ Exhausted after social gatherings
- ◆ Know what others feel before they say it
- ◆ Struggle to distinguish your emotions from others'
- ◆ Feel responsible for other people's happiness



A woman's silhouette is shown in profile, facing right. Her body is covered in a glowing, cracked energy field that resembles a spiderweb or a cracked stone. A bright, golden light emanates from her chest area, creating a starburst effect. The background is dark with some golden particles floating around. The entire image is framed by a decorative border with geometric patterns in the corners and a central diamond shape at the top and bottom.

Every 'Yes' When Your Soul Whispers 'No' Fractures Your Field

People-pleasing, over-explaining, and abandoning your own needs are not acts of kindness — they are acts of self-betrayal.

- ◆ Frequently override gut feelings
- ◆ Say yes out of guilt or obligation
- ◆ Resentment building beneath politeness
- ◆ Lost touch with what you actually want

ENERGY DRAIN #3

Your soul was not designed for perpetual output

Modern culture rewards constant doing. When you live in stress mode — always producing, always performing — you override your natural rhythm. The feminine energy within craves cycles of rest, creation, and surrender.

- ◆ Feel guilty when you rest
- ◆ Worth tied to productivity
- ◆ Cannot remember last time you did nothing
- ◆ Body sends signals you ignore



ENERGY DRAIN #4

Unresolved connections drain your present vitality

Old wounds and lingering grief create invisible cords tethering your present energy to past experiences. These cords do not require physical proximity — you can be energetically bound to someone you haven't spoken to in years.

- ◆ Certain memories still trigger strong responses
- ◆ Replay old conversations mentally
- ◆ Stuck in patterns echoing past relationships
- ◆ Forgiveness feels intellectually possible but emotionally incomplete



TECHNIQUE #1

The Golden Light Shield

Your daily energetic armour

- 1 Close your eyes, take three deep breaths
- 2 Visualise a sphere of warm golden light surrounding your body
- 3 See this light extending an arm's length in every direction
- 4 Affirm: "I am protected. Only love and wisdom may enter my field."
- 5 Feel the warmth as a physical sensation on your skin
- 6 Carry this awareness throughout your day



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TECHNIQUE #2

The Cord-Cutting Breath

Release energetic entanglement in 5-7 breaths

1. Sit comfortably, close your eyes
2. Identify where in your body you feel the connection
3. Inhale deeply, imagining golden light filling that area
4. Exhale, visualise a golden flame dissolving any cords
5. Close by saying: "I release what is not mine to carry."



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◆ TECHNIQUE #3 ◆

The Boundary Declaration

Set your energetic intention before entering any space

“ *I enter this space as a sovereign being.
I give only what I choose to give.
I receive only what serves my highest good.
My energy is my own.* ”

Place your hand on your heart and speak this declaration aloud or silently before any interaction.



TECHNIQUE #4

The Evening Release

Return all energy that is not yours before sleep

1. Stand with feet hip-width apart
2. Shake hands vigorously for 30 seconds
3. Brush hands down arms, torso, and legs
4. Stamp feet three times
5. Exhale with an audible sigh
6. Say: "I return all energy that is not mine.
I call back all energy that belongs to me."



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Your 10-Minute Daily Ritual

Consistency transforms knowledge into embodiment

MORNING (5 min)

-  Minutes 1-2:
Sit in stillness, hands on heart
-  Minutes 3-4:
Activate Golden Light Shield
-  Minute 5:
Ask "What does my energy want to create today?"



EVENING (5 min)

-  Minutes 1-2:
Evening Release (shake and sweep)
-  Minutes 3-4:
Gratitude scan —
3 aligned moments
-  Minute 5:
Affirm "I am whole.
I am restored. I am safe."



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Where Is Your Energy Today?

Rate yourself from **1** (rarely) to **5** (almost always)

- ◆ I feel drained after interacting with certain people
- ◆ I say yes when I mean no
- ◆ I feel guilty when I rest or do nothing
- ◆ I replay past conversations in my mind
- ◆ I struggle to identify what I actually want
- ◆ My body holds tension with no clear cause
- ◆ I feel responsible for other people's emotions
- ◆ I compare my pace to others and feel behind
- ◆ I find it hard to be alone in silence
- ◆ I wake up tired even after a full night's sleep

10-20: Well-protected

21-35: Significant leaks

36-50: Urgent restoration needed



★ DEEPER EXPLORATION ★

Let Your Soul Speak

Write without editing or judging

1. Where am I giving energy I haven't consciously chosen to give?
2. What is my body trying to tell me that I've been ignoring?
3. Who comes to mind when I think "energy drains"?
What boundary would I set?
4. When did I last feel truly aligned?
What can I learn from that moment?
5. If I lived from my own rhythm,
what would my days look like?



Your Spirit Remembers Wholeness

This guide is a beginning. True transformation happens in community, with guidance, and through sustained practice. Rovura offers deeper energy alignment programs, personalised guidance, and a community of conscious women choosing to live from their power.

- ✦ Visit rovura.world for full offerings
- ✦ Follow @risewithbhagyasrie on Instagram
- ✦ Connect on Facebook for community support

Let us help you find your way back.



*“You don’t need more doing.
You need more being.”*

With love and light,



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