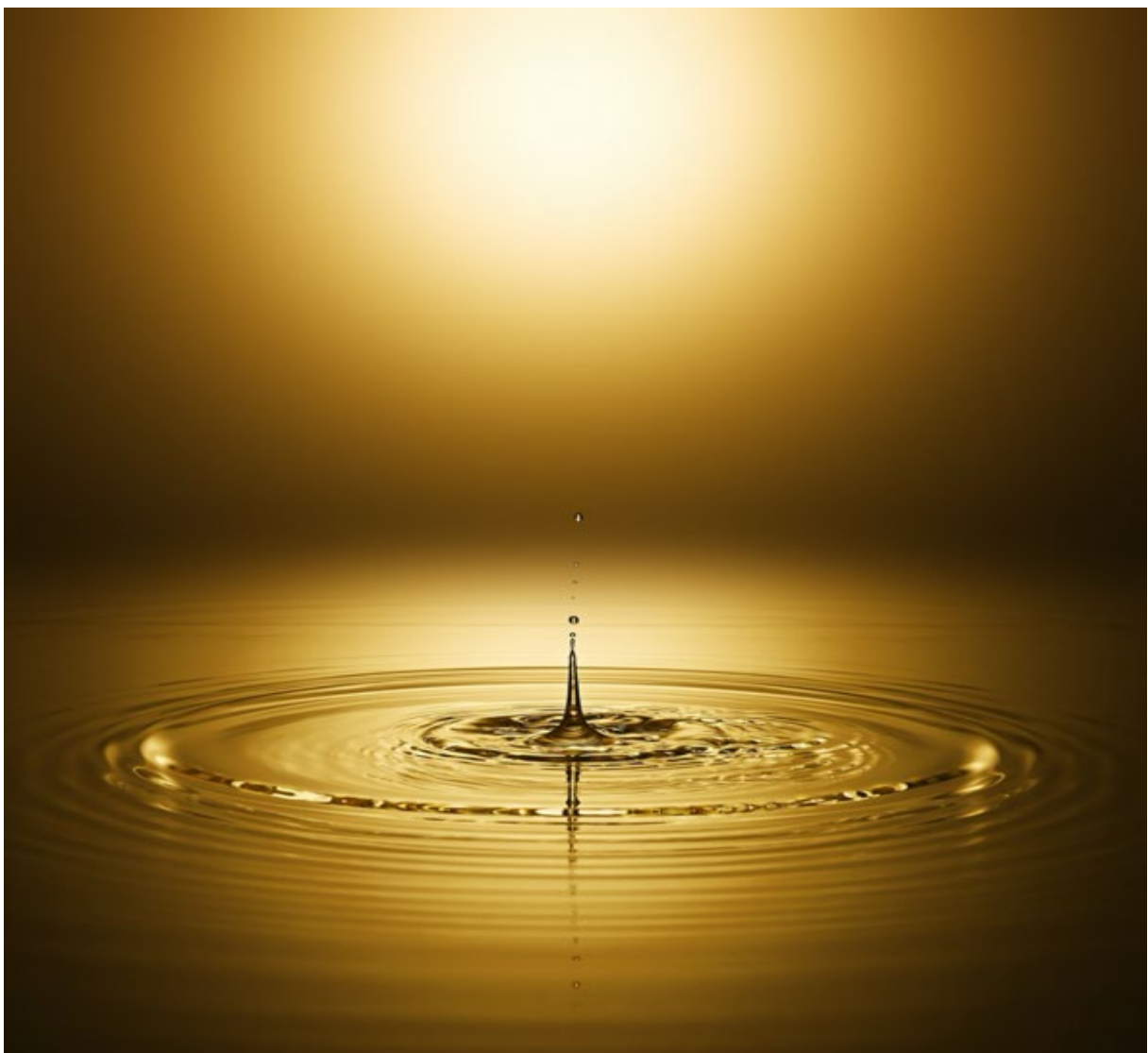


# The Sacred Circle Rule

*Only Keep Friends Whose Character and Mindset You'd Actually Want*



Free spiritual education, Barbara's Psychic Mediums

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# Chapter 1

## Why Your Circle Matters More Than You Think

Have you ever had that quiet moment where you look around and think, “Why do I feel so drained after spending time with certain people?”

You’re not imagining it.

Your inner circle — the people you let closest to you — has a bigger impact on your life, your energy, your mindset, and even your future than most of us realize. The conversations you have, the jokes you laugh at, the standards you accept... they all slowly shape who you become.

That’s why I’m so excited you’re here.

In this e-book, we’re going to talk about something simple but incredibly powerful: **The Sacred Circle Rule.**

It’s not about being cold or judgmental. It’s about choosing, with love and clarity, who you allow into your most precious space, your energy, your heart, your growth.

### **The one sentence that changes everything**

You are the average of the five people you spend the most time with.

Think about that for a second. Your mood, your ambition, your kindness, your boundaries, even your self-worth... they are all quietly influenced by the people you text, call, meet for coffee and share your life with.

When your circle is full of people who lift you up, celebrate your wins and respect your peace, you rise. When your circle contains people who drain you, gossip, complain or make you feel small, you slowly start to shrink, even if you don’t notice it right away.

### **What exactly is The Sacred Circle Rule?**

The Sacred Circle Rule is very simple:

**Only keep friends whose character and mindset you would actually want to trade places with.**

That’s it.

It's a gentle but firm standard. It asks one honest question before you invest more time, energy or emotional space in someone:

“Would I want to be more like this person?”

If the honest answer is “no”, then this friendship might need a new place in your life. Maybe further away, with stronger boundaries, or sometimes even released with love.

This rule is not about perfection. It's about protection. It's about creating a sacred space around you where only people who match your values, your growth and your energy are allowed close.

### **Why this rule matters in every phase of life**

Your circle influences:

- How you feel about yourself
- The opportunities that come your way
- How safe do you feel to be vulnerable and authentic
- How quickly you recover from setbacks
- The kind of love, joy and peace you experience every day

The moment you start applying **The Sacred Circle Rule**, something beautiful happens: You stop accepting relationships that quietly cost you your peace... and you start making space for the ones that truly nourish you.

### **Activity: Your Current Circle Check**

Let's begin with something gentle and honest. Grab a notebook or open your notes app and take 5–7 minutes for this:

1. Write down the names of the 5–7 people you spend the most time with right now.
2. Next to each name, answer these two questions honestly:
  - Does this person mostly give me energy or take it?
  - Would I genuinely want to be more like their character and mindset?
3. Be kind to yourself while doing this. There are no right or wrong answers — only awareness.

When you're done, take a deep breath and say to yourself: "I'm allowed to choose better. I'm allowed to protect my peace."

You just took the first real step toward creating a Sacred Circle that feels light, safe and inspiring.

## Chapter 2

### The Character & Mindset Test

Now that you understand why your circle matters so much, it's time to look at the people in it with fresh eyes.

The Sacred Circle Rule is built on one honest, powerful question:

**“Would I actually want to trade places with this person’s character and mindset?”**

It's not about judging someone as “good” or “bad”. It's about being honest with yourself about the energy you're allowing into your life.

This simple question acts like a gentle filter. It helps you see clearly who lifts you up and who quietly pulls you down, without drama or guilt.

#### The 8 Red Flags in Friendships

1. They complain more than they create
2. They gossip about others (and probably about you, too)
3. Their presence leaves you feeling drained or anxious
4. They make you feel small when you share good news
5. They don't respect your boundaries or your “no.”
6. They bring constant drama and chaos
7. They only contact you when they need something
8. Deep down, you know you would never want to be more like them

#### The 8 Green Flags of High-Vibe Friends

1. They celebrate your wins as if they were their own
2. They speak with honesty but always with kindness
3. Being around them makes you feel lighter and more hopeful
4. They respect your boundaries and your growth

5. They take responsibility for their own energy and mood
6. They inspire you to become a better version of yourself
7. Conversations with them feel nourishing instead of exhausting
8. You genuinely admire their character and mindset

### **The Trade Test – Your Most Honest Tool**

Whenever you feel doubt about a friendship, ask yourself this one question:

“If I could wake up tomorrow with this person’s character, mindset, habits and way of living... would I be happy?”

Be brutally honest with yourself. Your answer will tell you everything you need to know.

#### **Activity: The Trade Test (do this now)**

Take 10 quiet minutes and do this simple exercise:

1. Write down the names of the 5–7 people you spend the most time with.
2. Next to each name, answer honestly:
  - Would I want to trade places with their character and mindset?
  - Why or why not? (one short sentence is enough)
3. Be kind to yourself while answering. This is not about being harsh — it’s about protecting your peace.
4. At the bottom of the page, write: “I deserve a circle that feels light, safe and inspiring.”

When you finish, take a deep breath and say to yourself: “I’m allowed to choose better. I’m allowed to protect my energy.”

You just took another real step toward creating your Sacred Circle.

## Chapter 3

### You Are the Average of Your Circle

There's a truth that can feel a little confronting at first, but once you really understand it, it becomes one of the most liberating insights you'll ever have:

**You are the average of the five people you spend the most time with.**

This isn't just a catchy saying. It's both a spiritual law and a psychological reality. The energy, mindset, habits, standards and even the way people speak slowly start to rub off on you, whether you want it or not.

#### How energy and mindset transfer

Every person carries a certain vibration. When you spend time with them, you're exchanging energy.

High-vibe friends leave you feeling lighter and more hopeful. Low-vibe friends leave you feeling tired, doubtful or slightly smaller than before.

This is why The Sacred Circle Rule exists: to protect your energy and make sure the people closest to you are helping you rise, not holding you back.

#### Activity: Your Energy Audit

1. Write down the 5 people you spend the most time with.
2. Next to each name, answer:
  - How do I usually feel after spending time with this person?
  - On a scale of 1–10, how much does this person's mindset and energy match the person I want to become?
3. End with this gentle question: "Does my current circle support the version of me I want to become?"

You're not being mean by looking at this. You're being loving toward yourself and your future.

## Chapter 4

### The Loyalty Rule: No Friends of Your Enemies

The Loyalty Rule is simple:

**You cannot stay close friends with people who are friends with your enemies.**

This isn't about being petty. It's about protecting your peace and your energy.

When someone stays friends with a person who has hurt you, they keep that negative energy in your life. Every mention brings the hurt back.

#### How to handle this gracefully

Speak from your own feelings:

- "I need some space from anything connected to that situation right now."
- "I'm protecting my peace, so I'm stepping back."

#### Activity: The Loyalty Check

Think about any friendship where this situation exists. Ask yourself honestly how it makes you feel and what you need. Write one clear sentence about your boundary.

You are allowed to choose loyalty to your own peace.

## Chapter 5

### Releasing Draining Friendships with Love

Letting go of a friendship that no longer feels good can be hard. But releasing someone who drains you is an act of deep self-love.

#### The 4 Phases of Releasing

1. Awareness
2. Acceptance
3. Grieving
4. Peace

#### Spiritual Tools

- Cord-cutting visualization
- Asking your guides for support

#### Activity: The Gentle Release Letter

Write a private letter (don't send it) expressing everything you feel, then release it symbolically.

You're not losing a friend. You're making space for the right ones.

## Chapter 6

### Attracting High-Vibe Friends

Before you go looking for new friends, ask yourself the mirror question:

**Am I being the kind of friend I want to attract?**

#### The Law of Attraction in Real Life

You become a high-vibe friend by living the qualities you want in others.

#### How to Become a High-Vibe Friend

- Celebrate others loudly
- Speak with honesty and kindness
- Be consistent and reliable
- Protect your own energy

**Activity: Your Sacred Circle Wish List + Self-Check** Write the qualities you want in friends, then score yourself on each one and note one small way you can embody it more.

“I am becoming the high-vibe friend I want to have. The right people are already on their way.”

## Chapter 7

### Protecting Your Energy Daily

Once you've upgraded your circle, the next step is protecting it.

#### Daily Energy Protection Tools

1. Morning Energy Shield
2. Door-Closing Ritual after conversations
3. Evening Energy Reset
4. Ready Boundary Phrases

**Activity: Your Personal Sacred Circle Protection Plan** Write your own morning shield, door-closing ritual and boundary phrases.

Your energy is sacred. Protecting it is the most loving thing you can do.

## Chapter 8

### Living The Sacred Circle Rule

You've done the deep work. Now it's time to make The Sacred Circle Rule your new normal.

#### **The Season of Solitude**

After you've thinned out your circle, it's very common to crave time alone suddenly.

This is not loneliness; it is healing.

Your nervous system finally gets to relax. Your intuition gets louder. Inner work often happens in solitude, and that is a powerful and important season.

Don't let anyone pressure you with "You should go out more" or "You're alone too much."

Trust your own rhythm. When the time is right, and your energy feels full again, you will naturally feel the pull to meet new people. You don't have to force it.

#### **Your 30-Day Sacred Circle Challenge**

Morning promise · Weekly Energy Audit · Celebrate every time you choose yourself.

#### **Activity: Your Sacred Circle Upgrade Plan**

Write your current circle, what you want more of, and a promise to yourself.

You've chosen yourself. And that is where everything beautiful begins.

## Afterword

You made it to the end...YES!

And more importantly, you made it to the beginning of something new.

By choosing The Sacred Circle Rule, you've decided that your energy, your peace and your growth are worth protecting. You've stopped settling for friendships that drain you and started making space for the ones that lift you.

That is powerful.

Some days you'll feel the shift immediately. Other days it will feel quiet and slow. Both are perfect.

Remember: it's okay to want time alone after you've thinned out your circle. That solitude is not loneliness — it's healing. Trust that feeling. Don't let anyone rush you.

When the time is right, the right people will find you.

You now have the tools. You have the awareness. And most of all, you have permission to choose yourself, again and again.

If you ever want loving support, extra clarity, or a safe space to talk about your circle or your energy, the whole team at [Barbara's Psychic Mediums](#) is here for you with warm hearts and honest guidance.

You deserve a circle that feels light, safe and inspiring. And you deserve to be the most beautiful part of it.

With so much love and pride for the person you are becoming,

**With love,**

**Team Barbara's Psychic Mediums, Your #1 Psychic Hotline Since 2004**

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