

# Energy Clearing Protocol

The first step to clearing is to become aware of the Power of Love flowing into you through your crown and root chakras. You can do this practice anywhere, day or night, inside or outside. I am giving guided visualizations here, but you do not have to see or visualize to do this work; you can do this work effectively simply by feeling the energy. To begin, bring your awareness to your heart, and with all the Love you can feel, send that Love up through your spine out the top of your head and up, up, up to the heart of the sun. You can visualize this love as a beam of light flowing from your heart to the heart of the sun. If you feel obstruction at your crown or feel difficulty sending light through it, instead of sending your light from your heart straight out the top of your head, aim for an area just above your forehead. With your intention, create a small opening there so that you can send a thin beam of light through any obstruction to the heart of the sun. Then wait until you feel the sun send its expression of Divine Love back down to you. If you already have a connection you trust with the Divine Presence, it is not necessary to go through the sun, but the Divine Light travels naturally from the center of the universe through the center of our galaxy through the sun, so drawing that Divine Light through the sun is a natural way to feel the Light more tangibly.

Once you feel the Divine Light flowing into your crown chakra, you can work with it using your breath with intention; on the inhale, feel or visualize the crown chakra opening to receive more Light; on the exhale send that Light out the front of the third eye. Continue using the breath to open the crown chakra until you feel it open to the full diameter of the head, so that the entire top of the head is open and receiving a big column of Divine Light. Then use your breath and intention to draw in the Divine Light on the inhale to the center of your head, and expanding like a star, radiating Divine Light in all directions from the center of your head on the exhale. Now you are ready to call a large and powerful column of Divine Light down through your crown chakra to clear the other chakras. With your intention you can change the quality of the Divine Light flowing in by calling for a brilliant white cleansing ray of Light or for the highest intensity or highest frequency of Light you are able to receive.

Next from your heart send Love down your spine, down into the earth, and down, down, down to the heart of Mother Earth. Then wait until you feel her Love return to you, and allow it to flow throughout your being, drawing it up your spine to your crown chakra, if you are able. Many people have difficulty initially, connecting through their root chakras to Mother Earth, but everyone I have worked with is able to connect through the crown chakra to the sun and to feel the sun return the Divine Love. It is effective to do this practice working with the crown chakra and the Divine Light that flows through the sun alone. If you are using the solar energy alone, just draw it in through your crown chakra on the in-breath. If you are also working with Mother Earth, draw up her energy at the same time you draw down the solar energy, allowing the two energies to meet at the chakra you are clearing. Then using your breath and intention to direct the light, you can bring it into each chakra in turn, first clearing the front, then the back of each chakra with the cleansing Divine Light. If you are working with Mother Earth, then also draw her light up to the chakra you are clearing. There is an infinite supply of Divine Light, so once you open your crown chakra to that Divine Light flowing through the sun, you don't have to use much of your own energy to do the clearing; just use your energy and intention to direct the Divine Light where you need it, drawing it in on the inhale and opening to allow the full intensity of Divine Light to flow through the affected chakra on the exhale. The Divine Light will do the work. It is at a much higher frequency than the dense structures that obstruct the chakras, so by its nature, it naturally dissolves those dense structures. Opening is the key; opening the crown on the inhale and the affected chakra on the exhale to allow the Divine Light to flow through and do its work. That is counter-intuitive, since we are used to closing and shielding our chakras, but when you are working with the Divine Light, opening is what works. That is a big realization that comes from doing this work, and it also allows you to share more love, since love and power are mixed or One in the Unified Field.

The next step is to go through your chakras one by one and feel/see if they are open or blocked. If a chakra is blocked, send Love there, drawing in the Divine Love through your crown and root chakras on your in-breath bringing that Divine Light to the affected chakra, then pushing out the Divine Love with your out-breath at both the front and the back of the chakra, expanding the chakra with each out-breath, as you expand your crown and root chakras to receive more Divine Light with each in-breath. As you continue expanding the affected chakra

to its full diameter and allowing a cleansing ray of Divine Light to flow through, dark or draining cords from other entities will be expelled and dissolved in the Divine Light. Those dense structures can not exist in the intensity of the Divine Light. So although it is natural to contract and to shield when feeling under attack or invaded, it is actually by expanding and opening the affected chakra and allowing the full intensity of Divine Light to flow through that the dark and draining structures are released. Once you feel a cord or draining energy release, immediately call for direct assistance from the Divine Source through the sun; ask for a beam of light directly from the Divine Source to address the cord or structure that has been removed from the body and to clear it or transmute it with the Divine Light all the way back to it's source (the entity or being that sent it). Sometimes minor chakras like the sides of the head, the soles of the feet or hands, and even the backs of the knees can be affected, so check everywhere.

You can call on angels or guides to help you with this process. If you are having trouble clearing a particular chakra, try sending out laser beams of powerful clearing Love to dissolve anything that is not of Love. You can also send out high-intensity bursts of Love, like a nova or starburst, to clear a chakra and dislodge anything present there. You can do all these things even if you cannot clearly feel or see any entities. I recommend practicing this clearing technique at least once a day. Call it energy hygiene. Also remember if a chakra (energy center) still feels heavy or blocked after your clearing, you probably have emotions you need to release from that place. Use your intuition to get in touch with the emotions and let them go. When I am releasing guilt or shame or fear or self-hate in this way I usually see/feel it as a dark stream of energy flowing out of the affected chakra or chakras. It usually takes a little while for it to all flow out.

I hope this energy-clearing protocol helps you!

Blessings!

Saranam

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