

# ENERGY CLEARING STEP BY STEP

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## Step 1: Breathe, center, focus, & step into your heart

## Step 2: Step into your divine & sovereign Source self

Integrate into your divine and sovereign self by straightening your spine and firmly declaring (out loud or in your mind, if you can't speak) the following (the way you declare is flexible, I recommend some version of this):

*I now step into my divine I AM Sovereign Source Self. I recognize that I am all and everything.  
I recognize that I am Source.*

## Step 3: Call in your higher beings of protection

*I now call in my divine and most potent protector guides and allies to assist me with this work.*

## Step 4. Invoke the divine energy sweepers &

## Step 5. Command the removal of anything that does not serve your highest good

*I now command the clearing of anything that is not of my highest good.*

*or (a more specific invocation)*

*I now command the clearing of anything that is not of my highest good including any negative, dark, and low vibrational, service to self entities, cords, attachments, vows, programs, blueprints, thoughtforms, malevolent AI, and dark technology.*

## Step 6. Open a gateway to Source

*I now open a gateway/portal to divine Source (imagine the opening of a circle, much like a cutout in space-time)*

## Step 7. Send the energy to Source

*I now send this energy to Source, to be transmuted into its original light.*

## Step 8. Close the gateway to Source

*I now close the portal/gateway to Source (witness/imagine the portal closing)*

## Notes:

Take your time imagining or witnessing each component. Ensure that you feel confident and in your heart the entire time. If you encounter anything uncomfortable do your best to come back to confidence and sovereignty. Remember that you are not alone in this work. You are guided and supported. Remember that you are working alongside the very fabric of reality and performing this energy work via the tapping into your divine and sovereign Source self. I recommend you do this clearing twice daily alongside the Protection Work.