



SACRED LIGHT PORTAL  
SPIRITUAL GUIDANCE AND TRANSFORMATION

# SELF-CLEARING PROTOCOL

- ✧ I now release and let go of all energies, emotions, sensations, and information that are not mine.
- ✧ Anything I may have taken on consciously or unconsciously during this day—I now return to its rightful source, with love and neutrality.
- ✧ I call all my energy, life force, and awareness back to me now, from all people, places, timelines, and dimensions — cleansed, restored, and whole.
- ✧ I clear and cleanse my physical body, my emotional body, my mental body, and my energetic field completely now.
- ✧ I release all cords, attachments, imprints, and residues from this day.
- ✧ I am fully in my own energy.
- ✧ I am clear.
- ✧ I am grounded.
- ✧ I am sovereign.
- ✧ I now fill my entire being with pure divine light, vitality, and my own true essence.
- ✧ My field is sealed, protected, and aligned.
- ✧ And so it is.

*(Feel free to record yourself and play back whenever needed)*



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