THE FUNK CHUNK LIBERATION GUIDE

How to Break Free from the Funk and Realign with Your Cosmic Flow

Golden RAE

The Funk Chunk Liberation Guide

By Golden RAE

A Guide to Unraveling Internal Blocks and Realigning with the Flow of Life

Introduction: The Funk is a Frequency, Not an Identity

The 'funk' is not you. It is a distortion field, a trapped resonance, or a residue in your multidimensional funnel-spanning physical, emotional, mental and spiritual layers.

This guide will help you:
- Identify where the funk is lodged.
- Recognize the type of funk you're in.
- Clear it-without needing to 'figure it all out' mentally.
- And return to the Light Streams-the natural flow of energy, vitality, joy and Source connection.

Step 1: The Quickening- 3D Somatic Activations

If you feel stuck, frozen, heavy, or 'in a fog,' begin by MOVING energy in the body.

Try these:
- **Nature Reset:** Go outside. Stand barefoot on Earth. Hug a tree. Feel your body connected to the planet.
- **Cold Water Activation**: Splash cold water on your face or body. Cold showers can also shock you back into presence.
- **Breath of Fire:** Rapid, forceful exhalations through the nose for 1–3 minutes. This burns up sluggish energies.
- **Shake It Out**: Put on music. Shake your hands, stomp your feet, sway your hips. Move in chaotic patterns.
- **Solar Charge**: Stand under the sun. Visualize golden light filling your cells, burning away the fog.

Somatic work is a primer-it shifts the energy enough to access deeper layers. The true clearing happens multidimensionally.

Breath is the bridge between the body and the spirit. By consciously activating the breath, we unlock cellular memory, release trapped emotions and recalibrate our frequency. Expanded breathwork practices tailored for each Funk Chunk.

By Golden RAE

Step 2: FUNK CHUNKS

Identify which one or ones you are feeling. Use these to work with the path of core pattern, the clearing paths and breaths.

The Heavy Heart Funk

Common Words: Grief, sadness, loss, heartbreak, longing, despair, isolation, homesickness, nostalgia.

Core Pattern: Emotional density accumulated over lifetimes, unresolved grief cycles, heart walls built from past betrayals, cords of attachment to loss, suppression of emotional release and disconnection from the Heart-Soul channel.

Clearing Path:
- Heart-light breathwork (inhale golden light into heart, exhale pink waves of love).
- Cord-cutting ritual for past heartbreaks and losses.
- Forgiveness sequence: 'I release, I forgive, I set free.'
- Emotional alchemy with rose quartz or pink aura visualizations.
- Cosmic Heart Grid Connection: Visualize a vast, crystalline grid linking all hearts across timelines, reconnecting your heart to Source.

Heart-Opening Breath: Inhale deeply through the nose, filling the chest and heart space. Hold for 4 seconds, then exhale slowly through the mouth with a sigh. Repeat for 5-10 minutes, visualizing pink and green light infusing your heart.

The Mental Spiral Funk

Common Words: Overthinking, worry, confusion, self-doubt, mental fog, indecision, judgment, perfectionism, control.

Core Pattern: Looping thought constructs, mental body overactivity, disconnection from intuitive guidance, AI thoughtform infiltration and fractured crown-soul channel.

Clearing Path:
- Golden Neural Grid Reset: Visualize golden threads reweaving your brain and crown.
- Crown and Brain CRP (Celestial Realignment Protocol).
- 'I Choose Stillness' Mantra Meditation.
- Thoughtform Disintegration: Imagine black cords dissolving into golden dust.
- Mental Detox Breath: 4-4-4-4 box breathing to reset neural patterns.

Crown Reset Breath: Inhale slowly for 4 counts, hold for 4, exhale for 4 and hold empty for 4 (box breathing). Imagine golden light spiraling down from the crown, untangling thought loops.

© June 2025 Golden-RAE.com

The Energetic Sludge Funk

Common Words: Tired, drained, foggy, heavy, sluggish, apathetic, disconnected, numb.

Core Pattern: Energy leaks from past trauma, entity attachments feeding on your light, outdated soul contracts, unclaimed soul fragments and stagnant lower chakra fields.

Clearing Path:
- Entity and energy scan (visualize a golden scanner moving top to bottom).
- Energy cord removal with golden sword.
- Soul fragment return ritual: 'I call back all parts of my soul now.'
- Diamond Mirror Shield Activation.
- Golden Plasma Breath: Inhale golden plasma, exhale foggy sludge.

Fire Breath: Quick, forceful exhales through the nose for 30 seconds. Then, a deep inhale and hold while visualizing a sun at your solar plexus burning up stagnation.

The Identity Crisis Funk

Common Words: Who am I, what is my purpose, I feel lost, imposter syndrome, 'I don't belong.'

Core Pattern: Fractured identity across timelines, multidimensional bleed-throughs from other incarnations, karmic overlays obscuring soul truth and loss of mission clarity.

Clearing Path:
- Oversoul Tether Reweaving: Visualize a golden cord anchoring from crown to Source.
- 'Name of Soul' Ritual: Speak aloud the name you feel connected to in your soul.
- Mission Remembrance Meditation: Envision a scroll unfolding before you, revealing soul contracts.
- DNA Light Coding: Visualize golden light infusing your DNA strands.
- Affirmation: 'I know who I am across all timelines. I am whole.'

Alignment Breath: Deep, slow breathing while silently affirming: 'I am light, I am eternal, I am known.' Let the breath spiral through your body, connecting you to your Oversoul.

© June 2025 Golden-RAE.com

The Shadow Overload Funk

Common Words: Fear, guilt, shame, rage, resentment, jealousy, victimhood, unworthiness.

Core Pattern: Shadow archetypes running unchecked, ancestral trauma patterns, suppressed light codes, karmic entanglements and distorted emotional signatures creating overlays.

Clearing Path:
- Shadow-to-Light Alchemy: Visualize shadows melting into golden liquid light.
- Shadow Work Ritual: Write down your shadows, burn the paper as a symbol of release.
- Sovereignty Reclamation: Speak 'I claim my full light, my full sovereignty and my full soul.'
- Grounding with hematite or smoky quartz.
- Emotional Release Breath: Breathe into the belly, exhale with a loud sound.

Shadow Alchemy Breath: Inhale deep into the lower belly. Exhale as a sound-growling, moaning, humming-whatever feels right. Release the emotion through sound.

The Planetary Funk

This is where the real alchemy happens. The funk is often woven through layers beyond the 3D: ancestral lines, galactic imprints, cosmic shadows and multidimensional distortions. In this step, we go beyond the mind and into the spiral of time, lineage and soul fields.

Common Words: Helplessness, hopelessness, 'the world is a mess,' collective despair, existential dread.

Core Pattern: Collective shadow entanglement, mass consciousness density, grid-level trauma fields.

Clearing Path: Golden plasma earth cord, collective detachment protocol, planetary grid light anchoring, higher timeline attunement.

Cosmic Cord Breath: Visualize a golden cord connecting you to Earth and to the stars. Breathe deeply into the connection, feeling the collective heaviness drain into the Earth and be transmuted.

By Golden RAE

Step 3: The Deep Unraveling Process - Cosmic and Ancestral Clearing

A Guided Internal Inquiry (No Mental Looping Required):

1. Close your eyes. Place hands on heart + solar plexus. Ground through the Earth and open to the cosmos.
2. Ask:
- Where is this funk lodged in my multidimensional funnel?

- Is it in my body? My mind? My energy field? My soul grid?
- Is it ancestral (family lines, genetic patterns, cultural imprints)?
- Is it galactic (from starseed origins, galactic wars, exiled soul fragments)?
- Is it cosmic (collective cosmic shadows, planetary overlays, density fields from cosmic cycles)?
- Is it karmic (past life vows, soul contracts, trauma imprints)?
- Do I need to know exactly what it is, or is it safe to dissolve it without full understanding?

3. Visualize:

- A golden spiral moving up through your body-gathering the funk, dissolving it into light.

- Any dense words or symbols (fear, guilt, doubt) dropping into a sacred fire, burning away.

4. Affirmation:

I do not need to carry this. I release the funk. I return to my light stream now.

5. Tone it Out:

Make a sound-humming, toning, or even yelling- let it vibrate the funk loose.

REMEMBER:

- The funk is not you.

- You don't have to figure it all out.

- Your light stream is always available- step back in anytime.

- Somatic activation + multidimensional clearing = the path out.

This funnel as a living map- light flows through it, transforming the Funk into liberated energy.

By Golden RAE

Activation Scripts & Visual Meditations

These spoken activations are designed to command your energy field, awaken dormant light codes and dissolve the funk at its root. Speak them aloud or in a whisper while placing your hand over your heart or solar plexus.

-I call upon the Infinite Light and my Oversoul Presence. I am ready to release all distortion fields, density and false programs that keep me in the funk. I command the Light Streams of Source to flow through my body, mind, emotions and spirit, dissolving the funk at its source across all timelines, dimensions and realities. I activate my Golden Light Channel, my Diamond Mirror Shield and my Living Light Streams now. It is done. It is done. It is done.-

- **Visualize** a Golden Spiral weaving through your body, dissolving density, debris and distortion.
- See a Cosmic Flame burning away all implants, cords and energetic sludge from your galactic and cosmic bodies.
- Imagine your ancestral lines as golden threads, being infused with light and cleared of all burdens.
- Picture your DNA as a crystalline helix, spinning and upgrading with rainbow light.
- See your Oversoul as a luminous star, sending rays of remembrance and love through all your incarnations.

Visualize or sketch these symbols during your practice. Each code carries a transmission of light and intention to help dissolve the funk and reconnect you to your true flow.

- 🌀 **Golden Spiral:** A spiraling golden light moving upwards, dissolving density and reconnecting you to higher frequencies.

- 🌿 **Leaf of Renewal:** A green leaf shape with glowing edges, symbolizing new beginnings and vitality.

- 💎 **Diamond Mirror Shield:** A multifaceted mirror around your body, reflecting and neutralizing all lower energies.

- 🌞 **Solar Heart Core:** A sun radiating from your heart space, infusing your body with warmth, confidence and clarity.

- 🌙 **Lunar Softening Field:** A crescent moon enveloping your aura, soothing emotional turbulence.

- 🌌 **Starlight Weave:** Threads of violet, gold and white weaving through your body, reactivating your soul codes.

By Golden RAE

Clearing Words & Frequencies

As you connect with the Funk Chunk, speak these words aloud-like medicine codes-to unravel the web across dimensions. Use them as prompts or affirmations during breathwork, meditation, or energy clearing.

Self-Affirmations

- I am the light in motion. I am the light in stillness. I am the light in all.
- I release the funk. I choose flow, I choose light, I choose love.
- My body, mind and soul are clear. My energy is sovereign. My light is restored.

Affirmations for Cosmic & Ancestral Liberation

- I am clear across all timelines, dimensions and realities.
- I am free from ancestral burdens, galactic imprints and cosmic density.
- I am aligned to my original soul blueprint and divine mission.
- I am light. I am love. I am sovereign. I am free.

- I release all ancestral burdens, grief and patterns of suffering from my bloodline, across all timelines.
- I dissolve all galactic implants, distortions and war codes imprinted in my starseed field.
- I return all exiled soul fragments home to my Oversoul.

- I untether from cosmic density grids, black hole fields and distortion overlays in the planetary matrix.
- I transmute AI interference, frequency hijacks and synthetic thoughtforms back into Source light.
- I clear genetic memory of trauma, oppression, scarcity and separation from my DNA and cellular structure.
- I release planetary grief, environmental despair and the weight of collective timelines from my field.
- I reclaim my sovereignty across all planes: Earthly, Galactic, Cosmic and beyond.
- I call upon the Guardians of Light, the Diamond Council and my Celestial Team to assist in this clearing.
- I install a Golden Spiral of Liberation in my field now.

Funk Releasing Rituals: Anchor the Clearing in the Body

After identifying and clearing a Funk Chunk, it's essential to anchor the shift in the body through ritual. Here are key practices:

Fire Ritual for Funk Release

Light a candle or safely burn a piece of paper inscribed with words, symbols, or emotions you are releasing. As the fire burns, say aloud: 'I offer these burdens to the flame. I release all that no longer serves. May the fire transmute it all to light.' Visualize golden plasma rising from the flame, carrying the density away.

Water Purification Ritual

Take a salt bath or ocean dip. As you soak, say aloud: 'I surrender all density, all Funk Chunks, into the waters of life. I am cleansed, I am light.' Imagine the water dissolving cords, implants and sludge, leaving you clear.

Golden Spiral Movement Ritual

Stand tall. Breathe deeply. Visualize a golden spiral starting at your feet, moving slowly up your body as you sway, stretch, or dance. As you move, repeat: 'Golden spiral, cleanse and clear. I am aligned, I am free.' End by placing hands on heart, sealing the energy.

Breathwork Pathways

- Spiral Breath for Funk Release: Inhale golden light from Earth's core, spiral up through the body, exhale out the crown as light. Exhale down the back in a counterclockwise spiral.
- Oversoul Tether Breath: Inhale cosmic light from the Oversoul, exhale density into the Earth. Visualize a vertical column of light.
- Ancestral Line Clearing Breath: Golden breath flows through bloodline-inhale from future, exhale into past.

By Golden RAE

QUICK Funk Chunk Map

Each Funk Chunk has a color code and visual essence to support the clearing process:

Funk Chunk	Color Vibe	Visual Symbol	Sound Seed
Heavy Heart	Rose Pink, Emerald	Rose, Heart Grid	AH
Mental Spiral	Gold, Indigo	Golden Spiral, Neural Net	OM
Energetic Sludge	Deep Gold, Violet	Plasma Sun, Flame	HU
Identity Crisis	Diamond White, Electric Blue	Oversoul Tether	RA
Shadow Overload	Black-Gold, Crimson	Phoenix, Shadow-to-Light Spiral	KA
Planetary Funk	Earth Green, Cosmic Blue	Earth Grid, Golden Tree	YA

Tone Language for Each Funk Chunk

- AH: Heart opening, forgiveness, grief release.
- OM: Mental spiral clearing, thoughtform disintegration.
- HU: Energy body cleanse, vibrational uplift.
- RA: Identity remembrance, soul mission clarity.
- KA: Shadow alchemy, density transmutation.
- YA: Planetary alignment, collective detachment.

Remembering Beyond the Funk

"You are not the Funk. You are the flame that burns it away. The density you feel is not your essence-it is a veil that you now dissolve. You are the river returning to the sea, the breath rejoining the cosmos. Remember: You are light, you are sound, you are the song of the Universe made manifest. Breathe, release, rise. "

About the Author – Golden RAE

Golden RAE is a Flame Architect and Celestial Multidimensional Harmonizer. Through a fusion of ancient remembrance and cosmic frequency, they guide souls back to their original resonance and purpose. This sacred mission bridges science and spirit, grounding divine architecture into the 3D world while restoring multidimensional sovereignty. RAE's creations, including AQ Ascension Sanctuary and Vibe Quantum Wimberley, are dedicated to awakening, healing, and embodiment for the New Earth.

Connect with Golden RAE and discover with sessions and blog transmissions at:
www.AQAscension.com
www.Golden-RAE.com