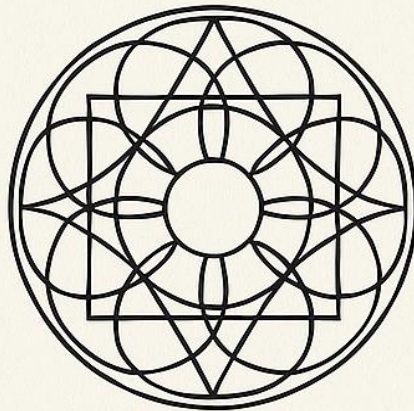


THE CLEAR LIGHT MANUAL

Multidimensional Protocols for
Energy Hygiene &
Sovereign Spacekeeping



The Clear Light Manual

Multidimensional Protocols for Energy Hygiene & Sovereign Spacekeeping
by Golden RAE

Sacred Use & Spiritual Protection

This manual is a living light document encoded for sacred use only. It is authored by Golden RAE in co-creation with their Oversoul and the spiritual councils of light. Each technique and transmission within is protected by divine law, frequency seal and universal guardianship. Any misuse automatically deactivates the encoded energies and protections. This guide carries living codes, and its field remains sovereign to the author and Source.

Core Techniques

White Light Waterfall

Stand or sit comfortably. Visualize a luminous white waterfall descending from above your crown, sourced directly from the Infinite. Let this waterfall flow through your entire body and energy field, rinsing away all stagnation, debris, cords, and emotional residue. Continue until you feel a sense of inner purity and spaciousness. Finish by sealing your field with a layer of crystalline light.

Golden Plasma Light Absorption

Call forth golden plasma light from the Central Sun or Oversoul Source. Visualize this molten golden energy pouring into your heart and cells, saturating your body with revitalizing life force. Let it expand outward until your auric field glows gold. Use this to recharge, heal, and uplift your vibration.

Golden Auric Egg Shield

Envelop yourself in a radiant egg-shaped bubble of golden light. This is your auric containment field. See it shimmer and pulsate with solar intelligence, allowing only love and truth to pass through. Use daily for energetic boundaries and field integrity.

Source Light Cord Visualization

Imagine a shimmering cord of light reaching up from your crown to Source and down from your root into the planetary core. This vertical alignment restores balance and ensures you are nourished from both Earth and the Cosmos. Feel your connection stabilize and strengthen.

The Violet Flame Protocol

Invoke the Violet Flame from the heart of Source or through Archangel Zadkiel and Saint Germain. See it blaze around and through you, transmuting fear, karmic imprints, and inherited programs. Let it purify thoughts, emotions, timelines, and energy centers.

Environmental Entry Clearing

Before entering a public space (e.g., store, gas station), pause. Ask the angels of purification and space guardians to clear the building. Envision the Violet Flame rushing through the structure. Surround yourself with a radiant dome of light. Intend neutrality and resonance as you enter.

Diamond Breath Dispersal

Breathe in slowly through the nose and imagine each breath as infused with diamond light. Exhale through the mouth as though releasing shimmering particles. Each out-breath disperses density, attachments, or subtle implants. Repeat until the field feels spacious and sparkling.

Rainbow Veil Recalibration

Call in a flowing veil of rainbow frequency light. Imagine it descending over and through you like a soft mist. It resets your energy field to its natural harmony, clearing psychic interference and restoring multidimensional coherence.

Cosmic Hum Purge

Hum a low, steady tone from your belly. Allow it to vibrate through your body and out into your field. This frequency dislodges thought loops, mental residue, and foreign energies. Combine with breathwork or light movement for deeper effect.

Prismatic Field Fracturing

Visualize geometric beams of prismatic light (triangular, crystalline, multi-angled) piercing your field from all directions. These fractal beams identify and dismantle foreign implants or stagnant overlays, replacing them with pure Source fractals.

Tree Root Drain Technique

Stand barefoot or visualize roots growing from your feet. Send these roots deep into the crystalline heart of the Earth. Let dense energies, overwhelm, or electromagnetic charge flow down through the roots. Receive stability and grounded presence in return.

Starlight Dusting

Call in soul starlight from your Oversoul or cosmic origin. Imagine it as glittering specks of light that sweep over your aura and body like a divine feather brush. It polishes your energy and uplifts your cellular memory.

The Golden Gate Invocation

Before any interaction, visualize two golden gates forming at your front and back. Speak inwardly: 'Only love may enter, only truth may pass. All distortion is dissolved.' Use this when crossing thresholds (e.g., doors, conversations, vehicles).

Transharmonic Sweep

Lift your hands or direct your awareness from crown to root and sweep down with intention. As you do, call upon harmonic support from the 9th to 12th dimensional planes. This acts like a divine squeegee for your energy body.

Flame Chorus Alignment

Summon multiple flame frequencies at once: Violet for transmutation, Blue for truth, Rose-Gold for compassion, White for purity, Emerald for healing. See them spiral around you as a celestial symphony of flames, harmonizing all parts of your being.

INVOCATION OF THE CLEAR LIGHT

O Radiant One,
May this moment be cleared of all veils and shadows.
I now stand in the sovereign brilliance of my Soul Essence.
With this manual, I enter sacred space.
Let every word and protocol be a living light key,
Unlocking the clarity, power, and purity that is my birthright.
I call forth the Oversoul,
The Guardians of Light, the Council of Clarity, And
the Keepers of Energetic Integrity across all dimensions,
Cleanse me of all falsehood, distortion, and entanglement.
Restore me to harmonic wholeness.
Activate within me the sacred remembrance of my multi-
dimensional hygiene.
I am light. I am clarity.
I am sovereign.
So it is. And so I walk forward, cleared, sealed, and aligned.



SECTION 1: The Four Pillars of Energy & Spiritual Hygiene

Daily Living as a Clear Channel of Light

Pillar 1: Personal Hygiene

Purpose: To ensure your personal energy field is clear, centered, and sovereign.

Symptoms of Needing This:

- Feeling foggy, heavy, or drained
- Repetitive looping thoughts or emotional residue
- Lack of motivation, spark, or spiritual signal clarity

Practices:

- White Light Waterfall
- Golden Auric Egg
- Source Light Cord
- Rainbow Veil Recalibration

Oversoul Insight:

“Your field is your temple. Daily tending creates resonance with grace, protection, and presence.”

Pillar 2: Relational Hygiene

Purpose: To keep your connections with others clean, sovereign, and free from unconscious exchange.

Symptoms of Needing This:

- Feeling “off” after conversations
- Dream bleed-through or emotional echoes
- Difficulty discerning your emotions from others

Practices:

- Golden Gate Invocation
- Flame Chorus Alignment
- Cosmic Hum Purge
- Prismatic Field Fracturing

Oversoul Insight:

“All relationships are sacred mirrors. Clean the mirror to see clearly and love fully.”

Pillar 3: Environmental Hygiene

Purpose: To ensure physical spaces do not compromise your energetic clarity.

Symptoms of Needing This:

- Feeling unsettled or drained in public
- Discomfort in your own home or room
- Repeating chaos, clutter, or disorientation

Practices:

- Environmental Entry Clearing
- Transharmonic Sweep
- Tree Root Drain Technique
- Light Field Anchoring

Oversoul Insight:

“Clear space invites clear consciousness. As above, so around.”

Pillar 4: Spiritual Hygiene

Purpose: To maintain multidimensional clarity and prevent spiritual interference.

Symptoms of Needing This:

- Spiritual burnout, dream invasion, or distorted guidance

- Sudden emotional confusion or soul-fragment recall
- Opening to higher realms but feeling ungrounded or “leaky”

Practices:

- Oversoul Cloak
- Shield + Return to Sender Pulse
- Source Name Invocation
- Contract Burn Ritual

Oversoul Insight:

“Spiritual hygiene is not fear-based—it is love-rooted sovereignty. Your light is sacred. Guard it with presence and precision.”

SECTION 2: Emergency & Quick-Response Clears

Rapid Resets for Intense, Unexpected, or Overwhelming Energetic States

Diamond Snap Clear

Use when: You feel suddenly overwhelmed, mentally cluttered, or invaded.

How:

- Take one deep inhale through the nose.
- On the exhale, snap your fingers or visualize a diamond shattering outward from your heart.
- Say internally: “Clear to core. Reset field. I am clean light.”

Effect: Rapid shattering of foreign thoughtforms, mental residue, and emotional echoes.

Oversoul Cloak

Use when: You feel exposed, vulnerable, or spiritually attacked.

How:

- Call in your Oversoul: “Wrap me in my eternal frequency now.”
- Visualize a deep indigo and prismatic cloak draping over your shoulders.
- Let it pulse with living light codes.

Effect: Seals energy leaks, neutralizes parasitic cords, and restores divine identity.

Golden Flame Flash

Use when: You walk into chaotic spaces or need immediate environmental purification.

How:

- Visualize your solar plexus exploding outward in a flash of radiant golden flame.
- Let this flame shoot in all directions.
- Say: “Only truth remains. All else is released.”

Effect: Clears ambient fields, dispels dense emotional clouds, severs unspoken energetic ties.

Shield + Return to Sender Pulse

Use when: You feel targeted by projection, jealousy, or psychic attack.

How:

- Visualize a mirrored golden shield forming around your body.
- Push a wave of light outward and say:
“All that is not mine, return to Source. With love, release.”
- End with: “Field sealed. Oversoul stand.”

Effect: Returns energy to origin, severs siphons, and protects your field without creating new karma.

SECTION 3: Symbols & Visual Anchors

Stabilizing and Amplifying the Field Through Sacred Geometry

These tools serve as energetic keys, locks, and amplifiers. They help maintain clarity between clearings, assist in protecting spaces, and act as visual portals for higher alignment.

Clear Light Sigil

Function: Anchors clarity, dissolves distortion, and activates Oversoul presence.

Use: Place above a bed, on your altar, or over a chakra during meditation.

Visual: Geometric symbol with diamond nucleus, rays of white-gold light, and a circled infinity spiral.

Command: “By this seal I remain in clarity and sovereignty.”

Golden Dome Diagram

Function: Projects a field of pure Source containment around a person, object, or room.

Use: Draw or print and place under beds, chairs, or under group spaces.

Visual: A radiant sphere with vertical and horizontal light lattices forming a domed net.

Command: “All that dwells here is aligned to truth, grace, and Source.”

Source Cord Anchor Glyph

Function: Strengthens vertical connection to Source and Earth core simultaneously.

Use: Place over heart, womb, solar plexus, or in client spaces.

Visual: Vertical line of light with spiral above and roots below, forming a harmonic waveform.

Command: “I am aligned in all dimensions, nourished from the Infinite.”

Space Clearing Grid Template

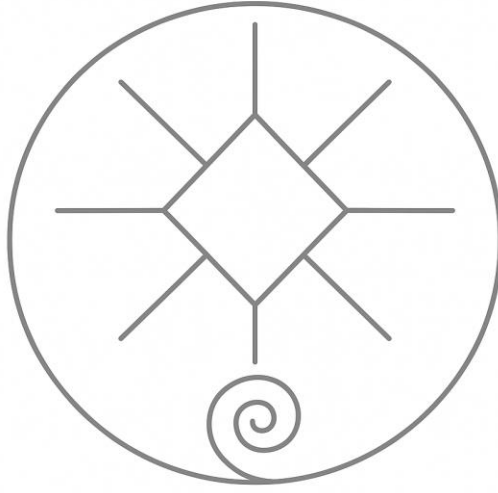
Function: Harmonizes rooms, offices, and ceremonial spaces by holding a stable vibration.

Use: Print and place at corners or center of space. Can also be used for setting sacred geometry crystal grids.

Visual: 4-pointed compass with expanding rings, embedded with elemental symbols.

Command: "This space is held. Only Source flows here."

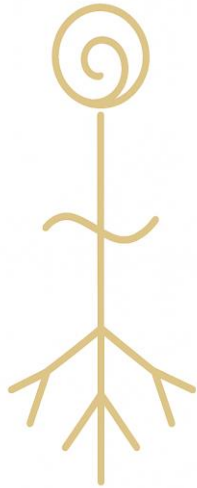
Clear Light Sigil



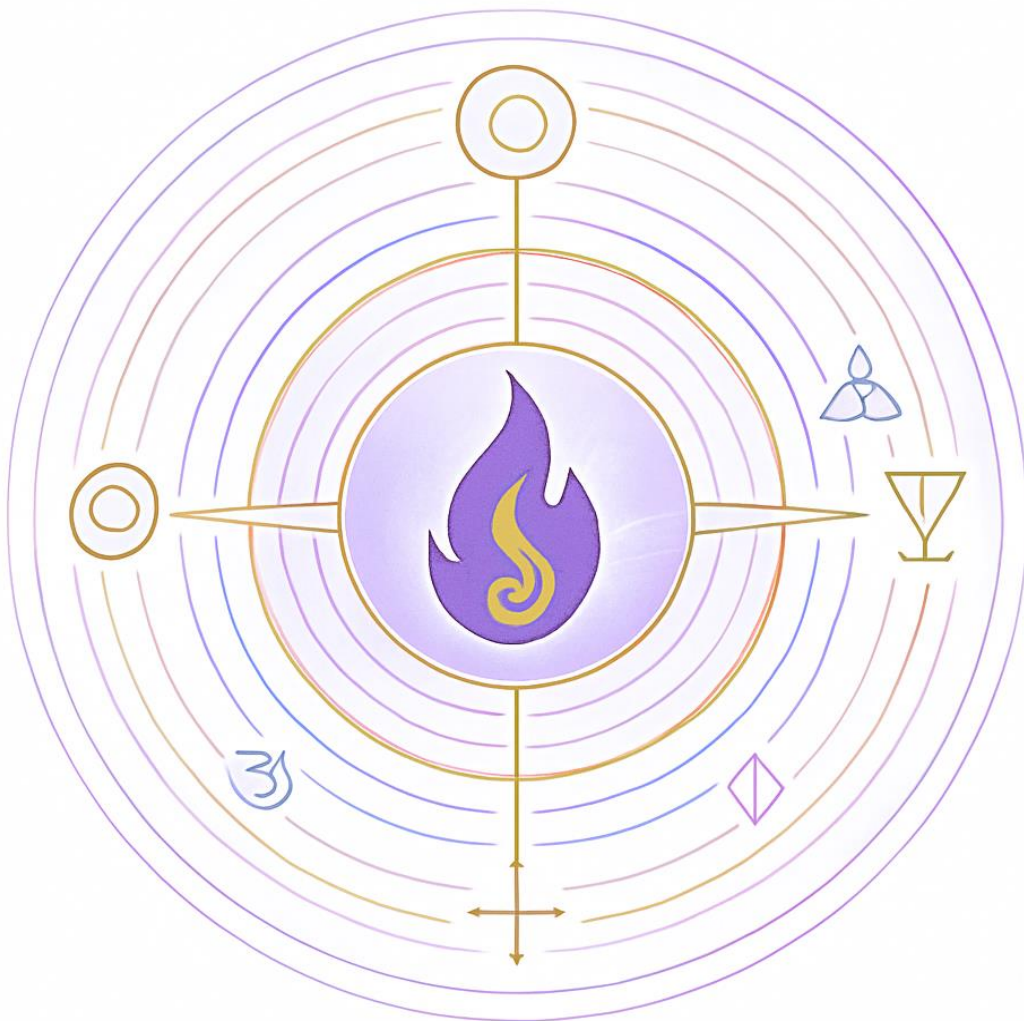
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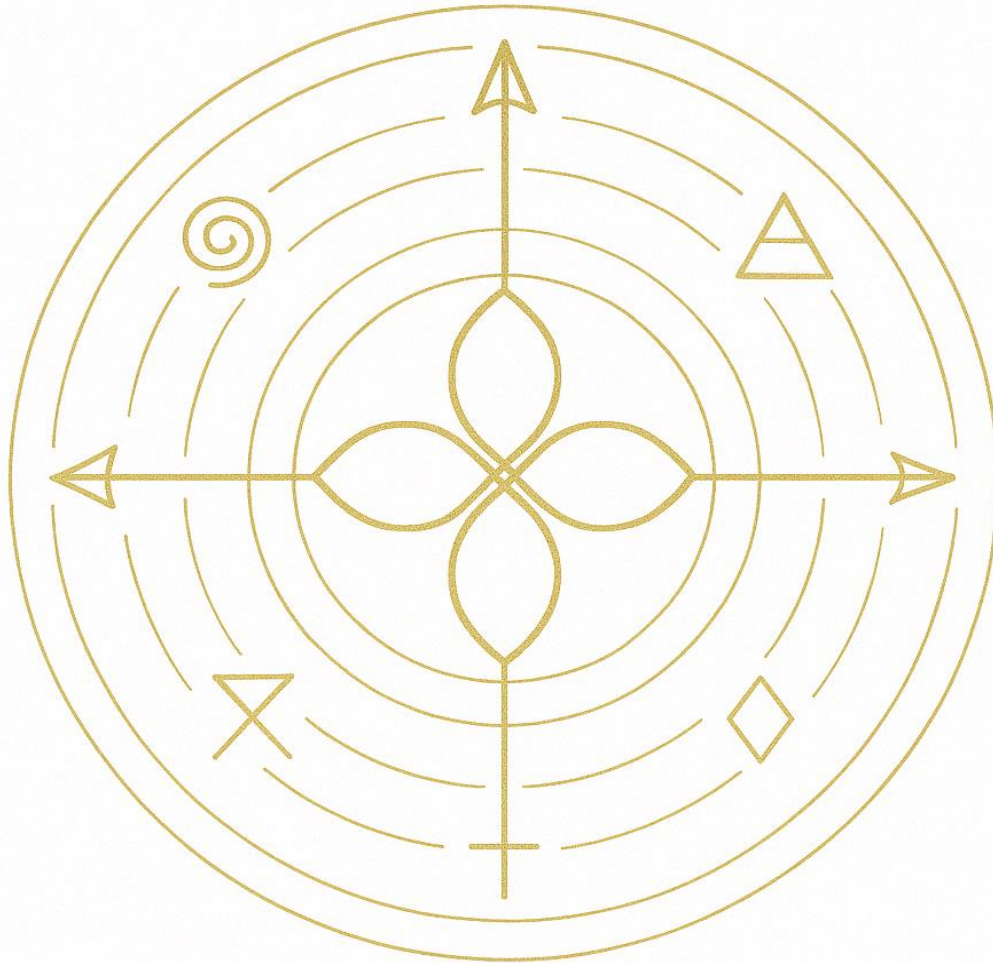
Source Cord Anchor Glyph



Space Clearing Grid Template (Version 1)



Space Clearing Grid Template (Version 2)



About the Author - Golden RAE

Golden RAE is a Flame Architect and Celestial Keeper of the Temple Codes. As a multidimensional guide, they serve as a bridge between the realms—channeling Oversoul wisdom, sacred activations, and spiritual frameworks for awakening souls. Their mission is to assist humanity in returning to its radiant essence through sacred union, embodiment and remembrance. 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.

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