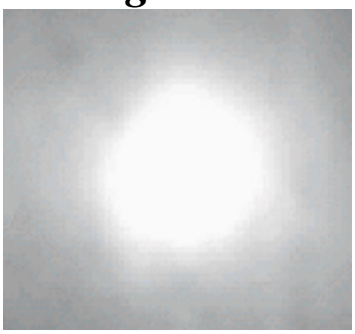
LifeSpirit CC Clearing Techniques

and Defense Against Dark Forces

The Prayer Wheel radiates **Om Mani Padme Hum**, which may be translated
Om, the Jewel is in the Lotus Blossum. It is a prayer for the enlightenment of all beings
Thanks to Osel Shen Phen, http://www.fpmt-osel.org

Real White Light for Meditation



Solar White Light Image

I AM a Light which
Is part of the Light of All
That is -- Merkabah!

Introduction

This is a Technique we use when we feel the need to spiritually clear our surroundings. See "Defense Against Dark Forces" for more details on the concept of Psychic Self-Defense. Our technique consists of three aspects, Clearing Releasing and Protection. Here is how we do it:

. Get quiet within yourSelf; center yourSelf.
Gazing a bit at the Solar Real White Light image above may help.
. Use the "Three Clap Technique"
. Then say the “Cleansing & Releasing Prayer”
. If you are so inclined, you can check the need for a clearing -- and the results - with a pendulum. You can also work the Clearing before a sacred image talisman or Rune, light a candle, burn Sacred Sage, or do whatever moves you.
. Utilize the Formula of the Real Light for further protection.

Clearing & Releasing Prayer

ask [the God of my Being,] my Higher Self, to clear [me, my room, my family, this ouse, business, property, place, humans and animals, our world, etc.] of all discarnate ntities, all dark forces, all separates, all satantics, all negative aliens, and all negative ıought forms whatsoever, in all possible dimensions and timelines, here & now, with harm › none.

Bless them and send them to Real Light, to their highest Place of Being. I ask that they be emoved from here; that they understand that this is my space and time and that they may ot return. I ask for protection from same and others like them, here & now, with harm tc one.

Bless and protect this space/time and fill it with protective Real Light, here & now, with arm to none.

, for myself and all my relations and incarnations, forgive them and ask that we be ›rgiven. I trust Spirit to include all that I have failed or neglected to include in this learing, here & now, with harm to none.

n Love, I thank you All.

ı the Names of all the Powers of Real Light, so be it and it is so.

. .Three-Clap Technique

This is an old technique to dispel negativity. . .

Use when confronted with any form of negativity, including fears, thoughts, images xternal manifestations, or whatever. Just take a deep breath and clap (or snap) sharply and uickly, three times. Three dots have the same salutary effect . . .

... 2.. 3.

'ake another deep breath.

Know you are free. . .

'hereafter, use the

'learing Prayer

. .

. . Grandma White's Clearing Technique: "Removing the Evil Eye"

My grandmother, who my generation called "Ama" and my son's generation called Grandma White" (due to her hair color) knew a bit of what was probably a family tradition f folk magic, what the local priest would probably have called "superstition." I recently ecalled several incidents from my childhood, over a half century ago, which I can now nterpret as a Clearing Technique. She called it "Removing the Evil Eye." To do this, she would recite a prayer and then make a motion with her hand, making a sound by snapping er middle finer across her forefinger. Crossing and uncrossing the fingers being a way of utting the connection, if one views the "Evil Eye" as a type of connection, or as the Huna would have it, an Aka Cord, allowing negative thoughts to flow and have access. The echnique disrupted the connection and allowed for a normalization of the energetic nvironment.

Defense Against Dark Forces..."

We have always affirmed that the Multiverse is a Friendly Place with which we re frequency specific "...And when you trod / Through the Door, / You will ind... / Friends..." (Book of Illuminations) and that affirmation is powerful rotection.

Nonetheless, the brighter the Real Light, the deeper the Shadow. Light workers eed to sharpen their mental defenses against manifested Shadow. The more you o the Work, the more you need to be aware. Other people (consciously or therwise), discarnates and negative place conditioning or energetics can all ontribute to what one might perceive of as a Dark Forces attack. Remembering lways that every "attack" is also a message, offering valuable teaching, one can onetheless, respond. This response is what we can call Psychic Self-Defense PSD).

There have been questions about what is meant by Dark Forces. I sometimes use Universe" instead of "God" when discussing Divinity, since "God" is nderstood by most to be Enlil/Yahweh/Allah -- EYA -- who I consider to be the alse god-of-this-world, or Demiurge, the Gnostics warned against. He is the nnunaki Prince who has established the false light and the false religions of the

ew, Christian and Moslem. I include EYA and His minions, negative people egative discarnates and negative place conditioning or energetics as a part o dark forces." Also included are separates, satantics, negative aliens and al egative thought forms. Remember, places can become conditioned to intende nought forms, as Dr. William Tiller has shown. Such conditioning works "both ways" and the Wise always consider the thoughts they are allowing in the places ney choose to protect.

'or convenience, and as a preliminary map, we can divide PSD into three arts: (1) Clearing; (2) Releasing and (3) Protection. Each contributes a ifferent aspect to a total PSD response.

. "*Clearing*", as expressed in Three-Clap Technique, above, sets the stage fo urther protective work... It removes the immediate energetic problem with nmediate energetic, vibratory action. A more extreme example of Clearing echnique is using Static Charge to drive-off obsessing or possessing entities (the uggestion that such entities can be driven off with Static Charge is found in dgar Cayce readings; a quartz sparker can be used at the Crown Point). Another ay to generate a small static charge is with the use of magnets. The reen/south/negative side toward the body over the sternum and the occipital; this ncreases the Zeta potential of the blood flowing by the magnets and produces a tatic charge. Magnets and/or Crystals may also be used to charge water which an be used for cleansing and drinking. Toning right at the juncture between B+ nd C- is considered by some researchers to be a Real White Light frequency o Clearing and Protection. Any harmonious toning or singing will impede isharmonious energies. Toning the Mother Sound, *Om*, is powerful as an initia Clearing Technique and also in sealing the work at its end.

. "*Releasing*" is another part of the formal work, starting with some of the anguage in the above Clearing Prayer, "We, for ourselves and all our relations nd all our incarnations, forgive them and ask that we be forgiven." As the Hawaiian Kahuna have taught, releasing negativity starts with forgiving. This is eeded to cut the energetic links (what Huna calls "Aka Cords") that allow access y negative forces. A more ritualistic version of this technique can be found a ne **Ho'Oponopono of the Spirit**, Releasing is an active defense that removes the requency connections that may allow access by Dark Forces.

. "*Protection*" is the shield you leave in place to prevent further access by Dark 'orces. Any ritual, charging or meditation technique can be used to set the

guards; we choose to use the **Formula of the Real Light**, to create a "Globe o impenetratable Light." We have also established the LifeSpirit Meditation Pat with crystals and sacred images that completely surrounds the LifeSpiri Parsonage,

You can focus protection into a ritual place, object, Rune, talisman, image o crystal. Vibrate your intent into it. It is your intent that matters. In fact, as note above, matter and space can be impressed with intent. This is called Conditione space. See Dr. Tiller's site, www.tiller.org for more information on Conditione space; one specific article is www.Tillerfoundation.com/PaysonTheoryIII.pdf Protecting your space is an important part of this aspect of PSD. It is als explicit in our Clearing Prayer, "Bless and protect this space/time and fill it wit protective Real White Light, here & now, with harm to none." Magnets used a in #1 above (alone or with Quartz) can help create an energetic bubble o Protection. You can make your Protection as elaborate or simple as you believe you need. Considering the Feng Shui of the place is a part of nourishing Protection. So is your positive attitude.

You must believe yourSelf to be worthy of Protection and the Universe will respon by protecting you. Ultimately, the most potent protection is truly understanding that - You are God/GoddessIn you full Being - Master,
There is no Other!

And thus in the Formula of the Light we further affirm:

"No negation may enter our *Light*,
For dark may neither abide
Nor penetrate the *Light*.
All that enters our *Light*,
That too is universal *Light*."

Om ...

Rev. Esnur

The Divine always answers prayers for Spiritual Protection.
Love Always Prevails.