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“The Clearing Sheet”

1. I ask my Higher Self to direct and my optimal spirit guides aligned with my highest good, truth, and Source to assist. I ask for an energy of protection and energy of invisibility so only those spirits and guides that are optimal can participate and see in.
2. I call in the ancestors on both sides of the family, both alive and deceased, those influencing me today. I ask to call in my soul group, my interlocking soul group and all lifetimes influencing me past, present, future, and those souls with me in these lifetimes. Gaia/planet earth and all living consciousness in all timelines, dimension and universes (the collective).
3. I ask to open up the Crystalline Dimension or 11th dimension that is all about love, in all universes, at the highest level I can comfortably manage and ask that it translates into a vibration that supports optimal health and wellness. I ask that anything below the vibration of love transforms into the vibration of love.
4. (You could state: I ask they are opened up in my home, work yard at the highest level that is comfortable for all occupying space here. I ask to clear myself, (name any other people you have permission to clear), my house through and through, any vortexes in the house through and through, the land (your yard), anything on the land, my car through and through, my garage through and through.)
5. I ask that everything I do with this healing process is throughout my souls existence backwards and forwards in time, all levels of my Being down to the smallest particle of level in all timelines, dimensions and universes using a no time and no space cocoon or zone to process the work.
6. I ask that the crystalline energy (the dimension aligned with love) is woven into my chakra system, etheric body (blueprint of my mind, emotions, body) aura, and connecting grid (connects you to everybody and everything) into the highest vibration I (and those you're clearing) can comfortably manage.
7. I ask that a beam of light goes into each of my seven chakras transmuting all old memories, beliefs, coping mechanism, heart walls, and anything not serving me using the no time and no space cocoon.
8. I ask to bring in the opposite, most positive energy of any unhelpful cords, all attachments, all entities, all entity residue, all lost souls, all negativity, all personal, ancestral & karmic issues, anything not bringing me happiness and joy (can name anything else you want cleared) throughout all time and space and beyond, all appropriate dimensions, all levels of my Being, down to a quanta level (the smallest particle of energy), and all grid systems that effect me using the no time and no space cocoon.
9. I ask to pinpoint all **lost souls**, in all timelines, dimensions and universes influencing me. I ask that they're encircled in a bubble of loving energy. If needed, I ask that the exact opposite of shock comes in to bring them into peace and wake them up to the fact that they have died and

- its time to move onto a better place. to activate their 144 DNA Strings so that they can access their most advanced aspects of selves to help cross them over. We ask to activate their ascension codes. We ask to splice them/move them out of the ancestral and all energy fields.
- 10.I ask that, if needed, their **etheric/energy bodies are repaired and their soul is brought back into their energy bodies**, cleansed and purified, along with energies to wake them up from their trauma using the no time and no space cocoon.
 - 11.I ask to **encircle them in a bubble of loving crystalline energy**. I ask that a tunnel of light appears with any loved ones and spirit guides to cross them over with the perpetual message that all is forgiven, there is only love and a loving place to go to. Any hell is self created, or a belief on earth that isn't true, and is replaced by only love—the true nature of reality. You don't need to see anyone on the other side but you'll find that everybody loves you and no-one is concerned about this lifetime anymore. You can come back to see anyone who is left behind, once you cross, and you'll find that you'll be more helpful since the tunnel of light will cleanse away all the worries and problems from this life and leave you with love and wisdom to share once you go back to visit your loved ones. We ask that the highest level guides ensure that all souls have crossed over using the no time and no space cocoon.
 - 12.I ask to pinpoint all **black magicians and perpetrators**—all souls who have done harm along with any **lower realm entities** including those that are generational, dormant, invisible, corded to us anywhere backwards and forwards in time including off-planet, inner city, keepers and guardians and lower level aspects of self.
 - 13.I ask to **merge an 11th dimensional aspect with them**, if needed, to change them into their highest level self. For group consciousness entities, I ask that an 11th dimensional group consciousness merges with them to change them to their highest level selves.
 - 14.I ask to activate their **144 DNA Strings** to access their most advanced aspects of self to help them cross over along with **activating their ascension codes**. I ask that they are spliced/ removed from the energy field and encapsulated in a bubble of loving crystalline energy and spliced into their next highest level destination using the no time and no space cocoon.
 - 15.I ask to **pinpoint any underground lower realm cities and entities** and encapsulate them in a bubble of loving energy. I ask to bring in a beam of 11th dimensional energy immediately followed by a tunnel of light and ask that these cities and entities go through the tunnel to their next highest level destination using the no time and no space cocoon.
 - 16.I ask to pinpoint **any curses, spells, anything of the black arts**, backwards and forwards in time and ask that the exact opposite energy comes in to reverse, delete, splice out and transform them into full resolution and love using the no time and no space cocoon.
 - 17.I ask to pinpoint, encapsulate remove, delete, splice out and transform all **implants, chips, dark reproductive forms**, nano technology, artificial intelligence, artificial emotions, cyber brain, imprints, trauma, etched in trauma, anything keeping me trapped or enslaved, throughout the quantum field, including in-between the dimensions and universes and within my brain, blood, mental, emotional, physical body and DNA using the no time and no space cocoon.
 - 18.I ask that **11th dimensional Beings/Guides** monitor the work until they are all crossed.
 - 19.(After clearing feels complete) I ask to **bring in and gather up any part of my spirit that I lost** due to difficulties and challenges including bringing in my own Divine Essence/Spirit to

- fill all voids and spaces. I ask that my Spirit plugs into the circuitry of my heart and brain so it can direct me mentally, emotionally, and physical in all areas of my life. I also ask that the appropriate qualities and energies come in to bring me/them to my next level of growth including love, wisdom, harmony and balance. using the no time and no space cocoon.
- 20.I ask that **new templates, structures and geometry comes in** so that I have a blueprint for the new so my body knows how to be with the new and knows how to be without the old, has a container for the new and the attracting energies for the new. I ask to connect up with everybody and everything through the new. Anything that doesn't fit the new is disconnected, deleted, spliced out and transformed into the new with my Higher Self deciding what this is using the no time and no space cocoon.
- 21.I ask that **old templates, structures and geometry** that no longer serve me are transformed into the new using the no time and no space cocoon.
- 22.(after filled up with positive energies) I call forth the **strengthening and stabilizing energies** for myself (and whoever I cleared) for optimal health and vitality so my mind, emotions and body accepts all positive energies as a positive with my Higher Self deciding what they are.
- 23.I ask to weave the **adaptability energy** into all energy fields that affect me so that my mind, emotions and body adapt easily and comfortably to all the changes.
- 24.I ask that a **stability structure and energies** come in and is woven into all energy fields that affect me so I feel safe and stable with all the changes.
- 25.I ask for a **strong grounding energy** comes in to ground these new changes.
- 26.I ask to **restructure and recalibrate all energy fields** that affect me into the pattern that reflects the work done on me (others, and my environment if you asked to do this), throughout all time and space and beyond, all appropriate dimensions, or until no longer needed.
- 27.**I thank my Higher Self for directing. I thank my optimal spirit guides** for assisting aligned with my highest good, truth, and Source and thank them for continuing to assist me throughout completion of this process and beyond with my Higher Self directing.