



Sacred Anatomy Self Care Technique

Cosmic Radiation Protocol

It is safe to assume everyone is experiencing Cosmic Radiation at some level. Our planet is experiencing high level solar flares and cosmic radiation, and has been since March, 2019. This may decrease but people are at the affect of this intense radiation now.

1. Dowse to determine if this Protocol is well timed at the moment.

STEP 1- HEMF

2. HEMF Rebuild (only if needed)
3. Surround *HEMF* with *Attitude of Strength of Archangel Michael* while condensing HEMF. Simply push it back in while bringing in the energy.
4. Top up the HEMF with *HEMF Radiance*

STEP 2- Seated in the interior of the Template you will find the HEMF of the microbiome. It is not held in the HEMF but instead in the Template. It extends out beyond the HEMF and is easily sensed there. The HMBEMF will be extended out and diffused if the individual has experienced Cosmic Radiation making it expand and spread out.

5. Condense the HMBEMF with ULL on your light fingers pulling it in from all around.
6. Surround the HMBEMF it with the powerful energy: *The Healing Stamina of Archangel Raphael*. It is blue in color.
7. Next restore and recover the HMBEMF with *Human Microbiome Radiance* into the Template outside of the HEMF. The energy is sparkly and bluish in color.

STEP 3- At Edge of HES

8. Direct *UL&L* to the Edge to strengthen the integrity of the soul layer.
9. While you are doing this, the client should bring in the *Golden Rain*. If you are doing this on yourself, strengthen the integrity of the soul layer then follow with your *Golden Rain*.

STEP 4- Beyond the Edge

10. Create a **Radiation Shield** out of 2 energies.
First bring in: *Orange Light of Harmony* make sure it is about 6-8 inches thick and that it is placed a little above the of Golden Rain.
Second bring in: *Green Light of Growth* making it also 6-8 inches in thickness and coating over the *Orange Light of Harmony*.
The order is: *Golden Rain – Orange Light of Harmony – Green Light of Growth*



STEP 5- Conclusion

- 11. Harmonizing the HEMF, Harmonizing the Template, Harmonizing the Layers*
- 12. IBWSIB*