



Sacred Anatomy Self Care Technique

Cosmic Radiation Buffer

It is safe to assume everyone is experiencing Cosmic Radiation stress at some level. This Cosmic Radiation Buffer will support your HES and help you deal with the stress of solar flares and radiation.

Create a Cosmic Radiation Buffer out of 2 energies.

1. Do your *Golden Rain*. Surround the Edge with it. Refresh it daily.
2. Call in: *Orange Light of Harmony* from the mind and the heart of the Divine Source. See a beautiful orange light surrounding with harmony. Ask it to coat you about 6-8 inches thick a little bit beyond the of *Golden Rain*.
3. Call in: *Green Light of Growth* from the mind and the heart of the Divine Source. See a beautiful emerald green light surrounding you with the energy of growth. Ask it to coat you about 6-8 inches in thickness totally covering the *Orange Light of Harmony*.
4. Refresh **Cosmic Radiation Buffer** once a week.

The order is: *Golden Rain* – *Orange Light of Harmony* – *Green Light of Growth*

Refresh your Cosmic Radiation Buffer weekly.

1. Do your *Golden Rain*. Surround the Edge with it as you do daily.
2. Call in new: *Orange Light of Harmony* from the mind and the heart of the Divine Source. See a beautiful orange light surrounding you in harmony. As it comes in, it automatically dissipates the old *Orange Light of Harmony* and any cosmic radiation that is attached to it; replacing it completely with a fresh 6-8-inch thick coat of *Orange Light of Harmony* a little above your *Golden Rain*.
3. Call in: *Green Light of Growth* from the mind and the heart of the Divine Source. See a beautiful emerald green light surrounding you with the energy of growth. As it comes in, it automatically dissipates the old *Green Light of Growth* and any cosmic radiation that is attached to it; replacing it completely with a fresh 6-8-inch thick coat of *Green Light of Growth* a little above your *Orange Light of Harmony*.
4. Refresh **Cosmic Radiation Buffer** once a week.