



Sacred Anatomy Energy Medicine Technique

The Golden Rain Meditation

Use Golden Rain **DAILY** to build your relationship with EMFs

- 1) Daily visualize a Golden Rain from the mind and heart of the Universal Source falling over you completely coating your egg shaped Human Energy Structure a little beyond the outer-most boundary, which is the edge of the container.
 - The edge is 10 to 20 feet away from your physical body.
 - Locate the Golden Rain far enough off the edge of the structure to allow your larger body to expand and contract comfortably. Give yourself “breathing room”.
 - Golden Rain will only work to protect against electro-magnetic disturbances.
- 2) Renew the Golden Rain each day by visualizing it completely washing away the old Golden Rain at the same time it forms a new and refreshed protection against electro-magnetic disturbances.
- 3) This will only take about 20 seconds once you've learned how to do it. Do it at the same time every day.

Add Power Pak

- . 1) After applying the Golden Rain, you will need to connect the body of the HEMF and the Subtle Energy Structure. Do this by first activating the Containing Membrane by rubbing it while visualizing the Golden Rain coating the Edge of the HES. Make sure to activate the entire Containing Membrane by rubbing all around it.



Use your light Fingers if needed to sense difficult to reach places.

- . 2) Make sure your hands are on the outer edge of the Containing Membrane- with arms extended directly out from the shoulders- Telegraph your fingers to the Power Pak Nubs located right there- you will feel little dials about the size of tennis balls.
- . 3) Turn your dials forward and say: **Power Pak** while the energy is extending out along the Silver Tethers from the Containing Membrane to the Inner Edge of the Soul Layer to the right and left.
- . 4) Repeat the motion again: Turn your dials forward and say: **Power Pak** while the energy is extending out along the Silver Tethers from the Containing Membrane to the Inner Edge of the Soul Layer to the up and down.
- . 5) Repeat the motion again: Turn your dials forward and say: **Power Pak** while the energy is extending out along the Silver Tethers from the Containing Membrane to the Inner Edge of the Soul Layer to the front and back.
- . 6) Say: **Power Pak Engage**. The dials will rotate around the center of the HEMF, the Silver Tethers will extend out and tighten up into the Inner Edge of the Soul Layer. As that occurs the Golden Rain will tighten up and a fine silver mist will cover it. This mist will emerge from out of the Golden Rain and creates the stronger protection for 5G.
- . 7) When you renew your Golden Rain the whole structure will release both Golden Rain and the Power Pak.
- . 8) Refresh the Golden Rain.
- . 9) Re activate Power Pak.