

## **SHELLEY'S CLEARING AND GROUNDING INSTRUCTIONS**

*You can do it on your house so it will work on all souls even animals, and it will work on the ground under and around the house. You will have to do this daily due to smart meters, WIFI, etc. It is a shield around the house and you individually. I do this at bedtime when I'm laying on the bed.*

“I ask the gold, pink and white light of God and the Universe to come down through the roof of my house, all the land around and under the house, the front of my body and through every cell and cell particle of my body and energy fields. I ask this beautiful light to clear all negative energy lower than love from people, places and things that have attached to my physical and energetic energy fields. Clear all entities lower than love and all negative energy. I command all the negative energy go down into the molten core of Gaia where it is cleansed and transmuted into love to help her. I command this light energy to stay here as long as necessary until the clearing is complete as permitted within the guidelines of the Universe. I ask Gaia to send up her love and grounding energy from her crystalline core through the clearing roots and up through my body and back out to the Universe. I am now in perfect harmony and balance between heaven and earth. This clearing and grounding will continue until complete, then allow only the highest and best into my fields.

“It is done. It is done. It is done. Thank you with love and gratitude.”