



ASCEND

HEALING ARTS CLASSROOMS FOR THE SOUL

Statements for Clearing, Protection, Opening & Closing

Process:

1. Clear your space with sage (or tool of choice) while speaking the Space Clearing Statement.
2. Say Self affirmations and connecting to your power statements at your altar or sitting in your meditation space.
3. Sitting in your meditation spot, state the Self Protection Statement with add-on statement.
4. Do the Golden White Light Meditation and Chakra Activation. Journal.
5. Get some water, take a bathroom break and then...
6. Do the Placing of the Heart Meditation.
7. State the closing statement. Journal. Drink more water. rest.

SPACE CLEARING STATEMENT.

Statement to say while clearing your space with sage or other tool of your choice
(credit: Elizabeth Seraphine):

**This place is of the light
This place is of the Christ
Only the light may be here everything else must go.**

Say a minimum of 3x, speak it strongly.

SELF PROTECTION STATEMENT(Credit: Judith Kohnen)

**I surround myself with golden white light and cover it with pink
so that only love can com in and I only radiate love out.**

ADD-ON by Alexis Prince:

**I invoke in my gersonal gatekeeper guide to stand by me during this meditation
communication session.**

As we open this meditation today, we step forward to connect with spirit in truth and in love.

CLOSING STATEMENT

**We thank the energies that we invited in today for coming, we send them love and gratitude.
We ask that any energy that remains be released bacy to the universe and used for good. We
close this transmission at this time.**