

 **Starlight Wellness Golden Sovereignty Protocol**



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## Begin Here – Spoken or Silently Declared:

“I call back all of me. I release all that is not me. Let only truth remain.”

## Golden Sovereignty Protocol

### 1. Shields Up / Protection Prayer

“I rise in light, unseen to distortion, held in the embrace of divine neutrality.  
What is not mine cannot enter. What I carry is returned to the stars.”

### 2. Clear the Day Field

“Sweep the sky of my spirit. Wash the dust of the world from my skin.  
I begin again, in stillness and radiance, whole in this breath, unburdened.”

### 3. Filter External Frequencies / “Not Mine”

“Let no whisper of fear reach me. Let no echo of another’s storm find a place within.  
Only the sacred voice of my soul may pass through. All else is silenced in peace.”

### 4. Lock My Field – Sovereign Now

“From crown to root I seal. From breath to bone I anchor.  
No tether, no mirror, no open door— I remain as I am, untouched, unchanged, unbound.”

### 5. Anchor the Heart Grid

“Golden strands weave my center. The lattice of love, of clarity, of knowing—  
alive in my chest, quiet as sunrise, stronger than any noise the world may send.”

## Three Declarations for Daily Use

### “Golden Lattice Heart Grid – Activate Now”

A sacred geometry of self-love and clarity pulses in my chest.

### “No Echo. No Absorption. Only My Stream.”

I am not a mirror. I am not a sponge. I am the source.

### “I walk clear. I walk sovereign. I walk Oversoul.”

My path is not theirs. My rhythm is my own. I am guided by breath and flame.

## Closing Whisper

Let the world do what it does.  
Let the noise fall away.  
Let the field remember the song of your soul—  
clear, sovereign, golden, whole.