

Cultivating Sacred Rituals, Deep Meditations, and Ceremonies With Your Divine Network For a Better Quality of Life & Manifesting

💡 A practical guide inspired by my personal experiences & spiritual journey 💡

- ♦ Everyone has their own traditions and ways of conducting spiritual rituals with Source/ God, their Higher-Selves & Spirit Guides. However, my High Vibrational Loving Spirit Guides (Extradimensional Interdimensional ETs, Angels, & my Black Ancestors) would like me to share some information with you about connecting deeper to Divine Networks to create changes in your life. Take in what makes sense to you, to each their own 😊 This is simply a tool / method 😊
- ♦ Keep in mind, this is outside of my regular generic night meditations & morning blessings. This is something that involves more of the beyond 😊 The energies of your guides and soul will come in stronger for the sessions and yes, some of you are already doing this 😊
- ♦ There is also a team of High Order Angels aware of this post/ information and want to help you achieve great results 😊 In other words, they are involved and are putting in safe energies into your Sessions 😊 I see them as tall glowing beings of light 😊
- ♦ Also note that your guides come and go for different reasons 😊 Sometimes they take different shifts for different stages of your life 😊 There are collective intelligences guides and not always singular beings 😊 Sometimes galactic or earthbound factions just come in for your Sacred Sessions only 😊 If you don't really know who your guides are, you can say in your mind or aloud "I welcome my Highest Vibrational Divine Loving Spirit Guides who have a relationship with God for this this deep meditation/ ceremony/ ritual" etc... . You can also summon angels or just sense the presence of the High Order Angels involved in this method 😊 I have worked with different beings and collectives of light in different meditations; it all depends on your goal 😊

   First Off, What Is The Point of Spending Sacred Personal Time In An Altered State of Consciousness With Elevated Beings & Intelligences of Light + Your Deep Soul Energies? Why bother?   

◆ Just like showering your body, see this as taking a shower for your soul 😊 It's good to check in with your spirit from time to time on deeper levels 😊 This is all frequency work folks 😊

◆ When you get into a routine of Deep Sacred Sessions with your soul frequencies and high-vibe spirit team/ divine networks, you may receive the following opportunities and perceive them through your mind's eye, psychic ears, or outside of your 5 senses ✨:

✨ Heal layers of yourself ✨ gain more clarity ✨ receive energetic soul upgrades ✨ unravel subconscious programs ✨ clear blockages ✨ obliterate energetic parasites ✨ psychic surgeries conducted by ETs ✨ internal physical alterations that stem from energy work by collectives ✨ past life memories on earth & other planets ✨ having loving spirit guide energies or Divine energies pour over you ✨ accountability ✨ being brought to a past memory from this lifetime to shift your perspectives ✨ awaken metaphysical abilities ✨ eventually gain better wealth ✨ strengthen your energetic signal ✨ rewrite past life memories to create a ripple effect into the present and future (shifting timelines) ✨ eventually find a better living situation ✨ activation of dormant energies or parts of your DNA ✨ strengthen your energetic wards or protective energetic systems ✨ manifest a good partner by removing blockages you were unaware of ✨ channel ancient symbols with wisdom ✨ cry to remove blocks ✨ eventually find a better job ✨ forgive yourself for past experiences ✨ metaphors ✨ experience somatic healing where your body shakes or convulses (dense energies leaving the body) ✨ speak Light Language (comes out as gibberish because it is constantly unfolding & not a set language but you are merging with the high-vibe frequencies it contains) ✨ cough out or air barf blockages + attachments (try to aim to the floor) ✨ see earth bound sigils & off world sigils ✨ sacred geometry or energy grids may show up with codes for balancing your energies ✨ shift the realities intertwined with your connection to others (making others remember past events differently) ✨ cutting cords ✨ attunements ✨ nervous system regulation ✨ have certain people fall off of your current timeline ✨ your aura may expand and glow brighter representing consciousness expansion ✨ receive high-vibe Light Codes into your energy body and realities ✨ realignment of your energies (and chakras) ✨ strengthen your life force ✨ being educated on ways to have a better mindset ✨ completing projects or missions astrally in other dimensions or parallel realities, and more ✨ ✨ 😊

♦ All of the above are my own experiences that I have been advised to share with you because your guides want to help you achieve your goals and great abundance 😊 YOU HAVE TO GO INTO THE DEEP SESSIONS EXPECTING ANYTHING 😊

♦ Many are being intuitively asked to do these Personal Sessions by higher powers because they are asking for things to manifest within their lives. When you ask for things from the Universe, be prepared to do the work 😊 It can be simple as wanting a better place to live or having a better job 😊

♦ You may experience some of the clairs within your mind's eye, psychic hearing, or outside of your 5 senses in your Deep Sessions: Clairvoyance (Seeing) / Clairaudience (Hearing) / Clairsentience (Feeling) / Claircognizance (Knowing) / Clairience (Smelling) / Clairgustance (Tasting) / Clairtangency (Getting Info From Touching) / Clairempathy (Emotional Feelings) / Clairintuition (Intuition) / Clairvoyant Dreaming (Implementing Spiritual Info From Dreams Into Your Sessions). Keep in mind there are also other cool metaphysical abilities I have come across through some individuals and my clients 😊 It's all amazing and profound 😊

♦ When it comes to seeing or sensing Light Codes (codes from God, your Soul, and from your High-Vibe Guides), you don't have to focus too much on the codes themselves, you just have to embody them or harness the frequencies they emit to alchemize the spirit on multiple levels. You merge with the codes to awaken parts of the energy body. The other day I was doing a session, and high vibe angels showed me an ancient angelic wall or tablet with symbols I have never seen before. I felt the codes deep within while taking deep breaths 😊

♦ If you sense or see blockages or parasites coming out of you or lingering in your aura; you can ask the earth to take it into the ground to be obliterated or ask your guides to eliminate and clear those energies 😊

♦ When you get into the routine of Deep Sessions, you learn how to embody these experiences on an energetic level over time. You are training yourself to go super deep with your Divine Team & Soul so you can manifest better things in life 😊 You expand on your authenticity and integrity throughout the process while expanding your

consciousness & awareness 😊

◆ Yes, I am psychic and a healer. However, we all have metaphysical abilities that match our soul frequencies in the present. It took me a long time to become completely psychic using different meditation techniques, reading spiritual books etc.. 😊 I wasn't fully psychic until age 38 (I'm now 44). I also had to do a lot of shadow work for healing from my past 😊 The more blocks you remove, the easier this gets 😊 Your abilities are always growing and unfolding from the soul 😊 The soul is always magical, and the Sessions support you to align with your original blueprint 😊

◆ When random themes presents themselves in your Sessions, assume they are one part of the whole; contributing to your goals or what you want in life, even if they do not seem related (it may not make any sense at the time) 😊 If you are left surprised, let it be 😊 You have no idea how many themes are energetically connected to parts of your consciousness like a web in the worlds of energy. This is why you just have to trust and go with the flow 😊

◆ There is a lot going on energetically in the background that you will not fully understand so trust the process 😊 Your guides are advanced and can be in multiple places at once 😊 They can see multiple timelines, the past present and future, and parallel realities all at the same time, they do not depend on the aspect of time 😊 Some say time is an illusion, however, it is still a construct that is part of our 3D reality. You do not have to entirely disregard it. However, you must be free flowing in your Sessions, so you won't be limited in merging timelines / collapsing old timelines 😊

◆ If you want to focus on something very specific or have deep intentions, make sure you also invite and incorporate loving high-vibe free flowing frequencies into your session and say something along the lines of "I invite any wisdom for my highest good and I am open to growth and new awareness / What am I supposed to learn? / What do I need to know for my highest good" etc.... This will make your frequencies more free flowing in the worlds of energy / quantum field.

◆ The last thing you need is to limit yourself. You have to surrender and intuitively trust what you are experiencing is for the evolution of your soul. You must be comfortable with the unknown or ask your guides to help you be more comfortable with

this 😊 Your guides and soul are always ready to do energy work on you during your Sessions 😊

- ◆ Keep in mind your soul is also your guide 😊 Do not remove your soul from the equation. You are one part of the whole, part of the Divine Network. The soul is a highly charged electric conductor 😊 Your body/meat suit is the vehicle / sacred vessel 😊 In these high states of consciousness, you are becoming more crystalline and merging all of these components together 😊 It's a team effort because you are merging with your Divine Network 😊

👁️ 🌿 🌟 📺 Preparation & Specific Instructions for Your Rituals/ Deeps Meditations/ Ceremonies With Your High-Vibe Divine Networks Along With Getting Into a Deep States of Consciousness 🌟 🌿 👁️ 🔑

💡 Step 1

- ◆ For me, I must avoid eating meat the day before and fast all day, I noticed this ramps up my psychic abilities (I have all the clairs except for clairtangency & clairvoyant dreaming). I can drink water, light black coffee and tea while fasting. Sometimes I play spiritual podcasts while I'm working my day job to get into the groove hours before.

💡 Step 2

- ◆ Do meditations, visualizations, and blessings before you start your main Session. The guides know that you are making space for a deep deep ritual/ meditation/ ceremony. You can even give it a name if you want, I call mine The Divine Healing Ceremony 😊 Work from the heart space to anchor yourself in Divine Love 😊 When you are working with metaphysical energies, you must do it safely 😊

💡 Step 3

Before Your Mini Meditation & Blessings (optional):

- ◆ You can sweep away stagnant or unwanted energies with a broom and chant loving affirmations that tie into bringing in more Divine Light and Love into your space and soul. You can play or watch a spiritual podcast or play spiritual music in the background

while doing something spiritual.

💠 Step 4

Mini Meditation:

- ◆ Complete a meditation with good intentions. Sometimes I do a Dr Joe Dispenza meditation at this stage. You can incorporate visualizations you already know of if you want 😊 You can also include anything traditional at this stage. You MIGHT sense what themes are meant to be focused on in the main Session at this point 😊

💠 Step 5

Blessings:

- ◆ Get up and walk around blessing your space along with your mind body and spirit with Deep Divine Love 😊 Walk with some sort of incense or a crystal or both or even a sacred book and say positive blessings (like focusing on gratitude and love etc..) while playing singing bowls in the background (<https://www.youtube.com/watch?v=oCPoG3EGwVw&t=867s>).

- ◆ Be open to receiving channeled information that may come through at this stage. Keep in mind, you must incorporate something along the lines of "I am brining in more High-Vibrational Divine Love/ more High-Vibrational Divine Frequencies/ more High-Vibrational Love/ more High-Vibrational Alchemizing Loving Energies into this session, I am welcoming the Highest Vibrational Spirit Guides more for this ceremony" etc. This keeps the energies safe to work with 😊 You may even find yourself becoming restful, sleepy, or lethargic at this stage 😊

- ◆ You must operate as if you are about to navigate outside of space time, jump into the worlds of energy, or be present in between dimensions so you do not depend on the aspects of time. When you say things aloud or in your mind, it should sound like those high-vibe energies are always with you but the session will bring in more 😊 The goal is not to limit yourself and the energies that are coming in to support you 😊 You are working with metaphysical principles & energies that are way beyond the 3D realm and your comprehension.

🌟 Step 6

- ◆ Once the above is completed, you can jump right into your main Deep Session.

🌟 Step 7

- ◆ When you are ready to start, sit in a chair or lay on a flat surface or mattress. I prefer to use a chair that I hardly use. If you are laying down, you can place crystals along the parameters. If you are just sitting in a chair, sense if you need to place crystals around you or not (for me it's different every time).
- ◆ I try not to have anything wild or distracting in front of me as my eyes open and close during Sessions. I have my black screen monitor in front of me and a dark screen or just paint open on my computer (dim).
- ◆ Have a notebook with a title with your name and date close by in case you want to write down any downloads. I do this 😊 When I do automatic writing, it comes out very sloppy because I'm in a deep trance 😊

🌟 Step 8

Once you are settled, use headphones and listen to white noise (https://youtu.be/wzjWlxXBs_s?si=s1b6JUUR4evt3RAU) Announce aloud or in your mind "I am ready to start my High Vibrational Loving Ritual / Deep Loving Meditation / or Ceremony with my High Vibrational Loving Divine Spirit Team" etc. Yeah, it sounds a bit repetitive. However, it's meant to influence the frequencies as much as possible for your Session. Words are spells 😊

🌟 Step 9

- ◆ To get into a deep altered state or trance state of consciousness while laying down or sitting in a chair, the white noise will help 😊 You can also listen to binaural beats, spiritual music or singing bowls in the beginning for a bit instead but I find having white noise play throughout the full main Session helps me get into a deep state of consciousness. Your guides will also partially induce you into a deep state as well

(people don't really talk about that part 😊).

- ◆ You can do a few mental exercises to go deeper. For example, imagining a white board and count from 1 to 13 with deep breaths in between. With each count you are wiping the numbers away from the white board with your hand and a brush. Then count backwards from 13 to 1 with deep breaths and allow your voice to sound expansive as if it is echoing in a large temple in your consciousness or mind 😊 You can also just take long deep breaths 😊

- ◆ Try not to get frustrated if your mind is noisy or if you believe you are not in stillness 😊 You just have to let the thoughts pass by like wind and eventually they will fade into the background 😊 Even if they don't fade, just keep breathing 😊

💎 Step 10

- ◆ Once the above is completed, just take deep breaths 😊 The rest will unravel in your mind's eye, psychic hearing, or outside of your 5 senses 😊

- ◆ I would suggest waiting at least 10 to 12 minutes before anything happens while deep breathing. You have to be extremely patient at this part and then you will eventually sense when you are all done. My Sessions range from 15 min to 45 min, occasionally they are a bit longer but not often 😊

■ 👁️👁️ Mistakes I Have Made During Sessions In The Past 🤖 ■

- ◆ It took me a while to do this correctly with my high vibe guides. Over a decade ago I was doing personal rituals in forests a few times and mainly at home without anchoring or grounding myself in Divine energies. I thought of my heart chakra and God and stuff, went to spiritual events, but I also needed a lot of healing at the time. So, the lack of invoking Divine energies heavily, not really knowing much about the world of energy, following spiritual literature that did not involve high-vibe loving frequencies, and not really knowing anything about healing sometimes left me limited in my ceremonies. I had good and imbalanced experiences 😊

- ◆ A few times weird entities got attached to me but later on fell off my aura. I

remember I was in a forest one time meditating deeply not know much and a dark shadow started to surround me that felt empty and scary, so I got the f*ck out 😊 At those times, I was not entirely using the right language. Some people are safe doing whatever in ritual but for me my soul needed to learn to use the correct words over time 😊

- ◆ I have also learned that if I eat meat the day before a Session, the next day (even if I fast all day) my session will lack a few things (I have tested this many times lol). For example, I won't be able to convey all the Divine Network downloads coming through; the messages will be a bit distorted or hard to translate from frequencies, and the apparitions of my guides in my mind's eye may be glitchy sometimes. Keep in mind, you do not need to see your guides clearly during your Sessions, you may just experience some clairs and that's perfectly fine 😊

🌸🌿🍃 What To Avoid & What Helps Your Deep Sessions 🍃🌿🌸

- ◆ Avoid w*ed, alcohol, drugs, high amounts of junk food and sugar in general. They cause distortion and disconnection in the energy body. Avoid eating meat the day before your Session. Try to stay physically active to support your life force (even if it's just walking once a day).
- ◆ Try to fast all day if you can or eat light before your Session or eat hours away from your Session (drinking tea, light black coffee and water is ok) 😊 Fasting makes me more in tune with Divine Networks, eating too close blocks some of the downloads.

🌈 Final Thoughts 🌈

- ◆ If you are truly trying to manifest something right now, I would suggest you do your Deep Sessions once or twice a week 😊 Sometimes I don't want to do them out of being lazy 😊 but once it's over, I am so thankful I pushed myself to commit to it 😊 This is an educational process, things will not unfold overnight 😊
- ◆ Remember, High Order Angels are already on board with this task 😊 you are getting major otherworldly support 😊 They are going to be present during your Sessions even if other type of guides show up 😊 You just have to sit in a chair or lay

down in an altered state of consciousness and let things unfold 😊

♦ This may look like a lot of information. However, once you get into a routine, it will become automatic 😊 You can study this information if you want 😊 Let me know if you have any questions 😊

Good luck!

Blessings 💜

~ Samantha Golden Spirit ~

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Dedicate sacred time to connect with Source, your Soul, & your High-Vibrational Spirit Guides through deep meditations, sacred rituals, or spiritual ceremonies.

These personal experiences can cultivate greater clarity, deepen healing, support spiritual growth, & strengthen your ability to manifest.

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Psychic Medium Samantha
Golden Spirit

Some simple affirmations:

