



## Protocol: How to Claim a Download of Yourself

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Written by Lake Siskiyou, looking at Mt. Shasta

Listen to Low New Moon/Low Ohm and let it bring you into a contemplative state... The big energy coming in now is from the Galactic core, according to astrologers. It is as if a pause button has been pressed for your own story, and the work is now in the collective.

Use Chiron/Ohm at the heart to bring you to your bridge between your small Self to your Big vast Self.

Earth element represents your everyday life, and it usually keeps Water in check, like a riverbank or dam. For right now, we want to let the Water flow, to activate your inner knowing.

Use Chong channel:

Earthday on Spleen 4 and Sun on Pericardium 6 (you can tell this is a Laurie rule-breaker protocol!)

Then, at the knees, use High Frequency Full Moon and HF Ohm 1 in a Figure 8 above and around the knees.

Then at the Throat chakra, use Low Ohm and HF Solar 1: Twirl the Solar fork around the Low Ohm. You have opened a stream of unconscious information.

Then write whatever comes to you after doing this process.

To close it, use the Yang Wei mai on San Jiao 5, use Low New Moon, on GB 41, use Low Ohm.

On Kidney 1 use Ohm Unison to bring you back into present time.