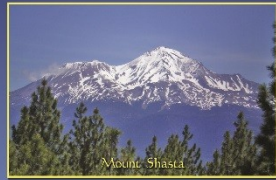


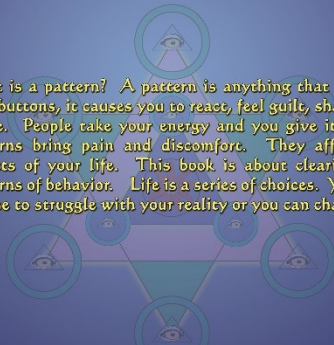
The Clarity Technique

by Lhaarl William Aholana



Mount Shasta

What is a pattern? A pattern is anything that pushes your buttons, it causes you to react, feel guilt, shame, or worse. People take your energy and you give it away. Patterns bring pain and discomfort. They affect all aspects of your life. This book is about clearing old patterns of behavior. Life is a series of choices. You can choose to struggle with your reality or you can change it.



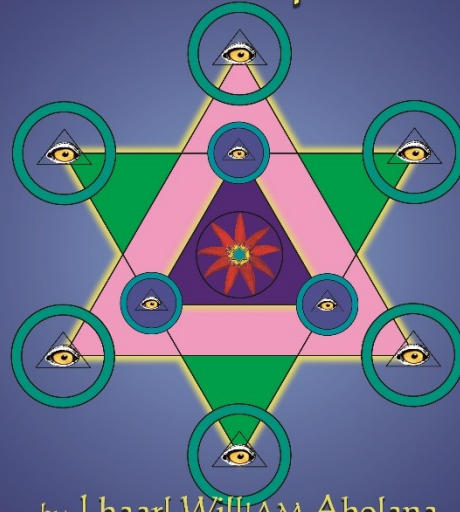
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Dedication

I am indebted to Patty Phillips, Julie Hallinan, Jeff Ater, and Kathleen Ann. They spent weeks suggesting, discussing, and clearing their patterns and issues. We explored new directions with thought provoking discussions to create the Clarity Technique.

I am grateful to Master Alignment. You brought amazing metaphysical energy tools back into the world. Master Alignment appeared and deeply impacted hundreds of truth seekers. You changed the lives of everyone you touched. Your educational work is complete yet the ripples of beneficial change continue to flow throughout creation. You provided the foundation for the Clarity Technique.

This is also dedicated to everyone who had the trust and determination to learn to clear their patterns. You showed me the possibilities in life and clearing are endless. Thank you for the real blessing in life, your friendship.

Forward

The concepts presented here are feedback from clients and related aspects of my clearing. Clients asked me to write this clearing technique so others may benefit. This resulted in many drafts as we discovered new ways and things to clear. Some call this a technique for spiritual alignment. The Clarity Technique is a synthesis of energy tools and teachings I experienced in my search for truth. We experimented and created the Clarity Technique. We found the Clarity Technique to be an effective tool in our spiritual journey.

DNA Is the Key

Your DNA (Deoxyribonucleic Acid) is a living library of information. It is the blueprint for your body. It is a record of your experiences. Your DNA is the sum total of who you were and who you became. Every thought, word, action, and event are imprinted/recorded in your DNA. It stores your cellular memories as a record and for future use. It is what some call your akashic record. Your DNA is a living history of you. Issues and blocks in your life stem from imprints in your DNA. Our judgments, guilt, and challenges are imprinted and the source of our issues and limitations. I call these issues and limitations patterns. Patterns are unconscious behavioral responses. They are patterns of behavior such as a have to, or an unable to, and other limiting aspects. Patterns influence or dictate your response to any situation. They make you feel uncomfortable. Patterns make it difficult to choose better behaviors.

You create a body filled with patterns. The patterns in your DNA are like little magnets. These energy magnets attract the experiences in your life. They attract experiences to neutralize the limiting energy in our DNA. As an experience neutralizes the pattern energy, your DNA rewrites the new experience. Experiences cause you to change and clear your limitations over time. You can clear your patterns without attracting these uncomfortable experiences.

The real power of your DNA is the ability to record all events and changes. You clear a pattern by neutralizing the imprinted energy and you remove the old behavior and the

associated emotions. You rewrite the DNA and you no longer experience the situations the energy previously attracted.

Clearing the issues and blocks expressed as patterns in your DNA improves every aspect of your life. This technique to clear the energetic patterns expressed as blocks and behaviors use only your words. Patty Phillips named this the Clarity Technique because clearing your patterns provides clarity. The Clarity Technique is a most appropriate name.

Is It Different?

What makes the Clarity Technique different from other clearing modalities? It works on an energetic and emotional level. It uses your words to clear your issues and challenges. Many clearing techniques clear patterns etherically. The source of the issue is still in the DNA. The Clarity Technique clears the pattern energy from your DNA, the real source of your issues in life. It removes the imprinted energy, cellular memories, associated emotions, learned conditioned responses, vows and promises and more. It removes the pattern from your DNA and all aspects of your being.

With the Clarity Technique you use positive affirmations to create new behaviors. You reclaim your personal energy with each clearing. Clearing a pattern removes energetic blockages and facilitates a healthy balance. The Clarity Technique is simple and effective.

What Else?

Clearing removes the pain, discomfort and frustration most patterns cause. Everyone naturally goes to great lengths to pain and discomfort. The situations your patterns bring are a source of stress. This resistance only reinforces the patterns. When you clear the pattern, you break the cycle and create change.

Clearing removes energetic blocks as you reclaim your personal energy. Your personal energy is your life force. It keeps you alive and healthy. When your personal energy runs low, you feel run down. With a lowered resistance there is potential for illness. The Clarity Technique is a way to reclaim your personal energy and align all aspects of your being.

Energy Is Life

Thoughts, words, and actions are conscious energy. We are bundles of energy and everyone has their own personal energy. People give away or allow others to take their energy. Some give their energy so others will love them. Some attempt to help others by giving them their personal energy rather than tapping into the energy around them and channeling this energy to them. Some are unwilling to use their personal energy so they take energy from others. When someone takes energy from another, this is power over. There is always an energy exchange between people. This becomes an issue when judgments or limiting actions occur. Whatever the reason, you have given your energy away or allowed others to take your energy. It is vital to keep all of your personal energy; your quality of life depends on it.

When you clear a pattern, you release the energy imprinted in your DNA. These are also your cellular memories. You reclaim the energy you gave away or had taken from you. As you reclaim your personal energy, your body, and your life begin to return to balance.

Thoughts Create

The premise of why the Clarity Technique works is simple. Energy follows thought. You created your world with the energy of your thoughts, words, and actions. You create through the choices you make. You are the creator of your issues and blocks expressed as patterns. You created your patterns and only you can remove them. The Clarity Technique uses the energy of your words to remove the patterns in your life. It is that simple.

Clearing with Words

You begin the clearing process by setting your Intent. The Intent is the Clarity Technique's foundation. The Intent you affirm is a series of commands defining how the clearing process will work. You create the Intent through the energy and power of your words. Once your Intent is set, you use a series of simple commands to clear energetic blocks and issues expressed as patterns. You remove these limitations with the energy of your words and the power of your will.

Issues, Blocks, Patterns

Are there differences between an issue, a block, and a pattern? There is little difference between them. They are different words to describe aspects of a pattern. They influence your response to a situation and they all have associated emotions. An effect of an issue might be feeling uncomfortable when someone looks at you. A block prevents you from doing what you want to do. Patterns are protection mechanisms garnered through generations of survival. They create predictable responses to situations. Any personal issue or energetic block causes a predictable pattern of behavior. Many behaviors are learned conditioned responses. They affect your ability to choose wisely. The emotions associated with most patterns cause one to feel uncomfortable. These issues and blocks are the patterns imprinted in your DNA. They impact every aspect of your life.

Old Tapes

Patterns and their emotions are an unconscious response to a situation. The situation triggers the pattern. The pattern causes our behavior and we feel the associated emotions. Often our response is like a behavioral tape. When a similar situation arises, we play the same tape, reinforcing the behavior. Each repetition makes the pattern stronger. Patterns that were originally protection mechanisms for our survival now become our issues and blocks. These unconscious responses prevent us from making better choices.

Goals

The goal of clearing is beyond clarity. Clarity is easy to accomplish when you clear the energetic blocks of your patterns. Your energy begins to flow freely. It will align your body, ego consciousness, and your divine inner child, with your Higher Self or soul consciousness. Many people feel that the ego is the issue. This is untrue in my experience. Your ego is vital because it is the interface between your Higher Self and your physical body. You merely gave your power to your ego. As you clear your patterns, you regain your power.

The result of clearing is freedom. First you begin to understand the world around you, then you enter the light state and then there is a union with the divine. You consciously become ONE with the Christ consciousness, divine spirit, or whatever you choose to call the conscious energy of unconditional love. You create this union by allowing the divine consciousness to live in a body free of energetic blockages. You become and radiate the energy of conscious unconditional love. This is ascending to higher states of consciousness.

Pure Souls

You are a pure soul and you have always been a pure soul. We are on a journey to return to our natural state. Lower frequency emotions such as guilt, anger, shame, and others are symptoms of our patterns. They manifest as aches and pains, emotions, and recurring experiences. As a pure soul in an energetic human body, you are an expression of divine conscious unconditional love. You only have to clear the patterns to experience this. Some use the words Homo Deus or Homo Spiritus to describe this union with your Higher Self. This union is a conscious knowing that you are an embodiment of divine unconditional love. Your patterns are like veils, they obscure your natural state of consciousness. You begin to realize you have always had the abilities and gifts of this natural state.

Easy

This is as easy as it sounds. Lower frequency emotions resonate in response to the patterns in your body. When you clear a pattern, you clear the emotions of the pattern. You feel better about yourself and your life becomes easier. You become calmer, more focused, and clearer about what you want. Life soon becomes less of a struggle.

Collective Choices

Your world can be a world of incredible beauty and harmony. For most, it is a life filled with suffering and pain. Regardless of your reality, there are common patterns in everyone's DNA. This is a result of our collective experiences in the world. For this reason, I suggest you always clear with a partner. Together you can remove your patterns and create a new future.

Amazing

Whether you are spiritual, religious, or agnostic, we are all on a journey. For some it is a

path to discover the truths in life. For others it is a process of self-discovery. Regardless of where you are, we are all evolving. The Clarity Technique helps you by removing the energetic blocks in your path. I use it to remove the conscious shadows everyone carries. I use it to assist clients in awakening their extrasensory gifts. Some use it to clear dreams and invoke protections. We use the Clarity Technique to change our lives.

Background Material

This work is a record of my experience in clearing patterns in me and others. Over the years I observed how clearing reduces emotional pain, physical discomfort, and improves our overall well-being. Be it toxins, emotions, or energetic blockages, the body always heals itself when you remove the issue that keeps it out of balance.

Why should you believe any of this? That is an important question. Always determine the truth of anything you hear or read. The concepts presented here are probably unknown to most. They were new to me when I embarked on this journey many years ago. Through this journey, the foundations of my belief systems were shattered and rebuilt. I spent time to validate what I learned. Validate through experience the simplicity and effectiveness of the Clarity Technique.

You are an incredibly powerful soul. Everything, including your words, is energy. Your mind and efforts create everything in your world. You created your reality and only you can change it. You deny your power when you believe others can help you more than you can help yourself. Your true nature is a powerful, pure soul.

Survival

Why do our patterns of behavior persist? They originally facilitated your survival so why should you remove these patterns? In these times of rapid evolutionary growth, these patterns are no longer valid. They inhibit your natural energy flow and interfere with your ascension. Earth and humanity are ascending into new and incredible times. Every old civilization spoke of this time. When you clear an energetic blockage from your body, you remove the block that prevents you from choosing a higher path. You create your wholeness or whatever you seek.

Your body is a living history of traumatic and beautiful events. Each event is an entry in the living library of your DNA. The historical events in your DNA shape your behavior. Is the continuous imprinting in your DNA important? It is important because you can remove your limitations.

Tibetan Buddhists teach that thoughts create. Thoughts create because they are energy. If your thoughts create, then you are a very powerful soul. Every aspect of your life should be wonderful and fantastic. However, many use their thoughts, words, and actions in a manner that makes their life challenging. When you judge or regret an event, you give it your energy. You validate the experience and create an imprint in your DNA. People impact themselves when they judge others through the conditioning of their patterns, and learned behaviors. You attract what you give.

Attractors

Does a behavior have to become an issue? Life is a series of choices. It all depends on how you choose. Think in terms of a behavioral response as a layer. It is like a pearl, layer upon layer. Each repetition adds a layer and this is an issue.

Your patterns are the attractors of your experiences. You attract the energy your patterns radiate. Some call this the law of love or the law of attraction. Clear the patterns that attract painful experiences. Then create a life of contentment, joy, abundance, and

everything you want. Create a world where survival is no longer an issue. Living and creating a life of unconditional love is more satisfying and exciting than a life of survival.

Energy

This technique is about energy, your energy. The reality is that many want your energy and will do whatever is necessary to get it. I believe everything happens with our consent. They can only succeed when you allow it to happen. Each pattern you clear removes all existing consents, agreements, and contracts. Through the commands of your Intent you will regain your power as you reclaim your personal energy. As you clear, you will open your heart and then your world will change. Your permanently open heart will connect you to a grid of consciousness.

I see three expressions of the energy in our world. This is very simplistic. First, there is your personal energy or life force. This is the energy imprinted with your consciousness and soul. It is yours alone and it is what you need to survive. When you run low on energy, you get weak. When you completely deplete your life force and give up, you die. The goal is to use your energy wisely. Secondly, there is the energy that makes up our physical world. This energy makes up all that we see and feel. It makes up the earth and all forms in existence. Finally, there is the free energy of love all around us. Love is the energy anyone can channel to others. You can give and receive this energy at will. This is what many facilitators wisely use when they work with clients. You can give and receive this energy at will. This energy is unconditional love in a free form.

This is a simplified view of energy. I remind you to keep your energy expressed as your personal power. Tap into and channel the unconditional love around us to others. It is tapping into what some call source energy. It is amazingly beautiful and powerful. This energy is conscious unconditional love.

Why Me?

When you give your personal energy to others and this diminishes yourself and you become less powerful. People often give implied consent without thinking. Consent under duress is still permission. This can happen in other lifetimes or dimensional realms. Whether you believe in past lives and other realms, know that you give your power away and allow others to take it.

Things often happen because your patterns attract those experiences. They attract the energy necessary to slowly neutralize the pattern. These experiences are often painful and they should motivate you to change. You can clear all patterns through your Intent with the clearing commands.

You Choose

Others are truly unable to help you. You have to help yourself. It all comes down to your wanting and working to change. Many seem afraid to change. Change affects their life, family, and circle of friends. Some have a deep lack of self-esteem or fear rejection. Change puts people out of their comfort zone. People become frustrated and resign themselves to their lives. There is often a deep fear of stepping into your power and

divinity, a fear of the unknown. You clear the emotion of fear when you clear these patterns. Through your efforts, you can become what you really want. You are the creator of your destiny and reality. You can step into your conscious divinity as an expression of unconditional love.

Emotions

Emotions are cellular memories associated with a pattern. You clear these cellular memories when you clear a pattern. They can be fear, guilt, shame, and a plethora of other emotions. These create the conditioned response that is often painful and unpleasant. This response of learned behavior is an old tape. It will play until you clear it.

Lower emotions are an unpleasant aspect of every pattern. These emotions can be more difficult to endure than the situation. Emotions are part of the pattern, and through each repetition of the experience, it drains your energy. It is a vicious circle. People believe they are helpless. This is where you can shift your perception of the situations. Emotions help you identify the real issue of a pattern. If you have trouble determining the source of a pattern, focus on the emotions and go into that energy. Emotions resonate in specific parts of the body. It may be easier to understand the source of an issue when focusing on the emotions.

Clearing the emotions associated with a pattern is vital. When you watch something shocking, it resonates in your body and the cellular memory drains you. After you clear this, the same event will no longer resonate within you. You can observe the drama without having to participate. Of course, you still have emotions to feel and express. By clearing the pattern, you are free to express higher emotions such as compassion, kindness, or love. You gain an understanding and empathy for those in a situation familiar to you and are better equipped to assist them.

Fear

Some clients relate that their patterns are all fear-based. I believe this to be a misconception. Emotions always accompany a pattern and this can be fear and any other lower emotion. We learn to fear by observing others. It is a learned behavior and an unconscious conditioned response. It is the tape we play when responding to the resonance of the pattern. It is inconceivable that the pattern causes the fear. It is the cellular memory you fear. You will be unable to fear what is new because there is no historical basis or cellular memory for something completely new.

Some believe fear is necessary to protect you. Fear does play a useful role in alerting you so you of dangerous situations. My experience, however, is that fear often immobilizes, clouding your judgment so you make poor choices. Fear is only a messenger to alert you to a pattern you can clear. Fear of a circumstance becomes a judgment by the mind. Fear will be the conditioned response to alert and to motivate you until you clear it. To be free of the pattern and the emotion is the best way to live. Fear is a form of separation. Fear will dominate and control you until you clear your patterns. Focus on higher emotions such as love, patience, and understanding. There is no reason to fear anything, especially your patterns. Fear is the least of your worries. Love is our natural state of

being. Shift your consciousness and use fear to your advantage. Use it to recognize a pattern to clear. You will evolve to express and radiate unconditional love. A wonderful mantra is I AM love and I AM loved.

Judgments

We tend to classify experiences as beneficial or negative. This is merely a judgment. Shift your consciousness and see every experience as an opportunity to grow. When you judge an experience, you give it energy and validity. It has a power over you. The pattern forces to respond to your issue.

Patterns are like veils. They separate you from better choices and your Higher Self. They disconnect you and create a sense of separation. They restrict your energy flow. The energy expressed in the imprinted pattern is there until you clear it or it neutralizes through attracted experiences.

Health

Physical diseases and patterns always have a root cause. Your body is only energy. Energy can hardly be sick and die. Your energy takes the form of whatever you manifest and create with your thoughts, words, and actions. Energy only exists and flows to express the forms we create. By itself, energy is vibrant and dynamic, always flowing without an agenda. We give energy an agenda through our thoughts and judgments. I believe illness to be a manifestation of blocked energy. When your life energy is unable to flow freely, your body is out of balance. Illness is a logical conclusion when energy becomes trapped in your body or fields. Acupuncture allows your chi or energy to again flow freely. An acupuncturist will diagnose you by looking at your tongue and taking your pulse on both wrists. By feeling your pulse, they feel your energy flow.

I believe that blocked energy, emotions, our thoughts, and our words are factors in any disease. Disease can take a lifetime to manifest. An analogy is filling a bucket with an eyedropper. Over time, drop-by-drop, the bucket fills and the disease manifests. I see each drop as analogous to the layer of a pattern. Many will claim that they feel great when their diet is poor and they indulge in drugs or alcohol. I would say that you feel well in spite of your poor diet and toxic indulgences. This is a testament to power of the human body.

I believe emotions are the root cause of most diseases. Our judgments of painful events create the patterns. Each pattern has an associated emotion, memory, and pain. Each clearing removes a layer until pattern is completely gone. I believe you can clear your body to a harmonious balance over time. When I began nurturing my body and working on my issues, it took some time to come back into a healthy balance. Everything worthwhile takes effort and a commitment to change. My body has healed itself of health issues. Clearing my patterns and changing how I spoke were essential parts of my healing.

As you peel a layer of energy and emotions, the body adjusts. Each clearing brings you closer to a harmonious balance. The only disclaimer I have is that when you doubt your power, you create impossibility. I created the construct of a perfectly whole, healthy, and functional body. My body responded over time to this goal. To bring a body back into

balance and abundant health requires an effort to change diet, attitude, and your way of living.

Do Patterns Return?

Some, who worked with others, ask why a previously cleared pattern returned. If the clearing was only from the etheric fields, the root cause of the pattern is still in the DNA. Even if the clearing was in the DNA, related vows and promises can still be there. The clearing of the vow or promise from the DNA is important because otherwise these will recreate the pattern. This is why we remove all aspects of a pattern. The Clarity Technique clears the vow or promise, cellular memories, associated emotions, and conditioned responses of a pattern.

DNA Energy Auras

Can we see energy in an etheric three-dimensional shape when it is in the DNA? There are many subtle bodies beyond the physical. Some use the terms energetic, emotional, mental, and other terms to describe our subtle bodies. These bodies are energy and they are difficult to measure.

The energy seen and felt by me, and others, emanates from the DNA. Extrasensory gifts like clairvoyance interpret the energy to provide the three-dimensional structures we see. We have little experience with auras and energy. How they relate to the physical body is open for validation. Aura Imaging or Kirilian © photography is used to photograph auras. Auras express subtle aspects of our physical body. We have much to learn about our subtle bodies.

Clear Quickly

You can slowly resolve your issues and patterns. You can use meditation, prayer, yoga, and other self-improvement modalities. Many of these use the power of your mind and affirmations. They are effective in clearing energy blockages; however, they often work slowly. They will align your Higher Self with all aspects of your being. This slow process is analogous to walking.

In contrast, the Clarity Technique is simple and you can begin removing your patterns right away. Once your Intent is set, you can begin to clear patterns. The commands include asking assistance from your saints and masters, to retain the wisdom of what you cleared, and listing the patterns to clear. You clear all vows and promises. You forgive those who brought you your patterns and you ask for their forgiveness. You release the pattern energy and reclaim your personal energy. Lastly, you list affirmations to create what you desire.

Divinity

The purpose of the body is so much more than mere mobility. It is our perfect partner. It records all of our experiences in the DNA. It is our vehicle to merge our ego consciousness and our divine inner child with our Higher Self. We use the body to

ascend to higher states of consciousness. There is no ascension without the body. We use our body to become our conscious divinity.

We clear our patterns to remove all aspects that bind and veil our conscious divinity. At some point, your heart will open. After that, you will find your consciousness shifting from your head into your heart. When your heart is open, all of your extrasensory gifts begin to open. If some of your gifts are already open, their use becomes easier. You will see, hear, smell, taste, touch and experience more through your heart. Your extrasensory gifts will augment your physical senses. You will discover a whole new world, way beyond what your physical senses can interpret. Your entire body becomes your heart consciousness and you gain real freedom.

Real Hope

This chapter is to offer hope and inspire everyone to clear their patterns and walk your path. This is for all who doubt there is assistance from the divine. There is help for you and anyone who seeks and asks for help. This is my experience with the saints and masters who assist all.

Great White Brotherhood

Many have no knowledge of the Great White Brotherhood. The Great White Brotherhood is a collection of saints, masters, and spiritually evolved souls of every nationality and realm. These souls work to uplifting humanity to its natural state of conscious divinity. They guide and assist all who walk their spiritual path, comforting and healing those who seek their assistance. They work hard to hold and spread the light. They help everyone attain freedom from suffering and delusion. This is my experience with the Great White Brotherhood.

Bhagavan Sri Sathya Sai Baba

I made my first trip to India in 2002. I went to investigate a man called Bhagavan Sri Sathya Sai Baba. I read many books about him and he is purported to be an Avatar. An Avatar is God incarnated in human form to assist all, especially in times of serious trouble. His message is simple: Love all and serve all. One of his tasks is to help us realize our divinity. He says that the only difference between him and the rest of humanity is that he knows he is God while we have yet to realize that we are also God. There have been many Avatars in our history. They are an inspiration to all. They assist humanity through critical periods. This is the second incarnation of Sai Baba's three lifetimes to assist us.

My Invitation

I traveled to India with a woman named Rose, a devotee of Sai Baba. She was a perfect traveling companion, familiar with social customs and traveling in India. She has a wealth of knowledge about Sai Baba and India. She is a dear friend and a spiritually advanced soul. It was an auspicious beginning.

My journey began three months before we left for India. I was curious about Sai Baba after reading many books about him. I investigated by attending two of his spiritual devotee centers. Back home, one Sunday evening after finishing another book about Sai Baba, I decided I wanted to go to India to see him. I wanted to validate the truth of what others had written about Bhagavan Sri Satya Sai Baba. I decided that I would go only if I were invited. The first thing Tuesday morning, I got a call from a woman I had met only once, years before. It was Rose, asking if I wanted to go to India to see Sai Baba. I was stunned at how quickly I had received my invitation. I responded: Absolutely! I would love to go see Sai Baba. Rose was organizing a group tour to defray her costs. As it turned out, I was the only one who could make the journey. I obtained my visa and gathered the necessary items for the journey. I planned to be in India for over a month.

Rose was going to stay a year.

Perfection

The trip from the United States to Chennai (Madras), Bangalore, and finally Puttaparthi was incredible. While in Chennai for a few days' rest, we spoke with people who had tried for weeks to get to Puttaparthi. Obstacle after obstacle had appeared in their path. In contrast, we found all transportation, porters, and other necessities appeared in times of need. We were visiting Sai Baba during Shiva Ratri. This is the holiest of Hindu religious holidays, which celebrates the life and service of Shiva, its creator. It is the largest Hindu celebration of the year. Only a few Americans and foreigners are part of the Shiva Ratri experience. The Hindus we met on our journey treated us with great deference.

The last part of our flawless journey was a cab ride from Bangalore to Puttaparthi, a four-hour ride on partially paved roads. Puttaparthi was once a very small village. Today it is a small town. Thousands of visitors prompted the building of hotels and restaurants outside of the ashram. As we drove into town, we passed a free university, a free hospital, and other facilities Sai Baba built to benefit humanity. Finally, we were outside the gate and high walls of the huge ashram. Our journey from America to Puttaparthi, India was effortless.

Invitation Only

Rose and the cab driver left to check on housing availability and to get a permit to drive into the ashram. I waited in the taxicab. Upon returning with the permit, I learned we could stay in the ashram because sleeping space was available. The driver put the cab into gear, drove to the gate, and the cab stopped as if by magic. The engine was still running and yet we were unable to pass through the gate. The driver backed up and again began to drive through the gate. Each time the cab stopped as if it hit a soft invisible barrier. The fourth time the driver revved the engine and moved as quickly as safety permitted. We magically stopped at the gate with a jolt. The drive shaft disconnected and the cab was unable to move. Suddenly, I heard a voice on the inner say; nobody comes to me, except through me. I knew instantly that this was the voice of Sai Baba letting me know a world of information. Only those on the spiritual path and those he invites can be in his ashram.

I was contemplating what had just happened and what I had heard. We were sitting in a disabled cab, wondering how we were going to transport our luggage. The driver was mumbling under his breath while a crowd gathered. The locals had observed what happened. Rose and I were talking about carrying our luggage. I had two suitcases and Rose had two gigantic suitcases. Suddenly two porters, one with a three-wheeled bicycle outfitted with a large rack, appeared to help us. They were able to transport our luggage effortlessly. We began our long walk through the gate into the ashram.

Sacred, Holy Ground

When I first stepped into the ashram, I had the overwhelming feeling of walking on

sacred ground. It was the same feeling I had at other sacred sites, only much stronger. As I walked on the holy ground, I asked on the inner for a few things. First, I surrendered to whatever effort was necessary to clear the blocks that kept me from progressing on my path. Next, I asked for a transformation from who I was into who I needed to be. I asked for the necessary help and assistance, regardless of what it would take.

Walking on the sacred soil was peaceful and spiritually moving. Trying to describe experiences so spiritual is impossible. Each time I entered the ashram, I felt the sacredness and holiness. I felt a protection deeper than anything I had ever experienced. Tears of remembrance flood my eyes as I write this. Everyone should experience the energy of sacred ground, given the opportunity. It is worth the effort to experience this beautiful spiritual energy. This holy energy is vitally important, it assists to awaken you and re-sequence your DNA.

A Small City

It is challenging to estimate the size of the ashram. I was in Puttaparthi for a month and I was unable to see all of the ashram despite my walks on my free days. It easily houses 200,000 and to 250,000 people. Large rectangular buildings like barracks make up orderly rows. More barracks were in the process of construction. Complexes of apartment buildings with privately owned single rooms were everywhere. The grounds are incredibly large. There are buildings to feed the multitudes and stores to buy necessities for your stay. There are kiosks with drinks, homemade ice cream and other sundries. There is a large meditation ground containing statues of the saints of all religions. Sai Baba is non-denominational. He embraces all and unity is his message.

Western Dorm

Rose and I registered and checked into our respective houses. I was in the only non-Indian barracks. It was a single room perhaps twenty-five feet wide and seventy feet in length. The building was concrete with a small screen along the top of the walls for ventilation and a peaked tin roof. Fans hung from the ceiling ten feet apart, on each side of the room. At the end of the room were two doors on each side leading to the toilets and showers.

At the suggestion of my porter Shiva, I rented a cot. It was a small steel bed with steel springs, a mattress and sheets. The cost was a ten-dollar deposit plus ten dollars for as long as I needed it. In the western dorm there were maybe 20 souls. During my stay, I saw no other white Americans at the ashram, besides Rose. I met a few Indian Americans and they slept in the Indian dorms. On the night of Shiva Ratri, there were about thirty men in the western dorm. In contrast, the Indian dorms had entire families and the dorms were so crowded there was hardly room to walk.

I settled in a spot near the rear of the dorm, between a group from South America and an Englishman in the corner. The Englishman was lying on his sleeping bag reading Paramahansa Yogananda's Autobiography of a Yogi. We introduced ourselves and I assembled my cot. I put up my mosquito netting, placed my suitcases beneath the cot, and hurried to darshan.

Darshan

Darshan means to be in the presence of light and it is when you are in the presence of a saint or master. When I arrived for darshan, I was still dressed in American clothes. I was tired, dusty, and sweaty from the exertions of travel in the hot weather of Southern India.

The mandir is a large covered expanse divided in half. I was a little surprised that men and women are separated for darshan; meals; and lodging with the exception of families. For darshan, the men sit on the right of Sai Baba and the women sit to his left. In the ashram, the men are isolated from the women. This allows everyone to focus on their spiritual path without distraction. There are no chairs in the mandir. It is open except for a wall and interview rooms behind Sai Baba. Massive columns support the concrete ceiling. Spiritual statues and motifs adorn the wall behind Sai Baba. A welcome breeze always flows through the mandir.

Seva Dals are volunteers. They do all the work including crowd control and cooking. As one enters the mandir, they search everyone for contraband. This is in response to the death threats Sai Baba receives. You can only bring a cushion to sit upon. Cameras, water, and recorders only distract from the experience. With the multitudes of people, there is no room for these items. The Seva Dals are strict and their jobs are demanding.

Vibutti

When I entered the mandir and while sitting, it felt as if Sai Baba's eyes were on me. The mandir was mostly empty at my first darshan. Perhaps there were a thousand men and women in attendance. I got as close as I could, about thirty yards away from Sai Baba. He is a small man reported to weigh one hundred and eight pounds with an Afro hairstyle. He dresses in saffron colored robes, except on Christmas, and then he is dressed in white. He manifests countless items like watches, diamond rings and solid gold statues. One item of interest to me is Vibutti, or Sacred Ash. Vibutti is a grayish powder that he manifests to heal people. He slowly swirls his hand and the Vibutti falls into the devotee's hand. The devotee rubs it on their skin or eats it. The Vibutti powder tastes like my favorite flower, Jasmine. It reminds people of a multitude of favorite scents or flavors, even licorice. Vibutti is available in all the Sai centers around the world. Vibutti sometimes manifests behind the glass in pictures of saints and masters. I have seen some of these manifestations and it enhances the pictures.

Personal Space

I heard about the many opportunities for growth in the ashram. My opportunity was to allow strangers into my personal space. Every American has their private personal space, a defined area around their body. Unlike many cultures, many Americans usually refrain from touching or hugging strangers or friends. Many around the world touch to express friendship, affection, or to make a point. Most people I have met have no sense of personal space. They stand very close while speaking. It is acceptable for friends of the same gender to touch or hold hands.

While in the mandir, the Seva Dals and devotees touched, jostled, bumped, and leaned on

me. I sat as still as possible. After about ten minutes of this, I finally said to Sai Baba on the inner, Okay, I get it. I have no need for my personal space. At that moment the touching and bumping stopped.

With this release of my sense of personal space, I experienced a sea of humanity, shared by touch. Further touches became deeply joyful reassurances that everyone was happy I shared that holy space. All further bumps or touching resulted in eye contact and an apology. Until my release, I received bumps and touches without acknowledgment or apology.

Remembrances

Morning and afternoon darshan last an hour or more. On that first afternoon, I sat with my eyes closed. There was a familiar remembrance stirring in every aspect of my being. I was overwhelmed with a sense of joy and there were tears in my eyes. When darshan was over and Sai Baba left the mandir, I sat and cried tears of remembrance for thirty minutes. I felt self-imposed veils diminishing. Years of sadness washed away as my separation from the divine disappeared. When I finally opened my eyes, I saw hundreds of other men affected as deeply as I. They all sat with tears in their eyes. I suspect this remembrance and outpouring of tears happens to all first-time visitors.

Swami, Shiva

Through my first experience of hearing Bhagavan Sri Sathya Sai Baba on the inner, he affectionately became Swami to me. From that moment on, he spoke to me on the inner. He directed me to places and events. I heard devotees say Swami speaks to those with an open heart. I suspect he speaks to all and only a few are able to listen. It is common for Sai Baba to council those who ask for assistance. Some days, he told me to go back to the dorm and rest. Other days, he told me to go outside the ashram to eat, to visit an orphanage or a Shiva temple, or to walk and observe. He guided me to places and people. It was a blessing beyond words. Perhaps half the time while walking to the main gate, I saw Rose. Sometimes, she accompanied me on my morning journey. I saw my Shiva almost daily. We would spend time walking, talking, or just sitting. In our discussions, he taught me much about India, traditions, and culture. He became a dear friend.

Clearing

Once I surrendered, I underwent a massive clearing physically, mentally, and emotionally. The symptoms observed might indicate that I was very ill, yet I felt wonderful. I was getting rid of toxins through my lungs, skin, bowels, and nose. My handkerchiefs were green with mucus. I had a cough that was a nuisance. Its purpose was to jar my body and facilitate the removal of what needed to go. While lying in my cot during the day it felt as if I were slowly baking in an oven. Although my clearing was extreme, it was exhilarating. I was in a state of bliss.

Sandals

I spent half the days exploring the ashram and Puttaparthi. Every day I wore my punjabis and walked barefoot. Indians know how to dress comfortably in the hot, humid weather. Punjabis are sheer cotton pants with a tie string and a matching top extending to the knees. They are comfortable even with long sleeves. I walked barefoot to fully feel and experience the sacred energy; it made no sense to insulate my feet from the holy soil. Most of the paths were dirt and cool even on hot days. At times, the path was very hot when paved. Only once did I wear my sandals. I had a premonition someone needed them more than I did. When I came out of the mandir after darshan, my sandals were gone. I searched among the sandals to ensure they were gone. I am honored someone needed them. My experience is the people in India are extremely honest. Many believe in karma and reincarnation. The very poor will do what is necessary to survive. They have little and yet they will share what they have with you.

Saints, Masters

The first night in the ashram, I slept deeply. After a day, my deep sleep turned into a deep rest and I no longer slept. I closed my eyes and my body became immobile as if in a trance. I rested deeply every night and got out of my cot recharged and ready for the day. Every night I answered questions. I listened and responded on the inner to the questions asked. After an hour of being out of bed, I was unable to remember most of the questions and my answers. During the day, I attended darshan and my body continued to change as I cleansed.

I saw Rose for an hour or two every few days. She listened to my experiences and became my sounding board. As I arose early each morning for darshan, I had a remembrance of the events as I lay sleepless all night. I felt the presence of beloved saints and masters working on me. Their task was a Herculean effort. I felt the presence of Jesus, Buddha, Paramahansa Yogananda, Saint Germain, Kuan Yin, Babaji, Krishna, Sri Yukteswar, Lahiri Mahasaya, Tibetans and many other nameless saints and masters.

Shiva Ratri

The crowds for the Shiva Ratri celebration continued to grow each day. Shiva Ratri lasts twenty-four hours, starting in the morning, going all night and culminating with a breakfast. The day before the celebration, the ashram was full. Finally, it was time to enjoy Shiva Ratri. The immense crowds continuously sang bhajans or sacred songs. By nightfall, the mandir was overflowing and surrounded by thousands. Swami told me to be in the crowd outside the mandir since Shiva Ratri is for the Indian people. I only needed to be in the crowd to experience the energy and benefits of his manifesting the lingams.

Shiva Lingams

Sai Baba manifests Shiva lingams during Shiva Ratri as the devotees sing bhajans. The lingams represent all of creation. Around 9 PM, swami manifested the first lingam. It was the size of a large egg and solid gold. A tremendous wave of energy swept through

the crowd. The energy seemed to disassemble and reassemble me on a molecular level. The Indians were gleefully cheering and shouting. Swami told me the lingam was to tame monkey mind, the constant stream of thoughts running through your mind. They call it monkey mind because the mind jumps randomly from thought to thought, like a monkey jumping from branch to branch.

After swami manifested the first lingam, many left the mandir. It was my time to be in the mandir. I stood in a sea of humanity. It was so crowded it was hard to breathe. It felt as if the crowd could carry me if I lifted my feet off the ground. Soon, I was in the mandir and seated in the back singing sacred songs. At three in the morning, I was tired and Swami told me to go and rest. I came back after a few hours of deep rest. I sat in the back of the mandir on the ramp, which was now open. Swami had manifested two beautiful gold Shiva lingams as I rested.

Breakfast

It was soon dawn and the Seva Dals began to feed the masses. Those around me helped me to eat properly. We ate with huge leaves knitted together with wooden toothpicks. One holds the leaf right side up with the left hand. You eat with the right hand, taking this portion and combining it with that portion. It was an amazing experience to feel their love and sharing. After the meal, most people left the ashram.

Shiva Ratri was an amazing experience. It was unlike anything I could have imagined. I was so grateful and honored to observe that holy day, in that sacred place. I asked a Seva Dal about the size of the crowd. He told me over one hundred thousand people arrived during the day and another one hundred thousand people arrived that night. There were about half a million people in the ashram to celebrate Shiva Ratri and eat breakfast.

The Questions Continue

The nighttime questioning continued for a month. As the days went by, I arose rested, yet mentally drained. Each night the questioning began when I was still and lasted until it was time to arise. I could hear many voices. I heard them ask questions or speak among themselves in response to an answer. I spoke only to answer. I remembered the experience without many details. It was like a script of forgetfulness ran as I arose to prevent me from relating details to Rose. The night after Shiva Ratri I was tired and filled with portent. Some of the questions and my answers were still in my mind.

The process was always the same. When I answered a question correctly, they give me another. If the answer was incomplete, there was a pause. The pause indicated I needed to provide more information. They waited as I clarified and restated an answer. Usually, there was no pause because I answered immediately. At other times, the question was complicated and sequencing the answer was important. I will relate one of the answers I gave. I am unable to exactly remember the question. I responded: Just re-sequence the DNA. I immediately heard: Peer review. Then I heard many voices speaking all at once. Then I heard: Yes, that will work.

That night, I was a little terse in my responses. I suspect the Shiva Ratri experience and my tiredness were the causes. I would hear: Just a few questions more. Sometimes, I responded: A few hundred or thousand. They ignored my sarcasm and proceeded with

the next round. I again heard: Just a few questions more. I again responded: A few hundred or thousand. Then I heard: Only a few more.

Redemption

The final question: What is love? I immediately responded: God is love. There was the awkward silence of a partial answer. I then responded: Everything is love. Instantly, I could see. I was standing on a thrust stage, in a large amphitheater. I could see those who questioned me. I heard a thunderous applause. There were thousands of souls around me, applauding. I heard a voice say: Welcome to the Brotherhood. In that long moment I felt love, gratitude, and relief. I felt a deep forgiveness.

I thanked everyone when the applause subsided. I stood amazed and humbled. They told me that if I strayed from my spiritual path in the last six months, I would have died. That was the probation and testing period. They would have taken me out of this earthly existence if I faltered in any way. The reason was simple. I abused my powers in an earlier life on earth. I failed to fulfill my commitments to the White Brotherhood. As a result, thousands of people died. Then I heard: How can we trust you? I replied: You should be wary of trusting me! I succumbed to power and I betrayed your trust. I ask you take me out of this body if I am ever unable to fulfill my commitment of service. I would rather be dead than again fail to fulfill my commitments. I meant every word.

I Learn Many Things

I saw and heard many things until dawn. In the audience were incredibly beautiful saints, masters, and spiritually evolved souls from earth and other realms. They came in various shapes and colors, from appearing to be human to incredibly beautiful jet-black extra-terrestrial masters. I saw Paramahansa Yogananda with beautiful black hair down to his waist. I experienced the saints and master's incredible sense of humor. I heard how I vanished after failing to fulfill my commitments. I felt ashamed and unworthy that I succumbed to the power I enjoyed. I failed to live up to the standards of the White Brotherhood. I left earth and moved through many dimensional realms. It took them forty earth years to find me.

This is my thirtieth life on Earth. It took me all this time to learn and grow. I worked hard to change and evolve. It took time to again be worthy of being a member of the Great White Brotherhood. I experienced divine forgiveness.

Knowledge

I learned to explore and feel how emotions are valuable keys to growth. Walk your path with intensity and integrity. If you clear your patterns and open your heart, everything changes. When you live through your heart, you become unconditional love. You can go into non-time, be in the clear state, observe without judgment, and feel the unity in all of creation. At that moment, all are an integral part in creation. Everyone, everything is interconnected and equally important. We are moving to a state of higher consciousness and vibration. The earth and humanity are ascending. We will ascend as one.

Know and experience that there is only unconditional love. There are no victims, only

volunteers to raise your consciousness and help you grow. Know you are a divine pure soul having an earthly experience. Ignore the symptoms of what you see. Feel into the energy of each experience. Everything has a purpose. Use your extrasensory gifts and be one with the unity of the whole. Then everything simplifies and makes perfect sense. Everything works together on your behalf once you are in your heart. All of creation responds to your requests. This happens in response to your success in clearing patterns. Your opening phrase in the Intent and subsequent clearing is so important because it acknowledges those who tirelessly work on your behalf.

Endless Opportunities

There will be commitment opportunities seen by many as tests. They are anything except tests since tests imply pass or fail. This is no judgment and these opportunities of commitment are without time constraints. Follow your intuition and guidance. Clear the old behavioral tapes you play. Clear the aspects of behavior that limit you. Forgive and be forgiven. Change yourself and change the world. You are that powerful.

More on Patterns

Do animals have patterns? I believe the imprints in their DNA are the cellular memories we call instincts. A good example of a pattern in animals comes from my friend John. He told me about his dog, Trigger. Trigger is a large fearless alpha male German shepherd. John lived in Canada and he loved to fish. They went camping in a remote area. Trigger was startled to hear the howling of a wolf and he shook in fear. John went to his truck to get something and Trigger jumped in the cab and cowered. This was Trigger's first encounter with a wolf cry and his reaction is an example of how one responds to a pattern. Some will say this is just instinct. I agree and yet all cellular memories or patterns have an associated reaction and emotion. John was surprised to see his fearless dog shake in fear.

These reactions are all part of an imprinted pattern in the DNA. They alert us and potentially ensure survival. Trigger's imprint came from an ancestor who survived an altercation with a wolf. This knowing or cellular memory is a result of experience.

Trigger inherited the pattern and the response.

If there was no cellular memory, how could one fear something new? There is always a historical basis for any reaction. Emotions, conditioned responses, and cellular memories, are part of any pattern. In Trigger's case, a cellular memory from his ancestral past caused him to react. Some may argue that this is normal behavior and merely instinct. Although Trigger had no experience with wolves, it was obvious that Trigger instinctively knew a wolf was dangerous to him. Is there a difference between a cellular memory and a pattern?

Causal Patterns

Causal patterns manifest in many ways. They appeared to require a separate clearing for each layer. This is incorrect. These layers or aspects are all part of a causal pattern. The causal pattern is the root cause and the variations are the layers. An analogy is repeatedly seeing the same face with a different hat. The face represents the causal pattern and the hats are the layers of the pattern. I recognized this aspect though clearing numerous layers of a persistent pattern. I cleared hundreds of aspects of the pattern before I finally identified and cleared the root cause.

Causal patterns are tremendous blocks in everyone's life. This collection of reactions is built upon a single experience. You can clear all the variations on a theme in one clearing when you clear the root issue. The pattern to clear is often difficult to determine. Many things we observe or resonate to are merely symptoms of an issue. Examine your emotions regarding a pattern because they are vital to understanding the real issue. If you are unable to determine the real issue, continue to clear the symptoms. You will eventually get to the causal issue.

Energy Transfers

Clearing a pattern can be a moving experience. Some feel a tremendous energy movement while some feel a slight discomfort. You may experience a cellular memory of the causal moment or a feeling of light-headedness. Some people even leave their

body for a moment or two. These feelings subside as the energy transfer completes. The time it takes to fully release the energy in your DNA depends on the size of the pattern. Your body always clears the energy at a safe rate. If you can handle a lot of energy, the transfer is instantaneous. For some the energy transfer may take longer. If you are new to clearing, you may initially feel nothing. Persevere in your clearing because everyone will feel the energy movement. Some cry tears of joy and are grateful to be free from the burdens they carried. I suggest you clear your patterns at home and with a partner. Clearing patterns while driving a car could be dangerous.

Guilt

Guilt is a special emotion. We often feel guilty about our reaction to an experience. Guilt is like glue; it is a persistent and unpleasant aspect of a pattern. Like fear, permeates you and causes you to feel remorse and shame. Guilt expends a lot of energy. Guilt related patterns attract dreadful experiences that often only reinforce the pattern. How you react to an experience determines whether it is reinforced or neutralized. These situations are opportunities to shift your consciousness. Certain situations trigger the pattern and the guilt. They go back and forth, each taking your energy. Guilt and fear are motivation tools used by those with agendas of control. These lower emotions have a purpose and they should motivate you to change. If you feel guilt, you are holding onto something you least desire. You bind a person or situation to you through your guilt. You continue to judge yourself.

Some May Think Otherwise

My life continued to demonstrate how thoughts create. In my corporate career, I visualized where I wanted to be and it happened with little effort. I put the thought in motion and it manifested.

We are embodiments of the proverbial wish-fulfilling tree, or the genie who grants all wishes. Once the energy of a thought is in motion, it seeks to fulfill. Our thoughts, words, and actions create the reality around us. Each of us is the center of our own universe. We create and the result is our attractions and experiences. Patterns in your DNA use the Law of Love to attract what you give.

Many create in ways that are limiting and dangerous. Many for some reason are unable to use their gifts of creation to improve and perfect their lives. Some will say everything is in divine perfection and I agree. I am grateful for the opportunities that helped me awaken. I learned the hard way that lessons are unnecessary. Today, experiences clarify and motivate us. The goal is to share a reality of love. We obtain this through the collective creation of awakened souls.

Healing the Spiritual Path

Here is an example of a soul who healed herself by clearing her patterns. She had a serious case of scleroderma. She walked hunched over in pain using two canes. She was unable to open her hands and her skin was unbearably tight. She had a permanent frown on her face. When we began to clear her patterns of energy, she was unable to pick up any of the crystals before her. I had to place crystals in her hand when she wanted to hold them.

After clearing a number of patterns, I saw her issue stemmed from her unwillingness to walk her spiritual path. She walked away from her divinity and retreated into disease. When we cleared this issue, the energy transfer we felt was intense. After that moment she changed before my eyes.

She began to smile and pick up crystals as we continued to clear related patterns. At the end of a three-hour session, she left standing straight, carrying her canes and walking slowly, yet with determination. She did the work and I was impressed at her willingness to change. Anything is possible when you open to the opportunity.

Unconditional Love

Clearing patterns is all about energy. I have experienced the unconditional love of conscious light. Love is the source of all we see, feel, and experience. It is the energy of unconditional love. Some call this energy, God or Christ Consciousness. Some call it the Paramatman, Qi (Chi), the divine holy white Light, or the Great Central Sun. Cultural labels describe the same energy.

The Law of Love

The Law of Love says we are all connected. We are one in the energy of unconditional love. When we are one with this energy, we can create what we want. It is wise to create

with respect, love, and honor. Those who use agendas to control others feed the delusion that we are separate and alone. They ignore the Law of Love yet they are still our brothers and sisters. Of all those in need, they are the neediest. Once you understand we are one, everything becomes divine. Your world and the collective reality shifts as you change. The Law of Love is your rule to live by and the basis of all existence.

Miracles of Creation

What does the body have to do with any of this? Our DNA contains all the knowledge and answers we will ever need. By connecting to the conscious energy of unconditional love we activate this knowledge. It is possible to connect with this energy by going within oneself, opening up to receive the energy and allow it to raise one's vibrational frequency.

The human body and our DNA is a miracle of creation. It carries out all the functions and abilities we need. The body can be subject to tremendous abuse and still recover. It is the perfect vehicle to allow us to manifest and create.

Almost everyone has overused or underutilized their body. We abuse our bodies yet ignore their function as ascension vehicles. Your body is your partner to manifest, create, express your divinity and ascend. An open heart aligns your body. As you clear your patterns, your body fills the creation energy of conscious unconditional love in the form of bright white light. You integrate your ego consciousness, Higher Self, and inner child with your body. You will ascend effortlessly when you radiate unconditional love.

The Outer Is a Reflection of the Inner

Clearing works in phases. When you clear, the body adjusts, and then you clear again. This process continues until the clearing is complete. An example would be when you hurt an area of the body. Pain helps to neutralize the energy of a pattern. It is almost comical when you think of how many times you accidentally hit a sore area. There are no coincidences or accidents. This is energy flowing to where it is attracted. Everything has a purpose.

Reacting

The reaction you have to a new benign experience depends on your state of consciousness. You may be in the process of awakening. You may be walking your path or you may be living in fear. You may be living the archetype of a victim. Regardless of the pattern, you will probably react in some way.

If you are relatively clear, you may react in awe, wonder, or joyful surprise. If you are full of patterns, you may be uncomfortable. If you are fearful, you may want to flee. If you are clear, you will observe the experience with detachment. You will gratefully honor the experience as an expression of divine unconditional love.

It Takes One to Know One

You will generally unconsciously react to the patterns in your body. One who has the same imprint in their DNA can recognize and relate to another who has the same pattern. This adds new meaning to the old adage it takes one to know one. The only exception is when you clear a pattern and retain the wisdom of the pattern. Retaining the wisdom allows you to recognize the pattern in others. You see the pattern in others without allowing it to resonate with you.

Victim

What does it mean to live the archetype of a victim? Archetypes are collections of patterns and traits created through experience. People often live in more than one category of archetype. You can be a caregiver and a martyr, for example.

The symptoms of being in the victim archetype include giving away power and responsibility while waiting to be rescued. Rarely will someone in victim mode change quickly. It is too easy wait for someone to save them. When living in the victim archetype, people often have a tale of woe they love to tell.

Usually painful experiences motivate a person to change, although sometimes they retreat further into victim mode. Those who choose to change are courageous. I applaud everyone who works to change and awaken. To be free of living the role of an archetype allows you to make better choices.

Out of Body

As a baby, I was conscious and trapped in my body. I remember being in my mother's

womb. My birth was via forceps and my head was terribly misshapen. I longed for my freedom and the ability of again instantly creating for my needs.

Growing up I was a stranger in a living prison of flesh and bones. It required constant attention. I was unable to be fully in my body, except during moments of extreme pain.

It took me years of clearing my self-created patterns to fully be in my body.

What do I mean by living fully in the body? Many people are only in their head. Some are unable to feel their feet or legs. Others are unable to really feel anything. They become numb through the experiences in life. I was always in my head. I was in an emotional turmoil and my dread of emotions prevented me from enjoying life.

I used to flee my body when I was in nature. I could see the departed and earthly wonders as a child. Often, I became one with the beautiful living things in our world.

This and visits by those who loved me from other dimensional realms made my life bearable as a child.

In the Body

As I cleared my patterns, it became easier to be partially in my body. Soon, I found I was in my body for short periods without being aware of it. One day when I cleared a causal pattern related to being alone, I discovered I was still fully in my body after a day. It was a joyful revelation to be in my body and enjoy the experience. This was only the beginning.

I am now fully in my body. I am in a creation that allows me to experience higher states of consciousness. This is how I receive and channel energy. My DNA has activated and recombined. I can access scripts and information. It is my vehicle to other dimensional realms.

We Create

Why is the outer a reflection of the inner? The world around you is a mirror of your inner self. You create your reality and every thought, word, and action affects all of creation.

What you think and do affects primarily you. You are the source and center of your world. What you give you receive.

All imbalances of energy eventually adjust. If you are full of anger, the world brings painful experiences to neutralize that energy. If you live in a paradise of peace and harmony, you attract those able to share and build upon your reality. When you clear the attractors of experiences, you find real peace and freedom. The world mirrors your changes to accommodate the new you.

Our patterns, obscurations, and veils prevent us from understanding and seeing the love around us. We appear stuck and yet this has no validity. Your heart, intuition, and guidance are your tools of discernment. You are very powerful and anything is possible.

The only limitations are your beliefs. You can create your paradise of love, peace, and harmony with only a little effort.

Aspects of Clearing

What happens when you clear a causal pattern from your DNA? Many feel the energy swirl and some leave their body for a few moments. When they return, I ask if they remember where they went. Almost all have no remembrance of where they went. Those who remember sometimes relive or observe the causal event. Many were martyrs and the causal moment is a sacrifice or painful death they have experienced.

Why do some leave their body? Is it because of the large amount of energy released or because of an emotionally painful remembrance? I believe the cellular memory is the catalyst for the unconscious leaving of the body during a causal clearing. Upon return, many feel as if they have returned from a journey. Some feel like they have the feeling of waking up from a bad dream. Some shed tears of gratitude to be free of the pattern. This is why I caution everyone to clear with a friend in the comfort of your home.

Icky, Spacey

Some liken the clearing experience to removing massive amounts of mud and junk. Some feel a huge weight lifted from their body. Of course, how does one describe the experience of having energy, emotions and cellular memories leave the body? To understand, you need to experience it.

I recommend clearing large numbers of patterns before going to sleep. This gives the body time to adjust and integrate the changes. Many feel a swirling of energy, a slight dizziness or spacey. These sensations are a result of the energy transfer and they subside as you integrate the changes and your returning personal energy. For some the spacey feeling is gone in a few moments; for others sleep ensures the integration is complete when they awaken.

Martyrs

I see emotional discomfort in only a few who clear their patterns. This discomfort is always associated with the martyr archetype. Martyrs love to sacrifice themselves in an attempt to raise the consciousness of those who persecute. Their suffering is a badge of courage.

Sometimes during the clearing, there is a remembrance of pain and suffering. This happens with the sensitive and intuitive. They feel no physical discomfort only emotional pain.

One person had serious emotional and physical discomfort. She was a martyr and a saint. She saw her experiences of crucifixions, torture, and death. We cleared the patterns of martyrdom and sacrifice. During each clearing, emotional discomfort slowly moved throughout her body. She saw the devices of torture. She experienced dizziness and at times left her body. She was finally relieved to be free from those patterns.

Rarely are people conscious and sensitive enough to remember aspects of their past. You might be one of these gifted people. Attach no significance to a remembrance as the pattern clears. Let the pattern and energy leave and honor it as a part of your past. Be grateful you are free of that judgment and limitation.

Free Energy

What happens to the energy released during clearing? Energy in your DNA is similar to fingerprints. It is unique and it will always return to the source if possible. If the pattern was the result of a judgment, you are the source. If the source no longer exists, the freed energy becomes available for other uses.

In Lightenment

The energy you release from your DNA alters the energetic charge. The DNA rewrites itself with conscious light energy as you remove the pattern and create an affirmation. This is a command you set in your Intent. You command to fill the changed area with conscious light.

Filling the body with light is how you build your light body. The light and your returning personal energy infuse the body. I call this process integration. Integration is the body aligning with the infused light.

There are benefits to clearing. When you reach a critical mass your heart opens. Soon your ego consciousness shifts from your head into your heart. Your extrasensory gifts begin to open. Eventually you create a brilliant light body and then the body is clear enough to contain your Higher Self. You become a conscious embodiment of unconditional love with a brilliant body of bright white light. To see a light body is an amazing sight.

They Love You So Much

Because we love each other so much, we will do whatever is necessary to bring out each other's patterns. Loved ones, friends, and strangers unconsciously do whatever is necessary to help you clear and grow. In this unconscious service, they push your buttons and do whatever is necessary to dislodge the energy you carry until you clear the issue. We unconsciously respond to the attractors of the energy imprinted in your DNA. Patterns attract the people who act as neutralizers. Your pattern neutralization almost becomes a compulsion for those in service to you. Patterns block or compel one to perform an action. It works the same for the unconscious who bring you experiences to assist in neutralizing your patterns. When you pay attention to your interactions with them, you will gain insights to understanding your patterns. This is the greatest service possible. They unintentionally motivate you to understand and clear your patterns. Your interactions with the unconscious are a slow and uncomfortable way to clear. Your judgment of their services only reinforces the patterns. It is a circular path of discomfort. You can clear your patterns without discomfort with the Clarity Technique.

Your Greatest Teachers

Those souls who love you so much and those you observe who appear cruel and misguided, are your greatest teachers. They unconsciously do whatever is necessary to motivate you. They bring energy to help neutralize the pattern, or they shock you into changing. Ultimately, these teachers perform a great service. It is inappropriate to judge them and the results of their behavior. These unconscious servants are merely responding to your patterns. They are probability painfully working through their own patterns. They may be attempting to control and take your power. This is their pattern and it ultimately happens to be a service when you do something about it. Their behavior and unintended service is a benefit if you can shift your consciousness to understand. Be aware they are doing the best they can with the tools they were taught. Like others, you may be merely responding to their patterns. It can end anytime you are tired of the discomfort. It is your choice to change or endure.

Why?

If everything is unconditional love, why does it hurt when people bring us our patterns? Why is life often painful? It comes back to the choices you make through your thoughts, actions and judgments. It goes back to your soul DNA and the patterns you created. Unconditional love has no expectations or agenda. The energy flows to where it is attracted. As a divine soul, you commit to grow and clear the patterns in your soul DNA. You incarnate into families with similar soul DNA patterning. You make commitments to grow before you ever come into a body. Everyone makes choices that appear to be less than desirable. Are there poor choices? It depends on what you want. Life is a spiritual journey and many forget to listen to their intuition. We all learn through experience. Perhaps we embrace our patterns because we give our power away and allow the unconscious to control us. We believe we are only

human. We struggle and become enmeshed in our creations. The unconscious will control you until you reclaim your energy and power. Until you clear your patterns, pain is the motivator. We choose our path when we listen to our guidance. Shift your consciousness, change the way you think, and this will change your behavior. I find loving kindness and compassion superior methods of awakening souls. Loving kindness or painful interactions will motivate you to change. Life is a series of choices. Some chose to make it difficult and some choose higher path. I prefer to create with the energy rather than attract it. There is only love. Embrace love and become the embodiment of love.

Only Volunteers

Our reality is self-created and completely interconnected. As one, all our thoughts, words and actions affect this divine perfection. All interactions are in response to energy seeking fulfillment. Everything happens for a reason.

I know there are no victims in our world, only volunteers. This is the Law of Love and the energy of unconditional love in action. All things are motivated by, from, and through love. Loved ones, friends and strangers may unconsciously make sacrifices for your benefit. They make commitments to assist you before they incarnate. This is to loosen your grip on your delusions and ultimately awaken you. They love you so much they are willing to do anything to help you.

What does the word sacrifice mean? It derives from the Latin root word, sacrum, which means sacred or holy, and from the Latin root word, facio, which means to make. The word sacrifice means to make sacred or holy. When I explored and understood this meaning, it shifted my consciousness and understanding of how I looked at the world. I honor those who are willing to sacrifice themselves for our collective growth. They love you more than words can describe.

Judgments and Interfering

There is no judgment except by man. Judgment is a learned behavior and a conditioned response to a situation. Judgment is a thought, word, or action in response to a situation. It is a limiting and imperfect energy. I find the energy of love and compassion is more appropriate and perfect for every situation. Since there is only unconditional love and volunteers in my world, I am unwilling to judge what I see and experience. If I judge a situation, I limit myself and imprint a pattern. In essence, I give my energy and power to that external experience. I am unable to ascertain what is in the highest and best interest of others. I have to honor their choices. I stay away from their dramas unless called to assist. I participate without judging the situation. If you interfere, you may hold them back and curtail their growth. Follow your intuition.

The Body

In this world of conscious unconditional love, we are the disconnected ones. Our patterns obscure us from knowing this state of consciousness. It is our body, molded from our soul DNA, that is our greatest teacher. We are here to experience, learn, and clear the

imperfection and limitations we impose on our body. Our body is the sacred temple that contains our spark of divinity. We clear our body so we can ascend with it into higher states of consciousness and consciously become one with our divinity.

Being on Earth is like attending school. We are here until we graduate. When we clear our patterns, we allow our body to come back into balance. We raise the frequency of the body as remove our limitations and imperfect belief systems. Our heart and our gifts open. Walking our spiritual path illumines our light body. We become embodiments of conscious unconditional love. We align with our Higher Self as we integrate our ego consciousness and our inner child. Our body is our greatest treasure.

Humor

If you want to know what is in your heart, listen to the words you speak. All thoughts and words create. Think carefully about words you are going to speak. Feel the emotions behind the words. Words that are nurturing and positive are preferable to limiting and detrimental speech. Humor can be defacing, sarcastic and cruel. These words are rarely in your highest and best good. Avoid humor that is self-deprecating or demeaning to others. Think about the words you want to use before you speak and remove limiting words. Humor is a judgment and you energetically bind the object of your humor to you. How ironic to become energetically attached to everything you ridicule or mock.

Freedom

Anything is possible. You limit yourself when you believe what others say. Explore and determine the truth. Refrain from judging yourself through judging others. If you resonate to what you read, take the time to prove or disprove through experience and experimentation. Determine what is valid through your clearing experience. You will know the truth in your heart. Anything is possible when you remove your limitations. You will discover how it only takes a little effort to become free. It is your choice to end the cycle of pattern interactions. You are worth the effort.

The Intent

What is the Intent? The Intent is a collection of individual commands that create the rules for your clearing. Setting an intention is the first step in anything you want to accomplish. The first line of the Intent is your personal phrase. Modify it to consist of whom you are asking for divine help and to whom you are committing the results of your clearing work. Many are unable or unwilling to ask for help. Clear that pattern as soon as possible. There is no shame in asking for help. A prayer solicits divine assistance. Prayer uses your thoughts to express gratitude and ask for guidance. Ask and you shall receive. It is natural to ask for divine help and receiving divine help is your birthright. Your angels, saints, masters and so many other divine souls are committed to your success. If you are an atheist or agnostic or have little basis for a spiritual belief system, leave the Intent intact.

Intent Commands

The intent is a series of twenty commands. Some ask why I use the word command instead of the word request. A request lacks the energetic force and we all know how asking may result in denial. To command is to create through your power. To command with determination is essential for success. You forcefully declare what your Intent will accomplish.

You Are Powerful

The Intent is a tool to ensure successful clearings. There can be no doubt in your efforts. To doubt the effectiveness of your Intent is to disbelieve in the power you possess. To doubt is to limit your power and subtly sabotage your efforts. Know that you are the most powerful being in your universe and we share it through your grace. You are incredibly powerful when you know it and express it.

Believe in yourself. You are the most powerful soul in your world. Everyone who shares your world does so with your permission and grace. The Intent allows you to remove limitations and anything you find dissatisfying. Clear and choose well to create the life experiences you desire. As you clear your patterns, you will find a weight being lifted from your body and your soul. The Intent is self-evident for some and for others it is a huge leap of faith. Here is a brief explanation.

The First Intent

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.

Customize the first Intent any way you desire. You commit your clearing and awakening to the divine souls listed and they will also facilitate your clearing. Your belief systems are important to you so take advantage of them for your benefit. The unseen world is the great facilitator in my experience. They can and will do amazing things when you ask.

The Second Intent

I command the speaking of this Intent nullify and rescind all vows, promises, contracts, intentions, agreements, and any judgment set in place by myself and others, which conflict with the following commands.

This ensures all commands are effective regardless of past vows, promises, and intentions.

The Third Intent

I command to release all of the imprinted energy when clearing anything related to a pattern in all dimensional realms.

This releases all of the energy imprinted in your DNA and all aspects of your body and being in all dimensional realms.

The Fourth Intent

I command the clearing of a pattern to be irrevocable unless I command it.

If you feel uncomfortable or have second thoughts about removing a pattern, you can always recreate it.

The Fifth Intent

I command to clear a pattern from my DNA, and from the DNA of my family line. Your historical soul family has many shared patterns. This is why we choose to incarnate into our current family. Clearing your patterns also clears the shared patterns in your soul family. I witnessed patterns removed from my family through my clearing. Through the Law of Love, you can clear the shared patterns of your family. You are unable to clear individual patterns for your family or for strangers because they are responsible for their creations. The clearing works only for shared family line patterns. You will observe physical, emotional, and other changes in your family members as you clear. It is a wonderful service and a blessing for your soul family.

The Sixth Intent

I command a safe release of all the pattern energy within me and my family line.

This releases the energy from your body quickly and safely. The beauty of energy is its lack of agenda; it flows to where it is attracted or directed. Freed energy will always return to its source.

The Seventh Intent

I command the clearing process be completely painless.

This creates a painless transfer of energy. Although many feel no pain, some feel discomfort. It is emotionally painful for some to release their pattern. They have a strong attachment to the event and after they clear the pattern, they often express relief with tears of joy.

The Eighth Intent

I command the return of all personal energy taken from me and my family line. Energy and power are the source of many conflicts and patterns. Most women and children have their energy and power taken. Those unwilling to use their own energy take it from others. They create patterns for all involved. When you reclaim your energy, it makes you more complete. It forces those who take the energy from others to eventually use their own. Hold onto your personal energy for a long life.

The Ninth Intent

I command the return of all personal energy given by me and my family line. This reclaims the energy and power you gave away. Everyone seeks the energy of love. We seek to love and be loved. We give our energy away so others will love us. Giving our energy away and allowing others to take it creates the veils of separation.

The Tenth Intent

I command the clearing process be completely effective for me and my family line. On the surface this seems obvious. Yet these Intents have far reaching implications. Think about how your apparently small body is in actuality a state of consciousness in an infinite set of dimensions. You are a powerful multidimensional soul. Your DNA connects you to every dimension you have an expression. Your DNA is the true string theory when it comes to multiple dimensional lives. These Intents clear your patterns in all of the dimensional realms you share with others as well as your family line.

The Eleventh Intent

I command to forgive those who brought me my patterns, and I ask forgiveness from those affected by my patterns.

Our nature is unconditional love. Forgiveness is the one thing we are unable to command. It is analogous to commanding someone to love you. Forgiveness comes from the heart. When we forgive, we release our attachments and expectations. We release those affected by our vortex of pattern energy.

Forgiveness is probably the most important energy release. It may be insufficient to change others, yet releasing the energy has a profound effect on you. It frees you from the energy of those you forgive. It neutralizes all energetic bonds. The others may have issues with you; however, forgiveness initiates your freedom by neutralizing the pattern energy.

Forgiveness in no way condones another person's behavior. It merely honors the choices of the divine people involved. It releases them from your reaction and judgment of the event. Everything is always in a state of perfection. Forgiving yourself and others is a most important aspect of life. Forgiveness is the greatest blessing you can bestow. Use it as often as possible. Forgiveness is the powerful energy of unconditional love.

The Twelfth Intent

I command that my family line and I infuse the divine holy white light of unconditional love into all areas affected by the release of pattern energies.

Removing the pattern energy and replacing it with light creates your light body. The creation of a light body provides the real meaning for the word, enlightenment. The light body of a master is an amazing experience to see. Look forward to your conscious union with the divine light. This is your birthright and the natural state of humanity.

Every spiritual experience helps you awaken. You retreated behind the veils of the body and mind. The goal of any spiritual path is union with your Higher Self. You integrate your ego consciousness, your Higher Self and your divine inner child into your body.

This is the perfect union. We call this self-realization, mastery, or sainthood. For you to consciously express this divinity is the purpose of life on earth.

The Thirteenth Intent

I command the divine holy white light of unconditional love to infuse my body and my family line as safely and as quickly as possible.

The infusion of light, in conjunction with returned personal energy, replaces the energetic void of clearing a pattern. The integration process creates pathways to utilize your new energy of light. Rest is required to fully integrate these changes. This intent makes the changes happen safely and quickly.

The Fourteenth Intent

I command that each clearing be for the highest and best good for me and my family line. This ensures there is no reason for concern in clearing a pattern. Some hesitate or wonder about clearing a pattern. The pattern itself causes the hesitation. The client is often unaware of the pattern or is resistant to change. Many will hesitate before they will clear it.

The Fifteenth Intent

I command complete protection for me and my family line.

This invokes protections for those who feel they need it. Is protection necessary? I can only answer this through my experiences. I am alive today by surviving many deadly experiences. I am nurtured, comforted, and protected at all times. In hindsight, all of my experiences were of immense value, yet unnecessary. I contracted events to awaken.

However, it is no longer necessary to burn your hand to know that fire is hot. When you are clear of your patterns and belief systems, protections are unnecessary.

If you ascribe to the theory that life is scripted, then protections make little sense since events will happen on a scripted basis. If you ascribe to the theory that only events in your highest and best good will happen, again protections make little sense. If you believe life is unscripted and anything can happen, then it is important for you to create protections. I know coincidence happens for a reason. I ascribe to a critical mass theory. When you are ready, events will happen.

There is scripting in some people. I have seen scripts of forgetfulness for those who are unready to awaken. If you awaken them before they are ready, the scripts bring them back to a state of unconsciousness. People awaken only when they are ready. For those who consciously step into their divinity, there are no scripts. They craft their reality. When those with agendas of fear or control, confront you, keep your power. Forcefully tell them they have to leave you alone on the inner. Prevent them from taking your energy and they will leave. They may use various means to trick you into giving them your energy. Be firm and keep your power. Avoid what others attempt to create for you. Clear the attractors of your experiences. When they are gone, protections are unnecessary.

The Sixteenth Intent

I command to remove all permissions, consents, intentions, and contracts associated with any vow, promise, and pattern.

This ends the recycling of patterns. In working with those with tremendous amounts of creation energy, we found this command to be vital. There were repeated attempts to again access to their energy after clearing patterns of sacrifice and martyrdom. Those who previously took their energy continued to try to get their energy. Those who take energy are relentless and nefarious in trying to get that energy. These clients freely gave their energy trying to raise the consciousness of others through their sacrifice.

As powerful as we are, we give away our energy. Some want love and acceptance. Many are frightened into giving their energy away. Some want to help others while some are unable to say no. Duress is sometimes used to gain permission. Look into your heart for their hidden agendas. Stop the cycle of repeating patterns. If you fail to clear a vow or promise, the body will recreate the pattern when the conditions are right.

The Seventeenth Intent

I command to remove all cellular memories, emotions, learned conditioned responses, and all aspects of a pattern.

This helped a woman release the suppressed memories of ten years of horrific experiences. She allowed her tormenters to take her energy and control her any way they chose. She relived aspects through her cellular memories. She began to remember the past. The cellular memories and the associated emotions terrorized her. When we added this Intent, the terror of her experiences vanished. It is unnecessary to relive painful experiences.

The Eighteenth Intent

I command to embrace this Intent and my clearing process, allowing me to effectively clear all aspects of my patterns.

This provides the focus, purpose and clarity to effectively clear your patterns. If you have doubts, you create failure. You diminish your divinity and all aspects of your being. Doubt is a construct you create with your thoughts and judgments. We are the most powerful souls when we become unconditional love. Until you reach this point, there is

no room for doubt. Clearing is serious work and you need focus and determination.

The Nineteenth Intent

I command to see, feel, and be one with the love in all.

This creates an affirmation for you to become conscious unconditional love. Everything is motivated from love, by love, through love and is an expression of love. To see or feel anything else is to see your patterns.

Once you reach a critical mass of clearing, your heart will open. You will see and understand. Until you can live through your heart, your clearing is incomplete. You will know when you become conscious unconditional love. You have compassion and you are free from that experiencing drama. You are free to assist others in their quest for the freedom you experience.

The Twentieth Intent

I command to embrace wholeness, health, light, love, and my divinity.

This provides closure. You become one with the love in everything when you awaken to your natural state.

Setting Your Intent

Many concentrate better when their eyes are closed. This facilitates feeling the energy move in and around your body. Always clear with a friend or loved one. One reads while the other clearly and precisely repeats the words. This is important because the patterns and entities can prevent you from speaking the words clearly or precisely. It is important to set your Intent with a soul force energy. The vibration of your voice is very powerful when you speak with your soul force. Speak with a forceful strength from all aspects of your being. To set the Intent, read and repeat the following aloud:

The Intent

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.

I command the speaking of this Intent nullify and rescind all vows, promises, contracts, intentions, agreements, and any judgment set in place by myself and others, which conflict with the following commands.

I command to release all of the imprinted energy when clearing vows, promises, and patterns.

I command the clearing of a pattern to be irrevocable unless I command it.

I command to clear a pattern from my DNA, and from the DNA of my family line.

I command a safe release of all the pattern energy within me and my family line.

I command the clearing process be completely painless.

I command the return of all personal energy taken from me and my family line.

I command the return of all personal energy given by me and my family line.

I command the clearing process be completely effective for me and my family line.

I command to forgive those who brought me my patterns, and I ask forgiveness from those affected by my patterns.

I command that my family line and I infuse the divine holy white light of unconditional love into all areas affected by the release of pattern energies.

I command the divine holy white light of unconditional love to infuse my body and my family line as safely and as quickly as possible.

I command that each clearing be for the highest and best good for me and my family line.

I command complete protection for me and my family line.

I command to remove all permissions, consents, intentions, and contracts associated with any vow, promise, and pattern.

I command to remove all cellular memories, emotions, learned conditioned responses, and all aspects of a pattern.

I command to embrace this Intent and my clearing process, allowing me to effectively clear all aspects of my patterns.

I command to see, feel, and be one with the love in all.

I command to embrace wholeness, health, light, love, and my divinity.

One More Time?

If you speak the Intent aloud, exactly as written, and felt absolutely nothing, you may

want to speak the Intent again until you feel your power. Speaking with a powerful voice eliminates fear and insecurity. Speak with conviction and remove all doubts and misgivings about what you read. Open your mind and heart to create the change you desire. Reading the Intent aloud with the resonance and power of your voice has a profound effect on you and your environment. Once the Intent is firmly set, you are done with it.

Clearing Your Patterns

You are ready to clear your patterns. It is vital to read the words aloud and as written. Many times, the pattern or unconscious aspects interfere. The pattern causes you to mispronounce or omit words and sabotage your clearing. Say the words correctly, clearly, and with a soul force. Cultivate a state of acute mental awareness during your clearing.

The Clearing Commands

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns.

I command to remove these patterns: Of ... (list your patterns and issues).

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.

I forgive those who brought me these patterns.

I ask forgiveness from those affected by these patterns.

I release all of the energies bound to me through these patterns.

I reclaim all of the energies given by me and taken from me through these patterns.

I command to... (create the behaviors and traits you want).

And I embrace wholeness, health, light, love, and my divinity.

My Beloved Masters

Master Angels and Guides are here to assist you. I have seen angels and they are all around us, serving in many ways. They incarnate in human form. To express their beauty and service is beyond words. Have faith in your Master Angels and Guides. I know others who can see or communicate with angels. You too will be able to see and communicate with angels.

Beloved Mighty I AM Presence is your Higher Self or soul. Some know this through Saint Germain. Your Beloved Mighty I AM Presence will manifest when you clear enough patterns. Until then, your Higher Self is watching and assisting you. Clearing facilitates communion with your Higher Self and others. Prepare for the unexpected such as visions and meetings.

My Beloved Masters are the unseen saints and masters who have a profound influence in my life. I thank them with love and gratitude when I say the phrase My Beloved Masters. Divine Holy Mother is the embodiment of the feminine creation energy. This can be a host of feminine souls who have nurtured and cared for you. They are all embodiments of the Divine Holy Mother.

My Own Soul's Grace is a powerful phrase. It acknowledges your divinity. We are all divine pure souls in a body filled with patterns. As you clear the body, your connection becomes stronger and clearer.

Retain the Wisdom

I command to retain the wisdom instructs the body to remember the essence of the pattern. Many people have difficulty seeing their patterns. When you clear and retain the wisdom you will see it in others. Friends have pointed out my patterns when I was unable to see them. Use the phrase, let me say this with loving kindness, and then describe the pattern. When others point out my patterns, I am grateful to understand a causal pattern I have been grappling with for years.

Remove All Aspects

I command to remove all aspects of the following patterns is self-explanatory. This command repeats every twenty lines in the clearing scripts to refocus people.

List the Patterns

I command to remove these patterns: Of ...
This is where you list the patterns and issues to clear. You command all aspects of your being to release and remove the pattern energy. You safely release the energy of the patterns quickly or slowly. You can list as many patterns as you wish.

No More Vows and Promises

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.
Why you made a vow and promise is unimportant. Until you revoke them, they are binding unless they have an ending date. A vow or promise in the DNA will recreate a pattern previously cleared if the situation requires it. Vows and promises can be anything you say. Your body is unable to distinguish fact from fiction, humor from reality.

Forgive

I forgive those who brought me these patterns. You forgive those who love you so much they bring you your patterns. Forgiveness is worth repeating and it is the most powerful act possible. Those who bring you your patterns raise your consciousness. They teach and provide the opportunity to clear your patterns. We often feel uncomfortable and take exception to the service they provide. Everyone attempts to avoid these are uncomfortable moments. For most, pain and discomfort are the energies necessary to neutralize the patterns. They force you to change.
This statement helps us to forgive and release ourselves. Your forgiveness neutralizes the energy binding another to you. Forgiveness is a natural part of our healing. Forgiveness is a powerful gift.

Ask Forgiveness

I ask forgiveness from those affected by these patterns. The act of forgiving and asking forgiveness resolves energy imbalances between you and others. When you follow the energy of forgiveness you understand its power. You release the energy that binds you to others. Others may still have issues concerning you and those are their patterns to resolve.

Releasing Energy

I release all of the energies bound to me through these patterns. This commands all aspects of your being to release the energies of the patterns you clear. As you clear patterns, you may feel the energy leave your body. If you are unable to feel this, you are probably in a state of numbness. Many people are physically and emotionally numb. When you live in fear or give your energy away, you become numb. As you release and pull your energy back, you become whole and balanced. You will feel the energy flow as you continue to clear your patterns and reclaim your energy.

Reclaim Your Power

I reclaim all of the energies given by me and taken from me through these patterns. This command reclaims your personal energy to make you and your family line whole. Most give their personal energy away. The duration of your life depends upon this energy. It is too valuable to waste, have others take, or give away. When we learn to channel the energy around us, we conserve our personal energy. This Intent is crucial to bring you into a state of balance and wholeness. It completes the clearing and it prepares you for the affirmations of change.

Affirming

I command ...

This is where you create what you desire. Through command affirmations, you replace what you cleared with what you want. The scripts I use affirm the opposite of the patterns we cleared. If you clear hatred, command to radiate unconditional love. The words I use to command are encompassing. Avoid being too specific. Use speech without limits. To focus on one aspect limits you to what you affirm. If you clear sadness, command to be joyful. Use your power through the energy of your words to create your desires.

Embrace Your Divinity

And I embrace wholeness, health, light, love, and my divinity.

This affirmation completes your clearing. The journey into wholeness, health, light, love, and divinity is as short as you make it. This depends on the effort you make to undo your creations. The Clarity Technique is a fast and simple way to clear your patterns. Here are a few examples of clearing.

Asking For Help

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns.

I command to remove these patterns:

Of being incapable of asking for assistance and help.

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.

I forgive those who brought me these patterns.

I ask forgiveness from those affected by these patterns.

I release all of the energies bound to me through these patterns.

I reclaim all of the energies given by me and taken from me through these patterns.

I command to ask for assistance whenever there is a need and to receive the help I solicit with gratitude.

And I embrace wholeness, health, light, love, and my divinity.

Clearing Limiting Speech

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns.

I command to remove these patterns:

Of using limiting speech and words such as never, cannot, not, should, but, and being silent when I need to speak my truth.

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.

I forgive those who brought me these patterns.

I ask forgiveness from those affected by these patterns.

I release all of the energies bound to me through these patterns.

I reclaim all of the energies given by me and taken from me through these patterns.

I command to use words that allow me to speak without limits and to speak the truth without hesitation.

And I embrace wholeness, health, light, love, and my divinity.

The two previous examples are typical of the clearing process. It is simple and easy. You identify the pattern you wish to clear, forgive, release and affirm what you want, and it is done. You can list as many patterns as you wish and you only need to affirm the characteristic you want to replace for every pattern you identify.

Clearing the Shadows

This may seem odd and potentially scary. The first thing I do with any client after setting the Intent is to clear the conscious inharmonious energies. We call these inharmonious energies by various names like demons or entities. Many others and I see these life forms as shadows. In my experience everyone carries a plethora of these shadows. The reality is they really have no power over you, they influence you. Yet you have the power to remove them so they have no influence.

Entities

My introduction to the shadows began with a psychic. He told me I could help him and he complained of how entities attached to him and drained his energy. He explained how these conscious life forms affected his life. He felt them in his body and they influenced his thoughts. They live on fear and other lower emotions. When he interacted with others the shadows left them to attach to him. Because of this Marc lived a life of seclusion.

They Love Your Energy

The shadows energetically attach and drain your energy. They live in your body and etheric fields. The highly gifted attract incredible numbers of these shadows. They carry more shadows because of the creation energy they carry. You accumulate creation energy by walking your spiritual path. People in hospitals, nursing homes, and other care facilities are prone to gathering shadows. The shadows leave a dying person to attach to another.

Shadowy Forms

The shadows come in various forms. To some they appear as bat-like shapes. They are energy vampires. They are a life form here to experience life. They thrive on lower frequency emotions like pain and fear. They appear to have some control and influence over the host. Whatever the reason, you need to clear them. It is inappropriate for them to live in your energy fields and live on your energy.

The Perfect Introduction

When clients feel the shadows leave it is a powerful experience. The experience changes their perspective of the world. Belief systems are shaken and sometimes shattered. Through the experience of clearing the shadows, many clients are committed to their clearing. Clearing is all about your freedom from control.

Conscious Intelligence

The shadows are conscious, intelligent and sinister. This makes them dangerous. How do I know? Sometimes I am can speak with these life forms. I speak with them in about

five percent of the clients. The client is unaware of any conversation I have with the shadows. Some boast they have permission to be in the body and they refuse to leave. Everything around us has consciousness. The shadows have an agenda of control. I suspect humans with the same agendas are under the influence by the shadows. You can clear the shadow.

Clear With Another

You always need to clear with a partner. Close your eyes and repeat the commands your partner reads. Feel what happens in your body and energetic fields. When clearing, many are unable to clearly repeat the words. They stop, they are unable to correctly pronounce the words, or they omit words. This sabotages the clearing. Some begin to cough and have trouble breathing which interferes with their speech. When this happens, I simply repeat the command, slowly, a few words at a time. I repeat the command until the client successfully repeats it. I then have them repeat it. It is vital to repeat the words aloud and with a soul force to remove the shadows. It is vital to clear the shadows with another.

Clearing Shadows

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns.

I command to remove these patterns: Of being a host for any conscious life form, inharmonious energy, entity, evil spirit, and any alien consciousness.

Of giving permission and allowing others to attach to me.

Of allowing others to take my energy.

Of giving my energy and power away.

Of being at the mercy of others.

Of being controlled.

Of being a captive.

Of having others impact me, my world and every aspect of my life.

Of allowing myself to be a victim.

Of being out of control.

Of being unbalanced.

Of being anything except whole.

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.

I forgive those who brought me these patterns.

I ask forgiveness from those affected by these patterns.

I release all of the energies bound to me through these patterns.

I reclaim all of the energies given by me and taken from me through these patterns.

I command to remove all inharmonious energies, conscious life forms, entities, evil spirits, energetic and alien consciousness from all aspects of my being.

I command to refrain from being a host for others.

I command to refrain from allowing others to take my energy.

I command to refrain from giving my energy away.

I rescind and revoke all contracts, permissions, agreements and intentions allowing others to attach to me, take my energy and impact any aspect of my world and being.

I command complete protection for me and my family line.

I command to have all of my possessions, creations and aspects of my world fully protected.

I command that only those beneficial to my highest and best good be able to enter my presence, and only with my conscious permission, and only to work with me.

I command that no conscious inharmonious energy, shadow, alien, conscious life form, entity, energetic and conscious soul can enter my, and my family line's energetic fields. And I embrace wholeness, health, light, love, and my divinity.

Did This Work?

If you cleared alone and read aloud the commands without any impact or feeling conscious life forms or shadows leave, the clearing was probably ineffective. It will be ineffective through mispronouncing, omitting, or an inability to clearly enunciate the words. When you clear by yourself, you will be unaware of mispronouncing, omitting or incorrectly speaking the clearing commands. This is why you clear with a friend. They will hear when you have an issue speaking the command. You will know when the shadows leave all aspects of your being. Do this with a friend and say the commands precisely and with a soul force.

Awaken Your Gifts

To deny the power or existence of your divine gifts diminishes and limits you. Everyone has one or more of the extrasensory gifts of clairvoyance, clairsentience, and clairaudience open to some degree. The gifts that open reflect our uniqueness. We use the gifts we feel comfortable in using. Perhaps they are the gifts we used most in the past. Your gifts open as you accumulate creation energy. They are your most valuable asset.

I found my gifts opening at propitious times. Many times, my intuition and guidance saved me from harm. I learned to use and trust my gifts. They show me what I need to know. Use your gifts appropriately. The misuse of your extrasensory gifts will be detrimental.

Resist Conforming

Sometimes, I see things others choose to ignore. As a child, I saw those who passed to other realms. My parents were unable to believe I could see my departed grandmother. Emma stood at the end of my bed every evening loving and blessing me. Her light body illuminated the room. My parents did their best to convince me it was a nightmare. I knew they were unable to see Emma or understand. The experience was comforting. My parents did their utmost to make me conform to a reality. Resist conforming and be prepared for the amazing unexpected sights all around us.

Exceptions

There are always exceptions to awakening your gifts. Some may have what I call scripts of forgetfulness. These scripts in your DNA prevent you from awakening your gifts before you are ready. The gifts may open for a short time, then gently close and you will forget they were open. It is unwise to awaken before you are ready. This is energy work and you must be prepared. It is analogous to putting a 10-watt bulb in a million-volt circuit. Clearing prepares you and your gifts open when you are ready.

You may have technology from other realms in your body. These devices shunt, control, and limit extrasensory gifts. My book *Starborn Remnants* describes finding this technology using a body scan. These devices still affect our extrasensory gifts.

The last exception is when you choose to disbelieve you are powerful. This is common and many have trouble believing in their power and divinity. We accept the limitations. When you doubt, you create failure.

Awaken Your Gifts

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns.

I command to remove these patterns: Of denying myself.

Of denying my divinity and my power.

Of denying my extrasensory gifts.
Of misusing my extrasensory gifts.
Of being afraid of using my extrasensory gifts.
Of being insecure and unsure about using my extrasensory gifts.
Of being unaware of my extrasensory gifts.
Of feeling guilty about using my extrasensory gifts.
Of barely or rarely using my extrasensory gifts.
Of believing I have limitations.
Of believing in failure.
Of being unhealthy and imperfect.
Of believing I am unhealthy
Of being unwilling and unworthy.
Of being incapable of forgiving myself and others.
Of being incapable of loving myself and others.
Of holding myself back and being incapable of accepting myself.
Of having a perception of duality between my consciousness and my body.
Of having a perception of duality between my body and the shared reality outside of my body, and all aspects of me.
Of being incapable of taking advantage of an opportunity.
Of being incapable of using my extrasensory gifts.
Of being incapable of walking my spiritual path.
Of being incapable of expressing my divinity.
If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.
I forgive those who brought me these patterns.
I ask forgiveness from those affected by these patterns.
I release all of the energies bound to me through these patterns.
I reclaim all of the energies given by me and taken from me through these patterns.
I command to embrace my true self.
I command to embrace my Higher Self and my divinity.
I command to have no doubts.
I command to accept my power.
I command to accept and use my extrasensory gifts.
I command to drop all veils.
I command to have no hesitations in using my gifts.
I command to use my extrasensory gifts wisely.
I command to be secure and confident in my abilities.
I command to be healthy and for my body to heal.
I command to be in a state of balance and perfection.
I command perfect health.
I command to be willing and worthy.
I command to forgive and accept.
I command to express conscious unconditional love.
I command to have no limitations.
I command to remove all perceptions of duality between my body and myself as well as

my body and my shared reality.

I command to take advantage of all opportunities I feel comfortable in accepting.

I command all of my extrasensory gifts to open safely.

I command to walk my spiritual path and step into my power.

I command to express my divinity.

I command to use my extrasensory gifts for the benefit of all.

And I embrace wholeness, health, light, love, and my divinity.

Force Is Futile

For most people, after speaking the awakening commands, some of your gifts will open. Their opening depends upon you. If you are emotionally shutdown, your opening will take time. Clear your patterns, reclaim your power, walk your spiritual path and they will open. They may open slowly. It is difficult to run if you are unable to stand and walk. Your patterns are like a large onion with many layers to remove. Refrain from attempting to force your gifts to open. They will only open when you are ready. You will feel them open. Be in your heart instead of your head. Feel your higher emotions instead of thinking. Being in your heart is vital to your success. Be mindfully aware and you may suddenly be able to see. This is the gift many want the most. You will soon gain a level of comfort and familiarity. Service to all is essential for your gifts becoming effortless.

Dreams and Protections

My experience in seeing our world as conscious light and shadows opened other dimensional realms. The truth is there is only conscious love and light. I have a deep curiosity about dreams. Are they meaningless as some believe or are they another reality? I know people who have visions when they dream. They see world events, plane crashes and more before they happen. Some use dreams when they work with others. Some use dreams to obtain answers their friends and clients need. These people are highly psychic when awake.

Another Reality

I met one of my dearest friends through my dreams. For decades I had dreams of being pursued. An unknown soul hunted and chased me. Weekly or more these dreams terrorized me. Sometimes I flew away to escape or I woke up in a full body sweat when cornered without escape. On rare occasions when I defended myself, the pursuer died when I touched them. Then I had issues of guilt over another's demise. These were awful dreams.

Years ago, I was in another pursuit dream. In my peripheral vision, I saw a slight movement. I reached down and grabbed a shadowy figure. I heard an outcry as I lifted a small man by his collar. I knew this man was able to manipulate my thoughts and dreams when he entered my energetic fields. I asked why he was doing this. His reply startled me.

Millennia ago I mocked this man in the presence of many. I was insecure and I had little regard for others. He vowed to make my life as miserable as I made his. He had incredible powers and used them to terrorize me.

I put him down and bowed down to him. I was on my knees and I touched my head to his feet. With tears in my eyes, I asked his forgiveness. I told him I was a blind and arrogant soul in that life. I was unable to see his power and integrity. I kneeled in front of him shedding tears of remorse. He forgave me and faded away. I awoke and knew the dreams were over.

Years Later

After years of deep and restful sleep, I again met this great soul. I was working with a Native American in her home on a small reservation. We were clearing patterns when she remarked how she saw a small man who was with me the previous day. She said he was in the corner of the room. When I widened my field of vision, there he was. I instinctively knew his name was Ruffolo and I introduced him. I told her the story of how I came to meet Ruffolo. With tears of joy in my eyes, I knew he was working with me as a dear friend. Our bonds of love and friendship are profound.

No Sleep

On my first trip to India I had no need to sleep. For about a month in Puttaparthi I was awake though my nightly examinations. When Swami moved to the ashram in

Whitefield, we went with him. I felt wonderful with no sleep. I only needed to lie down and rest. I loved the Whitefield ashram because it was small and intimate. My ability to no longer sleep began a few days in Puttaparthi with Bhagavan Sri Sathya Sai Baba. My re-admittance into the Great White Brotherhood provided redemption and freedom. I received a great gift without understanding the sleepless state. I lacked clarity due to my circumstances in life. My life outside of India was a mess through poor choices, judgments, and a lack of understanding.

I failed to understand the blessing of the sleepless state. On my last night in the ashram in Whitefield, I was extremely uncomfortable. The next day I was leaving for Bangalore, spending the night and leaving India the next day. I knew I was soon returning to America and my old life. Resting the body each night without sleeping before this night was amazing and made sense to me. Thinking about returning to my old life raised my emotional stress. All I saw were the difficult choices I knew I had to make.

That evening I was uncomfortable. I disconnected from my heart and went back into my head. I had hard decisions and I spent the night in a mental struggle. Each day before this, I got out of bed rested and recharged. The inner turmoil of leaving beloved India and returning to America was too emotional and before dawn, my emotions boiled over. I had an inner tantrum like a little child. I began to swear and blame Swami. I took no responsibility for my choices. I said many things I regretted as the dawn broke.

In the morning, I packed and went to say goodbye to a few friends. Each day there is a message of the day. The gist of the message today was forgiveness for the items said in the heat of a moment when frustrated by situations. Swami loves unconditionally and forgives me for my outbursts. The message made me focus on my turmoil and discomfort and this became my incentive to return to America. The reality is I would have stayed in India and left these aspects of my life unresolved. I returned and resolved my issues and moved forward.

I received many blessings from my trip. One was the ability to again sleep and rest. An hour later I left for Bangalore, I checked into my Indian hotel and I consciously disconnected and slept. I slept like a baby for twenty-four hours. I got up, left for the airport and begin the long flight home.

Emotions Teach

I believe that when people dream, they are processing their patterns. Your DNA attracts the experiences in your waking world as well as in your dream world. Since dreams make little sense, it is of little value to clear what the dreams show you. Instead, look at the emotions and the energy of the dream. Feel into the experience. Explore what you remember. When you clear the patterns, the dreams diminish.

Psychic Attacks

Be aware that some dreams may be what some call psychic attacks. Many who are psychic are unable to control that energy. They consciously or unconsciously let it flow or direct it to others. One can attract this energy when there are issues between two people. Psychic attacks do occur; however, I think they are rarer than people believe. I believe most attacks are simply uncontrolled psychic energy. Go into your heart and see

what your intuition tells you. Let your emotions explore the situation. Invoke protection if you feel the need. If you suspect you know who is doing this, be specific in asking protection from this person. Use caution, because so many aspects of what we experience are only symptoms. Use the following:

Clearing Psychic Attacks

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns.

I command to remove these patterns: Of being psychically attacked.

Of allowing myself to be attacked.

Of attracting this psychic energy.

Of creating situations involving psychic energy.

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.

I forgive those who brought me these patterns.

I ask forgiveness from those affected by these patterns.

I release all of the energies bound to me through these patterns.

I reclaim all of the energies given by me and taken from me through these patterns.

I command to be free from attracting these energies.

I command to prevent others from sending unwelcome energy.

I command protection from... (name the person or circumstance)

I command protection from all attacks.

I command the divine holy white light surround and envelope me.

I command the white light protect and nourish all aspects of my being.

And I embrace wholeness, health, light, love, and my divinity.

It is important to understand that your heart is your greatest asset and the most powerful weapon. It loves, heals, secretes new hormones when it opens, governs your extrasensory gifts, protects, and conquers. It protects because an open heart is perfection. Your heart is your greatest weapon because love conquers all.

Stigmata and Archetypes

Stigmata are said to be the manifestation of the wounds of Christ. I found stigmata in two clients. The associated archetype of being a martyr is common. Martyrdom involves torture, sacrifice, and death.

They used stigmata to atone for the sins of others. They believe stigmata is identifying and being one with the Christ consciousness. They are classic martyrs carrying the sins of the world. Martyrs attempt to raise the consciousness of others and view martyrdom as a badge of courage. The manifestation of stigmata is just another energetic block.

Archetypes

Archetypes are categories used to classify people with specific behaviors. A recurring archetype I often see is that of being a victim. Victims seek to have others rescue them. It is inappropriate to rescue those in a victim mode. They need to rescue themselves. When you attempt to rescue them, you validate and reinforce the pattern. It is similar to giving money to a beggar or alcohol to an alcoholic. Your attempt to rescue them lets them know they can depend on others to rescue them. There is nobody to blame for the issues in your life except yourself. You created your reality and it is up to you to change what you no longer find appropriate. Archetypes like stigmata need to be cleared. Some say that archetypes are evolutionary development levels. This may be true. They are also the paths people choose. The purpose of clearing the archetypes is to clear any archetypal energy limiting your growth. Retaining the wisdom is vital to understanding the beneficial aspects of each archetype.

Clearing Archetypes, Stigmata

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following archetypes.

- Of being an Alpha.
- Of being an Omega.
- Of being a Builder.
- Of being an Artist.
- Of being a Creator.
- Of being a Creatrix.
- Of being an Executioner.
- Of being a Persecutor.
- Of being a Freedom Fighter.
- Of being a Peacemaker.
- Of being a Healer.
- Of being a Hypochondriac.
- Of being a Victor.
- Of being a Victim.
- Of being a King.

Of being a Queen.
Of being a Prince.
Of being a Princess.
Of being a Martyr.
Of being a Survivor.
Of being a Merlin.
Of being a Magician.
Of being a Parent.
Of being a Sibling.
Of being a Priest.
Of being a Priestess.
Of being a Rescuer.
Of being a Caretaker.
Of being a Joker.
Of being a Jester.
Of being a Scholar.
Of being a Teacher.
Of being a Servant.
Of being a Slave.
Of being a Slave Owner.
Of being a Terrorist.
Of being an Oppressor.
Of being an Assassin.
Of being a Dictator.
Of being a Sorcerer.
Of being a Shaman.
Of being a Starborn.
Of being a Refugee.
Of being a Rebel.
Of being a Messiah.
Of being a Warrior.
Of being a Soldier.
Of being a Witch.
Of being a Warlock.
Of using stigmata to atone for the sins of myself and others.
Of using stigmata to raise the consciousness of others.
Of using stigmata as a sign of healing.
Of using stigmata to be a martyr.
Of using stigmata as a badge of courage.
Of using stigmata to take on the burdens of others.
If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.
I forgive those who brought me these patterns.
I ask forgiveness from those affected by these patterns.
I release all of the energies, bound to me through these patterns.

I pull back all of the energies given by me and taken from me through these patterns.
I command to embrace and retain all of the positive aspects of being an Alpha, an Omega, a Builder, an Artist, a Creator, a Creatrix, an Executioner, a Persecutor, a Freedom Fighter, a Peacemaker, a Healer, a Hypochondriac, a Victor, a Victim, a King, a Queen, a Prince, a Princess, a Martyr, a Survivor, a Merlin, a Magician, a Parent, a Sibling, a Priest, a Priestess, a Rescuer, a Caretaker, a Joker, a Jester, a Scholar, a Teacher, a Servant, a Slave, a Slave Owner, a Terrorist, an Oppressor, an Assassin, a Dictator, a Sorcerer, a Shaman, a Starborn, a Refugee, a Rebel, a Messiah, a Warrior, a Soldier, a Witch, a Warlock, and I command to release all attachments to the use of stigmata for any reason.

And I embrace wholeness, health, light, love, and my divinity.

You should feel the energy leaving as you remove the limiting aspects of these archetypes. These traits are probably aspects of everyone because of our collective consciousness and the thought forms we give our energy.

Pattern Recognition

Initially, my ability to see my patterns was a torturous road. It is often challenging to see your patterns. We have filters, veils, and issues of denial. It is sometimes painful and humbling to see our patterns. It is always easier to recognize the patterns in others because it is also our pattern. Here is the process I use to help others recognize their patterns.

Awesome Crystalline Energy

I first help people to relax. I work primarily with the crystal kingdom. The client picks and holds one or more crystals. When they hold a crystal, their focus shifts to the crystal, and soon they relax, then they drop their barriers. They initially feel the texture, weight, and coolness of a crystal. These sensations may evoke memories and emotions. Many feel the energy of crystals and crystals are the real worker. As crystalline energy works, they may feel pain, coldness and a plethora of other physical sensations. If they feel pain, or cold, the crystal is removing this from the body. Heat may be inflammation or it is a warm healing energy. As with other physical symptoms, it is important to hold the crystal until the sensations pass. For some the pain may be intense and this will pass. All sensations subside when the crystal completes its work.

I always ask what clients want to accomplish. I have them close their eyes to relax, and feel. We begin with the Intent and they repeat the words clearly. We set the Intent, clear the shadows, and awaken their gifts. I ask the client about any emotions or experiences after each section.

Sensations

The client will usually relax and open enough to feel. Even if the client is emotionally numb, the crystals are working. I have yet to work with anyone who is unable to feel the effects and energy of the crystals. Many begin by saying they are unable to feel anything. Soon they are telling me what they feel or see while holding a crystal. Helping them relax and reassuring them is vital for them to feel the crystals. It is fun working with the devout. Many people believe crystals are unable to help them. They also begin to wonder what is happening when they feel the crystalline energy. One said God must be working through the crystals and I completely agree.

Filters

We respond to the creations of our life. Patterns mask our inability to understand them. When you use your physical senses, they do their best to interpret the energy. Your emotions are the key to understanding. It is rare that someone is relatively clear. They can feel and follow their energy. Where the energy goes is a valuable indicator. When one is less than clear, what they say can be a puzzle. Patterns, veils, emotions, sensations and their state of mind influence their words and behaviors. What they relate may be valuable. Most of what they say will be misleading. I feel and follow their energy to better understand. Your extrasensory gifts are invaluable.

Following Energy

To determine a causal pattern, it is important to follow the energy in your body. We confuse the issue with the pattern symptoms. The emotions associated with a pattern are helpful to determine the real issue. A pattern will resonate in an area of your body and the emotions will be the energy you feel. Ask your angels and guides to help you understand the issue. Trust your intuition and guidance. Sensations in the feet or legs are issues of failing to walk your path. Sensations in the throat are an unwillingness to speak your truth. Sensations in the heart are common. These include issues of separation from the divine, abandonment, and feeling alone or unloved. Abandonment is common and the causal issue is that we abandon ourselves. We no longer love or forgive ourselves. We separate ourselves from the divine and others with the veils we create. We retreat into a world far away from our Higher Self and we forget. The energy of abandonment, feeling alone or unloved stems from your heart. I think the greatest issue is we disconnect from the divine through our veils and patterns. We have the related emotions of guilt and shame. We no longer love ourselves enough. Areas of the body resonate to the patterns and point to unresolved issues.

Shadows Speak

Sometimes, I find I am speaking with the shadows. This is where clearing with a partner is crucial. The client is totally unaware of any conversation. Since all things are conscious, this becomes a great opportunity to gain insight. Be aware the client may also identify a causal pattern or say odd things. The client will unconsciously say many things. They may speak of suppressed memories. When this happens, I add them to the list of items to clear. Remain calm when a shadow speaks to you.

Causal Patterns

I always know when a client clears a causal pattern. The energy release is significant. The client becomes dizzy, spacey, get sleepy, and sometimes leaves their body for a moment. The sense of relief is apparent and often expressed as tears of joy. Some equate the sensation to taking a wild ride at a carnival. Clearing causal patterns can be very emotional experiences.

We See Ourselves

It is easy to see patterns in others because they resonate in you. These are opportunities to clear your patterns. Any resonance or reaction is a clear indication that you have the pattern. When you watch television or movies and react to what you see, you know there are patterns yet to clear. The world is your mirror.

Integration

Integration is the time it takes for changes to assimilate in the body after you clear a pattern. The released energy from a pattern leaves or swirls in the body. As the energy leaves, divine holy white light infuses the energetic area. You simultaneously reclaim your personal energy. Integration is the time it takes for the spacey or floating feelings to subside. Your body assimilates the conscious light and this creates your light body. Swirling energy in your body can take a day to assimilate.

Pamper Your Body

Normally, the process of integration is instantaneous. When I clear a causal or major pattern, the integration takes longer, from a few hours to a day. When I feel spacey or floating, I find it expedient to lie down and sleep. Resting the body aids the integration process. It is best to clear your patterns before going to sleep.

Some people get bodywork such as a massage or chiropractic adjustment. Others swim or enjoy a spa or a mineral bath. Water is soothing, nurturing, and grounding. For some, a good meal helps them feel centered and grounded. Regardless of what you choose to nurture your body, enjoy it. Pamper and reward yourself. You deserve it.

Light

You and your partner will enjoy clearing patterns together. Always clear with one reading aloud and the other exactly repeating the words. The odds are high that you will have the same patterns. Read from a list you compile, use the scripts in Appendix B, or follow your intuition. When clearing is second nature, look into each other's eyes as you clear your patterns. As you speak and clear the patterns that come to mind you will see flashes of light as the energy moves. It is an amazing sight to see the flashes of light in your partner's eyes as they clear a pattern.

Feelings and Extrapolations

There are benefits to clearing your patterns. These are the symptoms of change. Many people clear their patterns until their life changes and then they stop. The greatest benefit is when you continue and your heart opens. Your consciousness will soon shift into your heart. Your body will eventually become your heart. You will notice your extrasensory gifts opening and working effortlessly. As you help yourself, you change the world.

Reclaim Your Energy

I reclaim my personal energy when I travel. If I stay in a location for an extended period, my energy imprints the area. This is a natural effect of our energy. We are energy and when you stay in an area, it absorbs your energy. It is important to pull this energy back when you leave. It is your energy and it is vital to keep it.

Here is the technique. Stand comfortably with feet slightly apart and your arms slightly to your side with your forearms and palms in front and parallel to the ground. Slightly spread your fingers. Command all aspects of your being to reclaim your energy from the surrounding area. You will feel the energy returning into your fingers. When you no longer feel the energy returning, the process is complete. This reclaims your personal energy that was in the building and area. It can take a few seconds to a few minutes.

Trillions of Patterns

At times, I think I am the founding member of the trillion-pattern club. It feels like I have cleared that many patterns. Everyone has a similar set of patterns through evolution and our shared experiences. Since we are unique souls and our paths are different, everyone has variations on a theme. There were times when I cleared all day. At the end of the day, I was physically and emotionally drained. Even after years of clearing, I occasionally clear a causal pattern. Sometimes my body literally jumps from the energy moving and I feel the spacey sensations. I am grateful to all who bring me my patterns. I thank and I love them, as I honor their service.

Manifesting

Those who can manifest with their thoughts are rare. Manifesting is easier than you might imagine. Think in terms of energy and the objective. Put forth the thought with a soul force. An open heart and acute mental clarity are vital. Imagination and a knowing of your power will create when the timing is right. On my first trip to India, I observed and received what many westerners would call miracles. I received manifested objects for my use. Events happened beyond the laws of physics. What a blessing to ask and receive what I thought I needed. Most work slowly to create what they envision. Instantly creating is impressive. Clearing your patterns is a way to begin the process of manifesting. The power of thought combined with your heart and intention energy has no limitations.

Acceptance versus Resistance

People will do whatever is necessary to limit their pain and discomfort. They will take extreme measures to distance themselves from painful or uncomfortable situations. On the surface, this is natural and prudent. We run from our discomfort and patterns. Yet, to run from a pattern only reinforces it. The anticipation of a situation raises stress levels and expectations. The emotional pain increases when we remember experiences and their consequences. This is a terribly frustrating and painful cycle.

Shift your consciousness. Acceptance in no way means to embrace the pain and discomfort or to accept the situation the patterns bring. It means to open your eyes and understand the issue. It is inappropriate to accept our patterns of behavior. Accept the opportunity to clear the pattern, learn, and grow. Accept the responsibility to break our cycles of pain by clearing the cause of our patterns and situations. Most patterns are from past life experiences or accepting the collective teachings that limit or deceive. We are the sole creator of our patterns and our reality. We incarnate into a family because the soul DNA of the family line matches our soul DNA. We incarnate to accept the opportunity to learn, clear and grow. We accept the opportunity to change and to step into our divinity. We ultimately embrace and share our unconditional love.

Shadows

Why are the shadows here, and have they always been here? They are a conscious life form and they attach to people's energy fields. Some shadows feel malevolent and they appear to influence the words and actions of a person. Regardless of what the shadows are, they impact your life and they live on your energy. The shadows want your energy and your divine power. The shadows influence your decisions to create the energy they prefer such as fear, guilt, anger, and remorse. Fear generates tremendous amounts of energy and they live on your energy. Fear makes your life challenging and many feel powerless. You feel under their control, because you give them your power. You validate them with your judgment of their actions. When you feel powerless, you are limited because your power is diminished. Those who use fear to control may be influenced by the shadows, yet you are still responsible for their actions. We always have the ability to ignore the shadows and reclaim our power. I refuse to embrace or acknowledge anything that is fear based.

A New Reality

It was All Gurus Day. The holy day is Gurupurinima in India. I fasted the day in honor of the saints and masters who teach us so much. That evening, I went to my local meditation center. There was a meditation and a celebration feast. The spiritual head, affectionately called Pantaji, guided the meditation. Pantaji means reverend teacher. Pantaji sat in front of the large room. There were roughly forty people sitting in front of me. I sat in the last row feeling tired after a day of school, work, and fasting. Pantaji told the audience that Swami Rama, who was in Chicago, would appear in a large overstuffed chair to the right of us. The chair sat on a slight platform to the right of the first row. It was a large, overstuffed, high back chair.

Opaque Showy Forms

As soon as Pantaji began the meditation, I felt a shift. I was flooded with an energy that heightened my physical awareness and I found myself in a state of awe and wonder. I was unable to hear what Pantaji was saying. I could see all around me with my eyes closed. I could see through everyone and everything. The people sitting in front of me were transparent. People were shadowy shells with very little light in their body. Everyone had a small spark of light right behind their forehead, where the 3rd eye or pineal gland is located. I presume it is the spark of divinity we all possess. Everything was transparent. I could see a toilet flushing next door and the sap or energy moving in the trees outside. Surrounding me was a vista of transparent solids and people. I could see thirty or more feet around me. I was seeing our shared reality in a new light.

Swami Rama and Pantaji

Pantaji was still sitting in front of the disciples. His lips were still moving and the light from his body filled the room. His physical body seemed smaller compared to his magnificent light body. The sight was dazzling and amazing. I was in a state of rapture. I had no thoughts or distractions. I was absorbed in the breathless state watching the dazzling light and beauty of his light body.

Then Swami Rama manifested his light body in the large vacant chair on our right. He suddenly appeared as if he had been sitting there all evening. Swami Rama and Pantaji were brilliantly luminous and dazzling light bodies. They were so bright they probably lit up the neighborhood. When I looked at them, all I could see was light beaming out of the shapes of their physical forms. They were beautiful souls, filled with unconditional love. Each had an incredible presence and smile. Pantaji suddenly stood up, out of his physical body, as Swami Rama got out of the chair. His physical body was still sitting and guiding the meditation. I could see his mouth moving although I heard no words or any sound except a slight hum, a faint, comforting OM.

Blessings

Pantaji and Swami Rama began to move around the room. They paused in front of each of the meditators and blessed them. I was fascinated with the breathless state.

Apparently, my body had no need for oxygen. I was also in a profound state of gratitude and love. I watched Swami Rama and Pantaji slowly move from person to person, blessing, and working on them. Soon they were finally standing in front of me. They could see that I was watching them and their brilliant light bodies. I was experiencing the same dimensional reality. They motioned me to stand up and out of my physical body. I was absorbed in this altered state. Watching was all I could or wanted to do. The experience was new, fascinating and incredible. I was uncertain about what to do, so I just sat there. They realized I was just going to sit there and then they blessed me.

As a parting motion, they each placed a finger on my 3rd eye. They pushed me until my back touched the floor and then they removed their hands. I swayed back and forth out of my physical body. I was hesitant to stand with them. I was in a state of bliss and I only

wanted to sit there. Perhaps I lost a chance to walk with the masters. Yet I experienced an amazing dimensional reality and a state of blissful awareness. It was a state of being where words are worthless to describe the emotions of sitting and observing. It has to be experienced. They honored my choice to sit. Swami Rama walked back to the chair, sat down, and his light body dematerialized. Pantaji walked to the front of the room and sat down into his physical body.

Then it was all over. The air came hard into my lungs. I was swirling with the senses and emotions of the body. It felt as if my energy was still in a state of flux and movement. It was a shock to my senses to be back in my body, in this reality. I was back in this world of form, texture, and mass. I was again a prisoner of my body. It was a great honor to experience that blessed ecstatic state. It was challenging to be back in my body.

Back to Reality

When it was over, I just sat on the floor. I was in a state of awe, grace, and reflecting about what happened. Feelings of love and gratitude for the experience of my lifetime swirled around me. I finally and very slowly rose to my feet. I was the last to stand and I was a very changed man. I was having trouble adjusting to the world we live in after experiencing the other.

The devotees were lined up to thank Pantaji. I got up slowly and found myself at the end of the line. They were bowing slightly and saying namaste. Namaste means I bow to the divinity in you. People also put their hands together in front of their 3rd eye as if praying, while saying Namaste. I got into line to thank Pantaji for my experience. Most of the devotees were waiting for the line to end so the feast could begin. I was the last in line.

When I got to Pantaji, I bowed and said Namaste. Then I stepped forward, reached out and hugged him. From the reaction of the crowd, one normally refrains from touching gurus or holy men unless you have permission. Regardless of what others thought, I had to hug him with a long hug. I expressed my gratitude to the master who gave me the most amazing experience of my life. He knew why I was hugging him. Words were meaningless. I thanked him on the inner and I heard a reply on the inner of, you're welcome. The truth was, he was hugging me, as if to welcome me into a new world.

Emptiness and Form

What did I experience and learn? Our shared reality of duality is anything except what we blindly believe. It is mostly space and it is merely energy in form. We give our energy to create and sustain our world. When we experience our collective creations, we are the integral parts. It has no form or meaning without us. We create everything and it is an illusion of light and shadow. If there is a light amid the shadows, the space is the brilliant light. We are our creations in all dimensional realms. We are all aspects of our creation when we give it our energy. Our world of a shadowy construct is emptiness and the emptiness is form.

Light Bodies

Swami Rama and Pantaji were fully luminous souls in the room. They were so full of light they filled the room and beyond with their light. They stepped into their divinity. They were human bodies, filled with love and radiating light. They were the conscious light of unconditional love. Everyone and everything else around me were transparent and contained very little light. There was a single small spark of divine light in every human. Everything else within my view was a transparent form.

What Is Reality?

I experienced a dimensional realm beyond anything I read or imagined. I was in a state of ecstasy and breathlessness. It was a shock to have to breathe when it ended. My body rebelled at being back in this reality. How many dimensional realms and realities are there? Do they co-exist one within another, layered and yet separate? How reliable are our senses?

Non-Time

Years ago, I found myself going into a space I call non-time. I find myself in a reality where time has no relevance. When you are in your heart, there is only the present moment. There is no past or future, and things move in and out of your presence, like a river. Driving a car in non-time is useful. I have completed trips that normally take five-hours in less than two hours. I have no awareness of being in this state, I only notice it when I arrive and discover how long the trip actually took.

The Light State

The clear state is the most amazing. I call it the clear state because you connect to and become conscious unconditional love. Aspects of the clear state include non-time, absolutely no desire to return, and perfect clarity to know and understand anything. There is no asking of questions; you receive information if you desire it. Your focus is the moment and whatever is around you. It is a reality without random thoughts, only understanding. I think this is a quantum experience, I am everywhere and nowhere in the same moment.

My first experience was unique. It began as everything moved like the waves on the ocean. Everything slowly moved toward me and then it slowly moved away in a gentle rocking motion. Soon the back and forth movement stabilized. As the rocking occurred, items in the distance became large and then everything became small, almost microscopic. The rocking motion subsided with each smaller repetition of rocking back and forth. When the rocking ceased, I was in the clear state.

This first occurred while I was sitting on a commercial fishing boat. I was on the ocean and loving every moment. My DNA activated portals and I connected into every dimensional realm my soul DNA experienced. In this state, I felt gratitude and unconditional love. My physical senses were enhanced by my extrasensory gifts. I saw objects around me through my physical eyes as shimmering forms of conscious divine light. Everything in nature is a form of conscious light. My physical eyes saw the form

and my clairsentience saw as conscious light. I was able to communicate with kelp, fish, dolphins and anything in nature I saw and connected to.

You see the divine perfection of conscious unconditional love expressed in a physical form of light. To experience the shimmering conscious divine light while in the body is incredible. Your consciousness and all aspects of you become all of creation. Your DNA connects you to and you become all aspects of creation and non-creation. Time and distance are irrelevant and nonexistent. Everything is in a state of praise, expressing unconditional love in a conscious physical form. This is the natural state of humanity.

To Love

I dedicate this section to the women and children since many still have an open heart. Ninety-nine percent of my clients are women. Almost every woman has experienced some form of abuse. Only one woman was divinely or somehow protected from abuse. This is a sad commentary.

A child's heart generally closes as they grow older. Babies are connected and they disconnect from source as the obscurations and veils arise. Parents and society teach them to conform. Their hearts are closed when they become adults.

Rusted Shut

Many give their energy away in an attempt to be loved. They erect barriers to survive domination, neglect, and abuse. When couples are unable to love unconditionally, the relationship is a weak commitment with agendas. For many women the agenda is survival. The men shutdown and obtain the energy they want any way possible. Women and children create barriers to survive. Most are unable to be in their hearts for more than a few moments. Their patterns of survival force them behind the barriers and out of their heart. Their heart is in a metaphorical way, is rusted shut, as was my heart.

This was my experience and I suspect it is the same for most of the men. Many people work in what I experienced as the adrenalin workplace. Employers motivate through fear and other tactics. People are always late or in hurry. They are unable to relax. They have depleted energy fields and watching programs that insult their intelligence and dumb them down. Many become unconscious, rude, and emotionally numb. They do their best to just survive.

Airplane of Pain

Almost everyone is in some state of pain, discomfort, or dis-ease. They experience what a friend calls the airplane of pain. We go through ups and downs as we experience the pain of our pattern. Like being in an airplane, you are there for the journey. Sometimes the airplane crashes as do the people who spiral down and crash when the pain is unbearable. An option we all hope for is to parachute out of the airplane of pain and end the journey.

If the heart opens, constant pain and suffering will soon close it. The pain of your experiences and cellular memories keeps the heart closed. Most people are stuck in their creations and on the airplane of pain. Many are emotionally numb and traumatized. They are unable to feel energy. They have unconscious reactions to situations and many people will retreat into the archetype of being in victim. They blame everyone except themselves. They continue to relive and reinforce their patterns. This continues until you work through and eventually clear them. The airplane of pain goes from situation to situation and the same old stuff. The Clarity Technique ends the cycle of the airplane of pain. It is the metaphorical parachute.

Saviors

Women are our hope and salvation. Initially, women freely give their energy to others. For many reasons, most men are unwilling to use their own energy. Why would they want to use own when they can get another's? When women quit giving or allowing others take their energy, the men will change. It is so easy to rely on and channel your own energy.

The Power of Love

The Power of Love was the first metaphysical technique I experienced. It was channeled energy designed to open a heart. The Power of Love was the name and the experience. I was in Cincinnati visiting friends and the practitioner was in Pennsylvania. I sat in a chair comfortably with my eyes closed. Unconditional love always finds the recipient. The experience lasted about 15 minutes. I was in a breathless state and filled with unconditional love. I connected to what I describe as the grid of consciousness. I was able to send and receive information instantly. The session was a beautiful experience that changed my life. When I spoke to the practitioner, she said my heart will open when I am ready. Subsequently, I took a seminar to learn this technique. It is very powerful. A friend called it the acceleration technique. He said he felt accelerated like being shot out of a cannon.

My Heart Opens

A few months after my Power of Love session, I was swimming laps. I felt a sharp movement in my chest. My heart felt like it was ripping itself apart and it was actually quite painful. I thought I was having a heart attack, yet there was no pain. I stopped and put my arms over a lane divider. I rationalized a heart attack is preferable to drowning. I put my head on my arms and explored the sensations I felt. I was overjoyed to feel my heart opening and it was a beautiful experience. The process took twenty to thirty seconds. My heart felt like it was a rusted door being opened with a great force. There were deep physical and emotional sensations being released as my heart opened. When my heart was fully opened, I felt a profound peace, joy, and gratitude. I experienced and understood unconditional love for the first time. My world changed when my heart opened.

There Are No More Strangers

I experienced a completely new world with my open heart. I constantly moved to new plateaus. In the past, I was incapable of letting anyone into my heart, it was sacred ground. The potential to be hurt was too high and I was emotionally numb and shutdown. To let someone into my heart was unthinkable and naturally any attempt at a relationship failed.

Uncertain of letting someone I knew into my heart, I opted to let a stranger in. Allowing a stranger into my heart was without risk. I randomly picked someone. There was no meeting, words, or any acknowledgment. I infused the stranger with unconditional love and pulled them into my heart. This opened me to new feelings and depths of understanding.

Expand Your Heart

I expanded my heart to encompass all of creation. My heart expanded and my body became my heart. I express conscious unconditional love for all of creation. Unconditional love is the essence of every aspect of creation. I see all of creation as alive and conscious. The divine spirit expressed through the energy of unconditional love is you, and all of creation. I only hurt myself with limitations and barriers I created with a closed heart. My attachments and expectations hurt me the most. I was a miserable soul when I disconnected from my divinity and shunned the world. Thankfully, I opened to receive the help necessary to awaken me. I have the honor to serve humanity and there are no more strangers, only beloved divine brothers and sisters. This is our natural state.

The World Changes

Your heart opening is a form of critical mass. When you are clear enough, then suddenly everything changes. Some things change quickly and it is as difficult as we make it. You will have new perspectives as some things become effortless in your journey. You will see wonders and have amazing experiences.

Visualize How Easy It Is

All who wish to open their heart can visualize it. Thoughts create and you will create through visualization, clearing, and affirmations. You only need to clear your patterns and your heart will open. You are the determining factor on how difficult this is, and how long it takes. You might think yourself a sinner, yet you are only a heartbeat away from changing. Our natural state of being is unconditional love, visualize it and live it.

Effortless

Your consciousness centered in your heart is the only way to live. You enhance and bless every experience through the actions and words of your heart. Your life flows effortlessly. I now live an amazing and beautiful life of synchronicity. I honor all paths as I love all and serve all. The transition from breaking the airplane of pain to living effortlessly is easy. Live as you always wanted to live.

The Beginning

The process of clearing patterns is the beginning of a new life. You will remove your pattern. Energetic blockages are the cause of the attractors of your experiences. Your veils will drop. Your heart and extrasensory gifts will open. Your consciousness will shift into your heart. You will integrate your ego, inner child, and you're Higher Self with your body. You will express your divinity while in the miracle of your body.

Freedom

We are all divine pure souls who obscured our vision of our divinity. We inherit a body and express it with our soul DNA patterns. Our patterns attract the experiences we need to awaken. You can undergo the experiences or painlessly clear your patterns. It is your choice. Clearing your patterns and belief systems is an easier path. We have an earthly creation experience to grow and to get out of our heads and into the safety of our hearts.

Embrace life

The point of living is to embrace life in its totality. It is a game, play it well. It is a dream, create your dream. It is a journey, embrace and enjoy all aspects on your sacred path. We are here to enjoy a life of creation and manifestation and to express our birthright of perfection as divine souls. Life is a series of choice. Make your journey an inspiration for all.

Love All

I dedicate any merit accrued from this work to all. May this work benefit all throughout creation. May we express our unconditional love as we live the Law of Love. If we make a mistake, we can invoke the Law of forgiveness. We are divine children of creation. You are, by your birthright a powerful soul. Abundance occurs when you remove your limitations. All you desire will flow to and through you when you create the effortless life you deserve. Create the perfect world for yourself and for all.

Moving Forward

One last note about the special souls here for the ascension. We are from all over creation and beyond, working to ensure the earth ascends. You have the great opportunity to ascend with the earth if you do the work. It is about higher states of consciousness and love. We are all highly gifted and serve all. I am from the light. I came to earth from your ancient distant future. We are all evolving to this future state of love and light. It is a state where words are meaningless to describe the knowing, joy, and freedom. This is our future. You will create in ways unimaginable. The light is what we are and it is the basis of all creation. This is where we will evolve and the unconditional love and light is all there is. This chapter is the beginning since there is no end. One last thought, visualize the new paradigm you wish. Ensure there are no limitations, controls, contracts, or anything that limits your being and voyage of creations throughout all realms of love

and light.

Blessings!!!

Appendix A (Commands)

The Intent:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.

I command the speaking of this Intent nullify and rescind all vows, promises, contracts, intentions, agreements, and any judgment set in place by myself and others, which conflict with the following commands.

I command to release all of the imprinted energy when clearing anything related to a pattern in all dimensional realms.

I command the clearing of a pattern to be irrevocable unless I command it.

I command to clear a pattern from my DNA, and from the DNA of my family line.

I command that all commands apply to myself, my family line, and historical aspects of us, in all dimensional realms.

I command a safe release of all the pattern energy within me and my family line.

I command the clearing process be completely painless.

I command the return of all personal energy taken from me and my family line.

I command the return of all personal energy given by me and my family line.

I command the clearing process be completely effective for me and my family line.

I command to forgive those who brought me my patterns, and I ask forgiveness from those affected by my patterns.

I command that my family line and I infuse the divine holy white light of unconditional love into all areas affected by the release of all aspects pattern energies.

I command the divine holy white light of unconditional love to infuse my body and my family line as safely and as quickly as possible.

I command that each clearing be for the highest and best good for me and my family line.

I command complete protection for me and my family line.

I command to remove all permissions, consents, intentions, and agreements, associated with any vow, promise, contracts, or pattern.

I command to remove all cellular memories, emotions, learned conditioned responses, and all aspects of a pattern.

I command to embrace this Intent and my clearing process, allowing me to effectively clear all aspects of my patterns.

I command to see, feel, and be one with the love in all.

I command to be the love and light for all to see.

I command to embrace wholeness, health, light, love, and my divinity.

Clearing Shadows:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns.

I command to remove these patterns: Of being a host or influenced from any conscious life form, inharmonious energy, entity, shadow, evil spirit, or any alien consciousness.

Of judging the past, giving permission and allowing others to attach or influence me.
Of allowing others to take my energy.
Of giving my energy and power away.
Of being at the mercy of others.
Of being controlled.
Of being a captive.
Of having others impact me, my world and every aspect of my life in any dimensional realm.
Of allowing myself to be a victim.
Of being out of control.
Of being unbalanced.
Of being anything except whole.
Of ignoring or walking away from my true self, my divinity.
If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.
I forgive those who brought me these patterns.
I ask forgiveness from those affected by these patterns.
I release all of the energies bound to me through these patterns.
I reclaim all of the energies given by me and taken from me through these patterns.
I command to remove all inharmonious energies, conscious life forms, shadows, entities, evil spirits, energetic and alien consciousness from all aspects of my being for now and for all time, in all dimensional realms.
I command to no longer be a host for others.
I command to no longer allow others to take my energy.
I command to no longer give my energy away or be influenced in any way.
I rescind and revoke all contracts, permissions, agreements and intentions allowing others to attach to me, take my energy and impact any aspect of my world and being.
I command complete protection for me and my family line.
I command to have all of my possessions, creations and aspects of my worlds fully protected.
I command that only those beneficial to my highest and best good be able to enter my presence, and only with my conscious permission, and only to work with me.
I command that no conscious inharmonious energy, shadow, alien, conscious life form, entity, energetic and conscious soul can enter my, and my family line's energetic fields.
And I embrace wholeness, health, light, love, and my divinity.

Awaken Your Gifts:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.
I command to retain the wisdom.
I command to remove all aspects of the following patterns.
I command to remove these patterns: Of denying myself.
Of denying my divinity, my true self, and my power.
Of denying my extrasensory gifts.

Of misusing my extrasensory gifts.
Of being afraid of using my extrasensory gifts.
Of being insecure and unsure about using my extrasensory gifts.
Of being unaware of my extrasensory gifts.
Of feeling guilty about using my extrasensory gifts.
Of barely or rarely using my extrasensory gifts.
Of believing I have limitations and doubting my true abilities.
Of believing in failure.
Of being unhealthy and imperfect.
Of being unwilling and unworthy.
Of being incapable of forgiving myself and others.
Of being incapable of loving myself and others.
Of holding myself back and being incapable of accepting my true Self.
Of having a perception of duality between my consciousness and my body and between my body and the shared reality outside of my body, and all aspects of me in all dimensional realms.
Of being unable to take advantage of opportunities.
Of being unable to use my extrasensory gifts.
Of being unable to walk my spiritual path.
Of being unable to express my divinity.
Of being unable to change myself which changes the world.
If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.
I forgive those who brought me these patterns.
I ask forgiveness from those affected by these patterns.
I release all of the energies bound to me through these patterns.
I reclaim all of the energies given by me and taken from me through these patterns.
I command to embrace my true self.
I command to embrace my Higher Self and my divinity.
I command to have no doubts.
I command to accept my power.
I command to accept and use my extrasensory gifts.
I command to drop all veils and again see, hear, feel, intuit, and know.
I command to have no hesitations in using my extrasensory gifts.
I command to use my extrasensory gifts wisely.
I command to be secure and confident in my abilities.
I command to be healthy and for my body to heal.
I command to be in a state of balance and perfection.
I command to be willing and worthy.
I command to forgive and accept.
I command to express conscious unconditional love.
I command to have no limitations.
I command to remove all perceptions of duality between my body and myself as well as my body and my shared reality.
I command to take advantage of all opportunities I feel comfortable in accepting.

I command all of my extrasensory gifts to open safely.
I command to walk my spiritual path and step into my power.
I command to express my divinity.
I command to use my extrasensory gifts for the benefit of all.
And I embrace wholeness, health, light, love, and my divinity.

Psychic Attacks:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.
I command to retain the wisdom.
I command to remove all aspects of the following patterns.
I command to remove these patterns: Of being psychically attacked.
Of allowing myself to be attacked.
Of attracting this psychic energy.
Of creating situations involving psychic energy.
If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.
I forgive those who brought me these patterns.
I ask forgiveness from those affected by these patterns.
I release all of the energies bound to me through these patterns.
I reclaim all of the energies given by me and taken from me through these patterns.
I command to be free from attracting these energies.
I command to prevent others from sending unwelcome energy.
I command protection from
I command protection from all attacks.
I command the divine holy white light surround and envelope me.
I command the white light protect and nourish all aspects of my being.
And I embrace wholeness, health, light, love, and my divinity.

Clearing the Pattern:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.
I command to retain the wisdom.
I command to remove all aspects of the following patterns.
I command to remove these patterns: Of ... (list your issues).
If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.
I forgive those who brought me these patterns.
I ask forgiveness from those affected by these patterns.
I release all of the energies bound to me through these patterns.
I reclaim all of the energies given by me and taken from me through these patterns.
I command to... (create what you desire)

And I embrace wholeness, health, light, love, and my divinity.

Appendix B (Clearing Scripts)

Each script is a composite of sessions. Some commands may make little sense since they were another's pattern. Say the line because we are one and we all have the same patterns to some degree. Be certain you set your Intent, clear the shadows and open your extrasensory gifts before you do these scripts.

Always clear with a partner. Say the words aloud for the most beneficial effect. Have one person say a command and the other respond. Ensure the words are spoken and repeated as written. Repeat the entire command if words are omitted or mispronounced. When a pause in the train of thought or clearing occurs, resume it with the following: I command to remove all aspects of the following patterns. This line is inserted after every twenty commands. If a pause occurs in the affirmations, resume with: I command. This command is also interspersed after twenty affirmations. If you are feeling a need to modify a command, say the original, then your new one. Feel free to add other commands.

Script One:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother, and My Own Soul's Grace.

I command, to retain the wisdom.

I command to remove all aspects of the following patterns.

I command, to remove these patterns: Of rejecting my creations.

Of rejecting my divinity.

Of rejecting my spiritual path.

Of having birth trauma and being unwanted.

Of being indecisive.

Of being incapable of letting my path lead me.

Of descending into a self-created hell.

Of basing relationships on everything except the spiritual path.

Of having vertigo.

Of having temporal mandibular dysfunction.

Of having circulatory problems.

Of having varicose veins.

Of having nerve damage.

Of retaining and holding onto things of no real value.

Of having any physical illness, disease and discomfort.

Of being too busy.

Of being unclear.

Of being unsure of myself.

Of being less than confident.

Of being first.

Of being last.

Of choosing to fail.

Of retreating when I should stand my ground.

Of being less than forthright.

I command to remove all aspects of the following patterns:

- Of being ungrateful.
- Of being dependent upon others.
- Of being anything except myself.
- Of being pessimistic.
- Of being alone.
- Of being less than powerful.
- Of believing I am without protection.
- Of being less than cherished.
- Of being incapable of creating what I want or need.
- Of creating everything except what I really want.
- Of creating unwisely.
- Of devolving.
- Of spiraling downward.
- Of giving up.
- Of quitting.
- Of being a round peg in a square hole.
- Of having an unclear channel.
- Of having an imperfect relationship.
- Of being impoverished.
- Of having my needs unmet.
- Of having little faith.
- Of making things difficult.

I command to remove all aspects of the following patterns:

- Of letting my attention wander.
- Of being unfocused.
- Of being incapable of receiving.
- Of being incapable of activating my DNA.
- Of being incapable of re-sequencing my DNA.
- Of leaving issues unresolved.
- Of being restless.
- Of avoiding seeing everything as simply energy.
- Of being selfish.
- Of sleeping poorly.
- Of being less than truthful.
- Of allowing others to take advantage of me.
- Of being incapable of taking advantage of an opportunity.
- Of being incapable of telling others they have no power over me.
- Of allowing those who disempower me to remain in my presence.
- Of being unable to thank others.
- Of acting without thinking.
- Of walking another's path.
- Of being incapable of fulfilling my agreements.
- Of being incapable of showing others who I am.
- Of observing with attachment.

I command to remove all aspects of the following patterns:

Of procrastinating.
Of projecting anything except the truth.
Of seeing silence as a form of consent.
Of seeking everywhere except within.
Of seeking without finding.
Of settling for less than perfection.
Of being unable to breathe deeply.
Of being ashamed.
Of shaming others.
Of skipping around.
Of speaking half-truths.
Of speaking in riddles.
Of struggling.
Of substituting one issue for another.
Of suffering.
Of surviving when others have died.
Of taking on others burdens.
Of taking without asking.
Of telling rather than asking.
Of using alcohol.
Of using drugs.
Of using pain as a badge of courage.

I command to remove all aspects of the following patterns:

Of using poor judgment.
Of validating when it is inappropriate.
Of wandering.
Of being lost.
Of wanting to be different for inappropriate reasons.
Of wanting what I fear the most.
Of wasting resources.
Of worrying.

Of being programmed by those who would control me.

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.

I forgive those who brought me these patterns.

I ask forgiveness from those affected by these patterns.

I release all of the energies bound to me through these patterns.

I pull back all of the energies given by me and taken from me through these patterns.

I command to accept and protect my creations, to embrace my divinity and path, to heal myself, to have a perfectly healthy body, to be decisive, to heal the birth trauma and to be wanted, to allow my path to lead me, to ascend into my self-created paradise, to give from my heart, to base relationships on a mutual spiritual path, to have free time, to be clear, to be confident, to be one with all, to defend myself, to compromise when it makes sense, to be forthright, to be grateful, to be independent, to be myself, I command, to be optimistic, to be connected to all, to be free, to be powerful, to be protected, to be

cherished, to create wisely, to evolve, to persevere without giving up, to fit in, to have a clear channel, to have abundance and all of my needs met, to have great faith, to make things easy, to be focused, to receive, to activate and re-sequence my DNA, to resolve all issues, to be calm and rested, to see everything as love, I command, to be unselfish, to sleep deeply, to be truthful, to hold my ground, to have a clear mind, to take advantage of every opportunity, to tell others they have no power over me and that they must leave me alone, to be empowered, to be grateful, to be thankful, to think and then act appropriately, to walk my path, to fulfill my agreements, to show others the real me, to observe with total detachment, to expedite and avoid delay, to avoid projecting, to receive the answers I seek, to seek within and find the answers, to be able to breathe deeply and easily, I command, to find, to have perfection, to be without shame, to refrain from shaming others, to avoid skipping around, to speak the truth, to speak clearly, to avoid struggles, to avoid substituting problems, to avoid suffering, to survive and help others to survive, to take on only my burdens, to ask, to get permission, to be free from using drugs or alcohol, to be clean, to be courageous, I command, to be free from pain and suffering, to have good judgment, to stay the course, to validate when in doubt, to fit in, to create what I want, to conserve, to be free from worry, to deprogram myself, to have no fear, to see the love in all and be one with that love.

And I embrace wholeness, health, light, love, and my divinity.

Script Two:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns:

I command to remove these patterns:

Of annihilating and being annihilated.

Of attacking and being attacked.

Of being a concubine, a pimp.

Of being a slut, a whore.

Of being blemished and impure.

Of being ill and diseased.

Of being schizophrenic.

Of being mentally disturbed.

Of being small and insignificant.

Of being superior.

Of being inferior.

Of being a problem and part of the problem.

Of being underweight.

Of being overweight.

Of betraying and being betrayed.

Of binding and being bound.

Of blaming and being blamed.

Of blinding others and being made blind.

Of boring others and being bored.

Of breaking others down and being broken.
Of bullying and being bullied.
Of burdening and being burdened.
Of chipping away at others and being chipped away at.
I command to remove all aspects of the following patterns:
Of condemning and being condemned.
Of conflicting and being conflicted.
Of confronting and being confronted.
Of confusing and being confused.
Of agreeing without understanding the full impact.
Of controlling and being controlled.
Of crushing and being crushed.
Of cursing and being cursed.
Of demanding and being demanded upon.
Of embarrassing and being embarrassed.
Of being incapable of embracing and being embraced.
Of running away from my problems and issues.
Of rarely appreciating what I have created.
Of filtering the truth and having my truth filtered.
Of giving away my energy and wasting my energy.
Of grinding others down and being ground down.
Of handicapping and being handicapped.
Of hating and being hated.
Of having frightening dreams and nightmares.
I command to remove all aspects of the following patterns:
Of having friends and loved ones leave.
Of having improper and distorted feedback loops.
Of hiding and needing to hide.
Of holding onto others and being held back.
Of hunting others and being hunted.
Of hurting and being hurt.
Of ignoring and being ignored.
Of interrupting and being interrupted.
Of intimidating and being intimidated.
Of killing and being killed.
Of leaving friends and loved ones.
Of disappointing and being disappointed.
Of lying and being lied to.
Of limiting others and being limited.
Of losing touch and being lost.
Of lusting after and being lusted after.
Of making innuendo and sexually inappropriate comments.
Of manipulating others and being manipulated.
Of molesting others and being molested.
I command to remove all aspects of the following patterns:
Of overwhelming others and being overwhelmed.

Of persecuting and being persecuted.
Of pestering and being pestered.
Of possessing others and being possessed.
Of pursuing and being pursued.
Of pushing and being pushed.
Of putting others down and being put down.
Of rejecting others and being rejected.
Of resenting others and being resented.
Of being revengeful and being revenged.
Of sabotaging and being sabotaged.
Of sacrificing others and being sacrificed.
Of scrutinizing others and being scrutinized.
Of seeking approval and validation for no reason.
Of selling myself and putting a price on myself.
Of separating loved ones and being separated from loved ones.
Of shunning and being shunned.
Of smoking and using tobacco.
Of mentally snapping and being broken.

I command to remove all aspects of the following patterns:

Of speaking without clarity and soul force.
Of stalking and being stalked.
Of stirring up others and being stirred up.
Of suffocating and being suffocated.
Of forgetting to remain in awareness and causing others to forget.
Of taking advantage of others and being taken advantage of.
Of targeting others and being targeted.
Of teasing others and being teased.
Of threatening and being threatened.
Of torturing and being tortured.
Of trapping and being trapped.
Of creating imbalances and being unbalanced.
Of creating veils and being veiled.
Of victimizing and being victimized.

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.

I forgive those who brought me these patterns.

I ask forgiveness from those affected by these patterns.

I release all of the energies bound to me through these patterns.

I pull back all of the energies given by me and taken from me through these patterns.

I command, to be protected, to be free from having to sell my body or myself, to be unblemished, to be pure, to be physically and mentally healthy, to be larger than life, to be important, to be the solution, to have my body at the proper weight, to be free from betrayal, to see, to be free, to have no limits, to be blameless, to be active, to have no guile, to always have money and energy, to be free from being bullied or burdened, to be free from attack, I command, to be free from condemnation, to be free of conflict, to be

clear, to be careful about what I agree to, to be free from being crushed, to be free from being cursed, to be protected and to protect others when called to do so, to be free of demands, to be free of embarrassment, to embrace and be embraced, to be free from being pursued, to create what I want, to be free from being filtered, to be whole, to be free from being drained, to be free from being worn down, to have no handicaps, to love and be loved, to sleep deeply and restfully, to have friends or loved ones stay, I command, to have proper feedback loops, to have no reason to hide, to be free from being held back, to be free from being hunted, to be free from being hurt, to be free from being ignored, to be free from being interrupted, to be free from being intimidated, to be unharmed, to be allowed to stay, to be supported, to be honest, to find, to have no sexual issues, to be fair and be dealt with fairly, to overcome, to protect and be free from persecution, to be free from being pestered, to be free from being possessed, to be free from being pursued, I command, to be free from being pushed around, to be free from being put down, to be free from being rejected, to be free from being resented, to be free of being the object of revenge, to be free from being sabotaged, to be free from being sacrificed, to be free from scrutiny, to be one, to be free from being shunned, to be free from being broken, to speak clearly and with soul force, to be free from being stalked, to be calm, to be free from being suffocated, to be free from being a target, to be free from being teased, to be free from being threatened, to be free from being tortured, to be free from being trapped, I command, to be balanced, to be unveiled, to be free from being a victim, to remain in awareness, to be free from being taken advantage of, to be the unconditional love that I am for all to see.

And I embrace wholeness, health, light, love, and my divinity.

Script Three:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns:

I command to remove these patterns:

Of being cursed.

Of being a victim of the dark arts.

Of practicing the dark arts.

Of being pursued.

Of being incapable of making my life a meditation.

Of being incapable of opening my heart.

Of being incapable of moving my consciousness into my heart.

Of being incapable of being in my heart.

Of being incapable of expanding my heart throughout creation.

Of being incapable of having all I see and experience in my heart.

Of eating unhealthy foods.

Of overeating.

Of eating the wrong foods.

Of being incapable of taking care of myself.

Of being incapable of blessing and thanking my food.

Of being incapable of blessing all.
Of being incapable of being grateful.
Of being incapable of having gratitude.
Of being incapable of clearing.
Of being incapable of rest.
I command to remove all aspects of the following patterns:
Of pushing myself or having resistance.
Of having a poor self-image.
Of being incapable of being good enough.
Of being incapable of measuring up to my expectations.
Of being incapable of measuring up to others expectations.
Of judging and being judged.
Of expecting others to criticize me.
Of disempowering others or to have others dis-empower me.
Of being incapable of letting others into my heart or world.
Of being selfish.
Of being incapable of being affectionate.
Of being incapable of being thoughtful.
Of being incapable of living a life of service.
Of being incapable of enjoying.
Of being incapable of being spiritual.
Of categorizing or classifying everything I see or experience.
Of ranking or prioritizing.
Of being incapable of being interested in who I am.
Of being fearful.
Of being irritated.
I command to remove all aspects of the following patterns:
Of being unwilling.
Of being guilty and creating guilt.
Of being jealous and creating jealousy
Of being nervous.
Of being in shock and denial.
Of being out of touch.
Of living in my own little world at the exclusion of all.
Of being scared.
Of being in pain and suffering.
Of being stuck.
Of being only in my mind.
Of acting as if I am only my mind.
Of being incapable of understanding what I experience.
Of being incapable of confronting my fears.
Of being a coward.
Of hating everyone and everything.
Of being incapable of expressing myself.
Of being incapable of being open for new experiences.
Of being incapable of being receptive or open.

Of having an edge.
Of being on the edge.
Of being over the edge.
I command to remove all aspects of the following patterns:
Of putting shields up and rarely relying upon my protections.
Of procrastinating and delaying.
Of being incapable of giving loving kindness and compassion.
Of having no freedom and believing I am a captive.
Of being trapped and imprisoned.
Of being unhappy and being sad.
Of having a heavy heart.
Of carrying burdens.
Of lashing out.
Of being imposed upon and imposing upon others.
Of being violated and violating
Of being incapable of being.
Of being numb and shutdown
Of disconnecting and being disconnected.
Of spying and being spied upon.
Of being incapable of trusting.
Of being agitated.
Of being nervous.
Of rushing and rushed.
Of putting others off and being put off.
Of liking to hear myself talk and rarely allowing others to speak.
Of allowing others to monopolize the conversation.
Of being incapable of speaking my truth.
I command to remove all aspects of the following patterns.
Of interrupting and finishing sentences.
Of being impatient.
Of being bossy and being bossed around.
Of being less than thoughtful.
Of creating a worst-case scenario.
Of fearing the unknown.
Of being incapable of doing the right thing.
Of being incapable of finishing anything.
Of having too many variables to deal with.
Of having to lie to survive.
Of holding myself to invalid and unachievable standards.
Of being held by lower frequency emotions.
Of giving my energy to beliefs that are invalid.
Of shaming others and being shamed.
Of being terrible about my past.
Of holding onto the past and being unable to move forward.
Of having no memory.
Of dissociating from my experiences and memories.

Of escaping from myself.
Of having tunnel vision.
Of having no identity.
Of being incapable of surrendering to my divinity.
Of rebelling.
Of mocking and humiliating.
Of making poor choices.
Of complaining.
Of being imposed upon.
Of being impolite.
Of allowing others to take advantage of me.

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.

I forgive those who brought me these patterns.

I ask forgiveness from those affected by these patterns.

I release all of the energies bound to me through these patterns.

I pull back all of the energies given by me and taken from me through these patterns.

I command, to be blessed, to renounce all lower arts, to be of service, to be safe, to meditate, to open my heart and move my consciousness into my heart, to expand my heart to include all, to eat healthy foods, to eat the proper amount, to eat good foods, to take care of my body, to bless and thank my food, to bless all, to be grateful, to clear my patterns and all obstacles, to be rested, to be effortless, to have a self-image of perfection, to be more than adequate, to be fair, I command, to be free of criticism, to be empowered and to empower others, to have all of creation in my heart, to be generous, to be affectionate, to be thoughtful, to serve, to enjoy, to be spiritual, to see all as equal, to know myself, to trust in my endeavors, to be free from control, to be free of fear, to be free from anger or rage, to be willing, to be able, to be innocent, to be free of guilt, to love all, to be at rest, to know, to be in touch, I command, to be aware of the law of one, to live the law of one, to be unafraid, to be calm, to be pain free, to be free of suffering, to be sane, to be fully in my body, to be conscious of all, to understand, to confront and remove my fears, to be a hero, to appreciate all, to express myself, to be able to experience, to be receptive and open, to be centered, to know that I am protected, to complete tasks in a timely manner, I command, to radiate loving kindness and divine compassion, to be free, to be happy, to have no sadness, to drop all the burdens that I carry, to be free of anger, to be respected and left alone, to have my boundaries respected, to feel, to be connected, to trust and be trusted, to move in the timing of perfection, to be welcomed, to allow all to participate, to be able to finish, to be patient, to be thoughtful, to work with others in perfect union, to create perfection, to do the right thing, to finish, I command, to understand the simplicity of all things, to be fearless, to survive, to have easily obtainable standards of perfection, to be honest and survive, to be free of all lower emotions, to keep my own energy and channel the free energy around me for the benefit of all, to be free of shame, to let go of the past, to forgive all and myself, to remember without judgment, to remember who I am, to surrender to my divinity, to heal, to praise, to work with all, to encourage, to move forward, to see all, to be polite and respectful, to embrace all.

And I embrace wholeness, health, light, love, and my divinity.

Script Four:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns:

I command to remove these patterns:

Of missing days, weeks, or years from my memory.

Of being incapable of being

Of being incapable of being felt.

Of being incapable of being forthright.

Of being incapable of smiling from my heart.

Of fleeing and having to run

Of having to hide.

Of embracing imperfection.

Of distorting and being distorted.

Of being incapable of being gentle.

Of being bombarded with noise.

Of being incapable of being graceful.

Of being fearful of flying or falling to my death.

Of being uncomfortable in any situation.

Of being incapable of being reverent.

Of being incapable of being connected.

Of being incapable of treating others as I wish to be treated.

Of being incapable of loving unconditionally.

Of being incapable of being loved unconditionally.

Of being incapable of seeing myself in all.

Of being incapable of being joyful.

Of being incapable of being patient

Of being incapable of waiting for the right moment to continue.

Of being incapable of seeing the perfection and beauty in all.

I command to remove all aspects of the following patterns:

Of being incapable of blessing

Of being incapable of being blessed.

Of being incapable of inspiring.

Of being incapable of being inspired.

Of being incapable of hoping.

Of being incapable of being hopeful.

Of being incapable of honoring another.

Of interfering and holding others back.

Of selling my soul

Of believing I can sell my soul.

Of giving up.

Of being incapable of believing.
Of being incapable of knowing the truth.
Of being incapable of being in a state of balance.
Of being incapable of being whole
Of being incapable of being wholesome.
Of being under duress.
Of causing others duress.
Of saying things others are unwilling or unready to hear.
Of offering knowledge others are unwilling or unready to hear.
Of looking, and being incapable of seeing.
Of hearing, and being incapable of listening.
Of touching, and being incapable of being.
Of sniffing, and being incapable of smelling.
Of eating, and being incapable of tasting.
Of forgetting and being incapable of remembering.
I command to remove all aspects of the following patterns:
Of being dirty.
Of losing my wisdom and knowing.
Of being raped
Of being molested.
Of being incapable of being empowered.
Of going through the system and losing my identity.
Of believing in the lie.
Of using drugs to survive.
Of being incapable of meeting my deadlines.
Of being incapable of respecting
Of being incapable of being respected.
Of being incapable of cooperating.
Of being incapable of being a partner.
Of being incapable of having a partner.
Of being incapable of feel gratitude.
Of being incapable of urinating normally.
Of knowing it all.
Of being incapable of being open.
Of being hard on myself.
Of being incapable of fulfilling my commitments.
Of imposing my will.
Of being delusional.
Of playing God without knowing I am God.
Of playing the Goddess without knowing I am the Goddess
Of being incapable of believing,
Of being incapable of knowing I am part of everything.
Of being dyslexic.
Of dissociating.
Of being unable to understand while reading.
Of being unable to comprehend the written word.

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.

I forgive those who brought me these patterns.

I ask forgiveness from those affected by these patterns.

I release all of the energies bound to me through these patterns.

I pull back all of the energies, given by me and taken from me, through these patterns.

I command, to remember portions of my life that I misplaced or forgot, to remember without judging or being drawn into old dramas, to feel, to be consistent, to smile from my heart, to stand my ground, to embrace perfection, to be without distortion, to be gentle, to enjoy silence, to be graceful, to enjoy flying, to be sure footed and unafraid of falling, to be comfortable in any situation, to be connected, to treat others as I wish to be treated, to be treated as I wish to be treated, to love and to be loved unconditionally, to see myself in the unity of all, I command, to be joyful, to be patient, to see the perfection and beauty in all, to bless and to be blessed, to inspire and be inspired, to hope and be hopeful, to avoid interfering while honoring another's situation, to know that it is impossible to lose or sell my soul, to persevere, to believe, to know, to be balanced, to be whole and wholesome, to accept and be accepted, to be unstressed, to speak the truth in a kind manner, to speak in a timely manner, to look and see, to hear and listen, to touch and feel, I command, to sniff and smell, to eat and taste, to remember, to feel pure, to be unashamed and harbor no shame, to have wisdom, to be free from being violated, to be empowered, to keep my identity, to be drug free, to meet expectations, to respect and be respected, to cooperate, to be and have a loving partner, to be grateful, to urinate normally, to continue to learn, to have an open heart and be protected, to be without anger and rage, to be gentle on myself, to fulfill my commitments, to work with all, to be free from being delusional, to be divine and be connected to all, to be free of dyslexia, to comprehend and understand what I read.

And I embrace wholeness, health, light, love, and my divinity.

Script Five:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns:

I command to remove these patterns:

Of being addicted.

Of being powerless.

Of being pathetic.

Of being angry and being angered.

Of being sad.

Of being a poor little me.

Of loving and hoarding weapons.

Of being kidnapped.

Of having my children taken from me.

Of losing my children.

Of having items stolen from me.
Of having all my possessions destroyed.
Of being held for ransom.
Of being the object of violence.
Of being incapable of using my greatest weapon, my heart.
Of hating.
Of being hated.
Of fearing
Of being feared.
Of being incapable of being responsible for my actions.
Of being a victim.
Of being victimized.
Of being irresponsible.
Of feeling sad about who I am.
I command to remove all aspects of the following patterns:
Of being anything except the love in and around me.
Of being erratic and having no direction.
Of being unstable and being inconsistent.
Of being fragmented and shattered.
Of being or being less than completely beautiful.
Of being or being less than completely handsome.
Of being framed and blamed.
Of being watched.
Of being afraid.
Of being timed and pressured.
Of being tracked and monitored.
Of being programmed.
Of being uncertain about the truth.
Of believing in the lies.
Of being unaware of the truth.
Of being in a vortex of energy of darkness.
Of being in a vortex of lower frequency emotions.
I command to remove all aspects of the following patterns:
Of being in a vortex of conflicting emotions.
Of being in a vortex of conflict.
Of being argumentative and being compelled to argue.
Of blaming others and myself.
Of having to listen to others argue.
Of being trapped in aversion, ignorance, and desire.
Of being messed with and to mess with others.
Of alienating others and being alienated.
Of being incapable of following my traditions.
Of walking away from my elders.
Of walking away from my family and friends.
Of embracing aspects that are incongruous to me.
Of being incapable of be a warrior of truth.

Of having a death wish.
Of being incapable of cherishing life.
Of being strung out.
Of misusing fire and being burned.
Of using weapons to harm others.
Of being hurt by weapons.
Of having my home used and misused by others.
Of being strong-armed.
Of strong-arming others.
Of intimidating and being intimidated.
Of being incapable of protecting.
Of being incapable of being protected.
Of abandoning and being abandoned.
Of wanting to be anywhere except where I am.
Of dying in order to escape.
Of committing suicide.
Of killing others.
Of being incapable of forgiving
Of being incapable of being forgiven.
Of being incapable of understanding.
Of being incapable of being understood.
Of creating veils around myself
Of creating veils around others.
Of disconnecting from my heart.
Of being incapable of healing.
Of being incapable of teaching.
Of abandoning my children.
Of running away from my children.
Of living in squalor.
Of being incapable of nourishing.
Of being incapable of teaching.
Of being incapable of sustaining.
Of passing on the wrong traditions.
Of passing on the wrong information.
Of buying into violence, poverty and abuse.
Of being incapable of listening.
Of being incapable of being listened to.
Of being prejudiced.
Of being alcoholic.
Of being under the influence of drugs and addictive substances.
Of being persecuted and to persecute.
Of being annihilated and to annihilate.
Of being violent and attracting violence.
Of being abusive and being abused.
Of having a death wish.
Of walking away from being one with my divinity

Of doubting my true divine abilities

Of believing the lie.

I command to remove all aspects of the following patterns:

Of being in a rage.

Of using inappropriate words.

Of being incapable of giving way to others.

Of giving lip service.

Of following others agendas.

Of being under the influence of others.

Of following anything except my heart.

Of causing others to wait.

Of having to wait.

Of searching outside of myself for things that are in me.

Of doing other than what I say.

Of being controlled by aliens.

Of being controlled by others from other dimensional realms.

Of being controlled by those who have programmed me.

Of always being in a crisis mode.

Of loving my painful situations.

Of engaging in dramas.

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.

I forgive those who brought me these patterns.

I ask forgiveness from those affected by these patterns.

I release all of the energies bound to me through these patterns.

I pull back all of the energies given by me and taken from me through these patterns.

I command, to be free from addictions, to be satisfied, to be powerful, to be admirable, to be calm, to be happy, to be out of victim mode, to be free from being kidnapped, to have my children protected, to have my possessions protected, to be free from being held for ransom, to be free from terrorists or any form of terrorism, to use my heart as my greatest weapon, to love and be loved, to have no fear, to take responsibility, to be responsible, to feel great about who I am, I command, to be straightforward in all things, to be whole, to be beautiful, to be handsome, to always receive justice, to have my privacy, to be unafraid, to be free, to know the truth, to be in the light, to have a high vibrational frequency, to be in a vortex of peace and love, to be blameless, to be left alone when I command it, to be included, to follow my true traditions, to respect my elders, to embrace all, to be a warrior of truth, to cherish life, I command, to be drug free, to speak or write without limiting words, to be careful, to be unhurt, to be strong, to stand up for my rights, to be protected, to be where I want to be, to live for as long as I want, to forgive and be forgiven, to understand, to drop all of my veils, to be connected, to be in my heart, to heal myself, to teach, to nourish all life, to live in splendor, to live in abundance, to be sustained, I command, to heal all violence, to listen, to be listened to, to accept, to be peaceful, to think before I speak, to speak softly and gently and truthfully, to follow my own path, to be patient, to find all I seek in my heart, to be respected, to be divine and uncontrolled, to want to live, to align with my divinity, to know my divine powers are

without limits, to embrace and know the truth, of being free from crisis, to being free from all dramas, to be true to my words and myself.
And I embrace wholeness, health, light, love, and my divinity.

Script Six

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns:

I command to remove these patterns:

Of blaming.

Of being negative and sad.

Of misusing or giving my power and energy away.

Of disrespecting.

Of feeling responsible for when things happen.

Of being untrue.

Of having a low value of others and myself.

Of being clueless and bewildered.

Of acting in an imperfect manner.

Of having standards that are impossible to meet.

Of having to be perfect.

Of projecting disrespect and being disrespectful.

Of speaking and writing in a limiting manner.

Of having and projecting a low self-esteem.

Of being disoriented and projecting disorientation.

Of denying others and being denied.

Of destroying and being destroyed.

Of diminishing and being diminished.

Of disabling and being disabled.

Of disconnecting and being disconnected.

I command to remove all aspects of the following patterns:

Of disorganizing and being disorganized.

Of disowning and being disowned.

Of distracting and being distracted.

Of drowning and being drowned.

Of being unplugged, made numb and anesthetized.

Of embracing limitation and being limited.

Of using words such as not, never, but, cannot, and other limiting words.

Of being stressed and pressured.

Of being and believing I am imperfect.

Of being scattered and pulled in many directions.

Of being unable to enjoy life until I finish my commitments.

Of being unable to take time for myself.

Of having to look good.

Of being exhausted.

Of being incapable of accepting
Of being incapable of being accepted.
Of being incapable of observing.
Of being incapable of seeing.
Of being incapable of being beautiful.
Of being incapable of radiating my beauty.
Of being incapable of being in my body.
Of being incapable of being in my heart.
Of being incapable of comforting.
Of being incapable of being comforted.
I command to remove, all aspects of the following patterns.
Of being incapable of committing.
Of being incapable of pulling back.
Of being incapable of empowering.
Of being incapable of being empowered.
Of being incapable of enjoying.
Of being incapable of giving joy.
Of being incapable of forgiving.
Of being incapable of being forgiven.
Of being incapable of freeing.
Of being incapable of being free.
Of being incapable of hearing.
Of being incapable of being heard.
Of being incapable of integrating.
Of being incapable of being integrated.
Of being incapable of giving praise.
Of being incapable of being praised.
Of being incapable of living.
Of being incapable of being alive.
Of being incapable of nourishing and caring for my body.
Of being incapable of trusting.
Of being incapable of being trusted.
Of being incapable of understanding.
Of being incapable of being understood.
Of being incapable of validating.
Of being incapable of being validated.
Of stretching myself beyond my comfort zone.
Of only making do.
Of barely getting by.
Of pushing aside my priorities for others priorities.
Of ignoring myself, my needs, and my boundaries.
Of being poorly nurtured.
Of making a big deal of my commitments.
Of being hard on myself.
I command to remove, all aspects of the following patterns.
Of having others attack me.

Of having others take advantage of me.
Of recreating cycles regarding myself.
Of making time for others while neglecting myself.
Of having no time for myself
Of having no privacy for myself.
Of pressuring.
Of being pressured.
Of being wrongfully sued.
Of being a fear of being sued.
Of having little energy.
Of being drained.
Of being incapable of releasing the power of those who control me.
Of believing I deserve the pain I have.
Of being incapable of releasing the memories of painful experiences.
Of deriving satisfaction from harming.
Of deriving satisfaction from affecting others.
Of being incapable of purifying all aspects of my being.
Of being ashamed of my self-image.
Of practicing arts whose sole purpose is to harm.
Of being injured.
Of being incapable of extracting joy and peace from my life.
Of being incapable of renouncing my old ways.
Of being incapable of turning off my old behavioral tapes.
Of being incapable of removing my old behavioral tapes.
Of believing I am unlovable.
Of believing I am worthy of being despised.
If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.
I forgive those who brought me these patterns.
I ask forgiveness from those affected by these patterns.
I release all of the energies bound to me through these patterns.
I pull back all of the energies given by me and taken from me through these patterns.
I command, to embrace perfection and happiness and joy, to keep my energy, to respect myself, to be responsible, to be true to have high self-esteem, to respect and be respected, to know anything is possible, to live in love, to be free from denial, to be free from destruction, to be undiminished, to be free from disabilities, to be connected, to be organized, to be free from being disowned, to be focused, to be trusted, to be free from being drowned, to stay plugged in and be in a state of unconditional love, I command, to speak in a manner that is limitless and positive, to be positive, to value myself and who I am, to have confidence, to embrace my purpose and path, to have clarity, to embrace the perfection that I am, to be stress free, to be free from being pressured, to be whole, to prioritize and deliver what I need to do in a timely manner, to laugh, to know I always look good, to accept and be accepted, to be aware and observe and see, to be beautiful and attractive, to be in my body and in my heart, to comfort and be comforted, to commit and be accepted, to empower and be empowered, I command, to enjoy and be enjoyed, to

forgive and be forgiven, to free and be freed, to hear and be heard, to fit in and be involved, to value and be valued, to live and be alive, to love and be loved unconditionally, to nourish and care, to trust and be trusted, to understand and be understood, to validate and to be free of being validated, to be free from pressure or putting pressure on myself or my commitments, to have and channel limitless energy for myself and for others, to always be in my comfort zone, to take time for myself and to enjoy myself, to live and love, to take time to comfort myself and be kind to myself, to make light of everything except how much I love and enjoy life, I command, to break the cycles of repeating events, to have limitless energy, to take care of my needs and myself, to maintain my boundaries, to live a life of abundance, to keep my space and maintain a zone of peace and love, to forgive myself, to be aware, to love myself and all unconditionally, to release the power of those who control me, to be free of pain, to release the memories of painful experiences, to affect others in a joyful manner, to purify all aspects of my being, to have a great self-image, to undo all harm to others and practice loving kindness to nurture others, to be free from harm, to extract joy and peace from my daily life, to renounce my old ways of life, to turn off and remove old tapes, to remember the lessons of my past and gain wisdom from them, to be lovable and worthy of love. And I embrace wholeness, health, light, love, and my divinity.

Script Seven:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following archetypes.

I command to remove these archetypes: Of being an Alpha.

Of being an Omega.

Of being a Builder.

Of being an Artist.

Of being a Creator.

Of being a Creatrix.

Of being an Executioner.

Of being a Persecutor.

Of being a Freedom Fighter.

Of being a Peacemaker.

Of being a Healer.

Of being a Hypochondriac.

Of being a Victor.

Of being a Victim.

Of being a King.

Of being a Queen.

Of being a Prince.

Of being a Princess.

Of being a Martyr.

Of being a Survivor.

Of being a Merlin.

Of being a Magician.
Of being a Parent.
Of being a Sibling.
Of being a Priest.
Of being a Priestess.
Of being a Rescuer.
Of being a Caretaker.
Of being a Joker.
Of being a Jester.
Of being a Scholar.
Of being a Teacher.
Of being a Servant.
Of being a Slave.
Of being a Slave Owner.
Of being a Terrorist.
Of being an Oppressor.
Of being a Dictator.
Of being a Sorcerer.
Of being a Shaman.
Of being a Starborn.
Of being a Refugee.
Of being a Rebel.
Of being a Messiah.
Of being a Warrior.
Of being a Soldier.
Of being a Witch.
Of being a Warlock.
Of using stigmata to atone for the sins of myself and others.
Of using stigmata to raise the consciousness of others.
Of using stigmata as a sign of healing.
Of using stigmata to be a martyr.
Of using stigmata as a badge of courage.
Of using stigmata to take on the burdens of others.
If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.
I forgive those who brought me these patterns.
I ask forgiveness from those affected by these patterns.
I release all of the energies, bound to me through these patterns.
I pull back all of the energies given by me and taken from me through these patterns.
I command to embrace and retain all of the positive aspects of being an Alpha, an Omega, a Builder, an Artist, a Creator, a Creatrix, an Executioner, a Persecutor, a Freedom Fighter, a Peacemaker, a Healer, a Hypochondriac, a Victor, a Victim, a King, a Queen, a Prince, a Princess, a Martyr, a Survivor, a Merlin, a Magician, a Parent, a Sibling, a Priest, a Priestess, a Rescuer, a Caretaker, a Joker, a Jester, a Scholar, a Teacher, a Servant, a Slave, a Slave Owner, a Terrorist, an Oppressor, a Dictator, a Sorcerer, a

Shaman, a Starborn, a Refugee, a Rebel, a Messiah, a Warrior, a Soldier, a Witch, a Warlock, and I command to release all attachments to the use of stigmata for any reason. And I embrace wholeness, health, light, love, and my divinity.

Script Eight:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns:

I command to remove these patterns:

Of being in crisis mode.

Of beaten and afraid of being beaten up.

Of hitting my head and having others hit me.

Of being threatened.

Of feeling sorry for myself.

Of apologizing all the time and thinking I have to apologize.

Of being incapable of knowing when an action is inappropriate.

Of being incapable of knowing when a behavior is inappropriate.

Of being unconscious.

Of being rude.

Of being unaware.

Of being confused.

Of believing I am confused.

Of being unclear.

Of being codependent.

Of fostering codependency.

Of being incapable of putting down roots.

Of having to move all the time.

Of being incapable of letting go.

Of having an addictive personality.

Of being incapable of recognizing I am unfocused.

Of being incapable of recognizing my patterns.

Of being incapable of determining my causal patterns issues.

Of being nervous.

I command to remove all aspects of the following patterns:

Of being incapable of getting closure.

Of having others indebted to me.

Of having agreements ignored.

Of having to take others to court.

Of being unemployed.

Of being unable to find a good job.

Of having others refrain from apologizing

Of having others refuse to apologize.

Of being frustrated.

Of having to struggle.

Of having to struggle.
Of having allergies.
Of being exposed to poisons, insecticides, and other toxins.
Of having Candida.
Of having any fungus.
Of being lactose intolerant.
Of having blood sugar imbalances.
Of having thyroid issues.
Of having digestive issues.
Of having constipation.
Of being exposed to radiation.
Of being exposed to any harmful energy.
Of being accident prone.
Of being uncoordinated.
Of being incapable of showing affection.
I command to remove all aspects of the following patterns:
Of being incapable of touch or hug another.
Of being incapable of smiling.
Of being insecure.
Of being introverted.
Of being extroverted.
Of having anger.
Of being disappointed.
Of being resentful.
Of being incapable of accepting.
Of being bigoted.
Of being prejudiced.
Of being incapable of treating everyone as an equal.
Of being held hostage.
Of being shy.
Of being demanding.
Of being seasick.
Of being incapable of healing myself.
Of being ignorant.
Of being incapable of letting my children live their life.
Of living the life of another.
Of being afraid of moving forward.
Of being afraid of changing my life.
Of gaining unhealthy emotional support.
Of being lost.
Of being lost.
Of being as if I am between two worlds.
Of being between two worlds.
Of feeling full of despair.
Of being full of despair.
Of being unable to fit into the world around me.

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.

I forgive those who brought me these patterns.

I ask forgiveness from those affected by these patterns.

I release all of the energies bound to me through these patterns.

I pull back all of the energies given by me and taken from me through these patterns.

I command, to get out of being in crisis mode, to be free from being beaten, to have no fear, to be free from hitting my head or having others strike me, to be free from being threatened, to be free from being sorry, to have no reason to apologize or believe I have to apologize, to be aware, to be conscious, to know when an action or behavior is appropriate, to be free of confusion, to be kind, to be clear, to be free from being codependent or fostering codependency, to be able to settle down or to put down roots, to be free from having to move all the time, to be able to let go, to be free from having an addictive personality, to be focused, to recognize and clear my patterns, I command, to determine the causal issues of my patterns, to be calm, to have a strong immune system, to have closure, to be free from having others indebted to me, to have my agreements honored, to find ways to settle issues without having to go to court, to be employed or able to find a good job, to have other apologize when it is appropriate, to be without frustration, to easily fix or repair items, to be free from having to push or struggle with difficult situations or physical modalities, to be free of allergies, to have no exposures to any toxic or poisonous substance, to be free of Candida, to be free from fungus, to have no intolerance, to have my blood sugar balanced, to have no thyroid issues, to have no digestive issues, I command, to have good and regular bowel movements, to have no exposure to radiation or other harmful energy, to be coordinated, to be affectionate, to enjoy touching or hugging, to smile from my heart, to always be secure, to be free from being extroverted or introverted, to be free of anger, to be free of disappointment, to be free of resentment, to accept, to be free of bigotry, to be free of prejudice, to treat everyone as I want to be treated, to be free of being held hostage, to be free of being shy, to have no demands, to be free from being seasick or any form of motion sickness, to have a strong endocrine and other glandular systems, to heal myself of any ailment, discomfort or disease, to be self-realized and work for the ascension and complete freedom of all beings, to let my children live their own life, to live and enjoy own life, to move forward and change my life, to get emotional support from my friends and peers. And I embrace wholeness, health, light, love, and my divinity.

Script Nine:

Master Angels, Guides, Beloved Mighty I AM Presence, My Beloved Masters, Divine Holy Mother and My Own Soul's Grace.

I command to retain the wisdom.

I command to remove all aspects of the following patterns:

I command to remove these patterns:

Of being in accidents.

Of being overwhelmed.

Of having headaches and neck pain.

Of being accident prone.
Of being afraid of and frustrated with technology.
Of being incapable of doing one thing at a time.
Of being stiff.
Of being inflexible.
Of being abandoned by my husband or boyfriend.
Of being abandoned by my wife or girlfriend.
Of being abandoned.
Of abandoning others.
Of being incapable of being faithful.
Of having loose muscles.
Of having tight muscles.
Of leaking energy from my body.
Of leaking fluids from my body.
Of being as if I have done something wrong.
Of being incapable of properly nourishing my body.
Of being incapable of refraining from worry.
Of being concerned about what people think.
Of being angry with my family
Of being angry.
Of losing and grieving over the loss of my pets.
Of having to participate in horrific events.
Of having to observe horrific events.
I command to remove all aspects, of the following patterns.
Of being homeless.
Of being old.
Of behaving as if I am old.
Of believing I am old.
Of being tired.
Of being drained.
Of being ashamed of any part my body.
Of creating a drama of suffering and pain.
Of attempting to protect everyone except myself.
Of being judged.
Of criticizing.
Of being criticized.
Of belittling.
Of being belittled.
Of forgetting to put my shields up when appropriate.
Of forgetting to put my shields up when working with others.
Of being incapable of connecting with nature.
Of attracting experiences without clearing the cause from my DNA.
Of being frustrated.
Of being angry.
Of being inadequate.
Of losing a loved one.

Of being jealous.
Of having other jealous of me.
Of having wrist issues.
Of having hand issues.
Of having joint issues.
Of having bone issues.
Of having an acidic body.
Of having any issues, pain and imperfections with my body
Of having digestive issues.
Of having flatulence.
Of being incapable of expressing my beings.
Of being incapable of expressing my truths.
I command to remove all aspects of the following patterns:
Of being incapable of speaking freely about who I am.
Of being incapable of speaking freely about my gifts.
Of being incapable of standing up for myself.
Of being incapable of standing up for others when appropriate.
Of being unfeminine.
Of being unmasculine.
Of having separation anxiety.
Of longing to be with a loved one.
Of being insecure.
Of having a poor relationship.
Of growing up without proper role models.
Of having family members dishonor me.
Of having family members ignore me.
Of being homophobic.
Of behaving poorly to gain attention.
Of running away from my creations.
Of running away from myself.
Of experiencing violence.
Of experiencing abuse.
Of having dependencies.
Of being afraid.
Of being afraid to commit.
Of rejecting.
Of being rejected.
Of projecting failure.
Of expecting my creations to end.
Of being embroiled in no win situations.
Of being incapable of stepping into my divinity and freedom.
Of doubting I will find my co-atomic and perfect partner.
I command to remove all aspects of the following patterns:
Of setting myself up for failure.
Of having all aspects of my life controlled.
Of being like a slave.

Of being property and a slave.
Of having others steal my money.
Of having other steal my energy.
Of being at the whim of others.
Of having no freedom.
Of having no time for myself.
Of being desperate.
Of being confused.
Of being frustrated.
Of being incapable of change.
Of having no idea in how to change.
Of being bewildered in how to change.
Of being at a crossroads and unable to make a decision.
Of being inconsiderate and rude.
Of being tense.
Of being unable to unwind and relax.
Of hating.
Of being hated.
Of being inconsistent.
Of having inconsistencies.
Of being incapable of sharing.

If in any lifetime, I or another on my behalf, made any judgments, vows, contracts or promises related to the previous patterns, I hereby for now and for all time rescind such limiting and binding acts. I command my freedom.

I forgive those who brought me these patterns.

I ask forgiveness from those affected by these patterns.

I release all of the energies bound to me through these patterns.

I pull back all of the energies given by me and taken from me through these patterns.

I command, to be free from accidents, to be free from being overwhelmed, to be free from headaches and neck pain, to embrace the benefits of technology, to be persistent and complete my tasks, to be flexible and relaxed, to have a long term marriage and friendships, to be free from having to leave and abandon others, to be faithful, to have proper muscle tone and function, to retain and hold all of my energy and fluids, to be free from being as if I have done something wrong, to eat organic and wholesome foods, to be free from worry, of being free from influence, to have a harmonious relationship with family and others, of having my pets live a long joyful life, of being able to observe without emotion except compassion and loving kindness, of having a home, to always feel young, I command, to be filled with energy and vitality, to be proud of all of my body and see the divinity in all of me, to create a life of joy and peace and love and harmony, to listen, to be free from being judged or judging myself, to be praised and cherished, to be free from gossip, to facilitate healing and be protected, to commune with nature in perfect harmony, to clear all aspects and events I find distasteful, to continue the struggle and know I will prevail, to be more than adequate in any situation, to always be united with my loved ones or partner, to allow others their life without it affecting me, to be free from jealousy or other lower emotions, to heal my body, I command, to have full mobility and a pain free body, to enjoy all foods and be free from any digestive issues, to

freely express my feelings or truth, to speak freely about who I am and my extrasensory gifts, to awaken the clueless or rude and the unconscious, to be perfectly feminine or masculine, to be one and connected with my loved ones regardless of distance, to be secure, to have perfectly harmonious relationships, to have proper role models, to have my family honor me, to honor all of life, to be joyful and loving, to resolve my issues so I can enjoy my life, to have no fear or cold feet, to have good circulation, to commit without any fear or hesitation, to be free from rejection, I command, to project assurance and love and joy and abundance as I live my dream, to create win-win agendas conforming to the Law Of One, to step into my divinity and freedom for the benefit of all, to know that I will find and embrace my perfect partner, to create success, to be clear minded, to be free from confusion, to have others respect my wishes and allow me to make my own decisions, to be free, to have others pay me my worth, of have my space, to have the time I need for myself, to be free from desperation, to change everything with my love, to be consistent, to change in my life for the benefit of all. And I embrace wholeness, health, light, love, and my divinity.

Blessings!!!

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