

7. Reflection Release Process

Barbara "Marrianna" Zimmermann

The Quickest Way I Know to Clear Your Negativities

That are Mirrored By Others is:

- Put the Names of Each Person You Do Not Like or Who Has Done Something Bad to You, at the Top of a Blank Piece of Paper.
- List Everything You Dislike About Them and All the Bad Things They've Done to You.
- Make a List For Everyone Who Mirrors Bad Things Starting With All Your Family.
- When You Have Finished, Add Your Name Next to Theirs at the Top of Each Page.
- Then Read Out Loud the Following:
- I Call on My Mighty I AM Presence, "IS" The Creator of All That IS and All The Heavenly Host to Assist Me in Releasing All the Judgments and Behavior I See in Other Who are Mirroring What I Need to Heal in Myself.
- Then Read Out Loud All the Negatives You Have Listed.
- Then Read the Following Out Loud:

I Forgive Myself For All the Same Behaviors and Issues that I Have Ever Had in This Life, In This Body or In Any Other Body. I Forgive You All and I Thank You for Playing the Role You Have Played, So I Could Get It! I Ask That All the Negativity Be Cleared and Released From My Akashic Records.

I Thank You All and I Set You Free with Love and Light!

I Claim My Freedom Now!

I Thank My Mighty I AM Presence, "IS" The Creator of All That IS and All The Heavenly Host.

I AM Grateful! I AM Grateful! I Am Grateful!

Amen Amen Amen

[Previous](#) [Next](#)