

MY AKASHIC RECORDS
SACRED CLEARING SESSION 4
Core Karmic Encoded Traits and Patternings

Read This Out Loud! There Is Power In The Spoken Word!
Barbara “Marrianna” Zimmermann

**Breaking and Rescinding Negative Vows and
Agreements**

I Take 3 Deep Breaths and Exhale... Allowing My Awareness to Drop Down Within My Body as I Feel and See Myself Ignite, Blend, Merge and Become One With My Mighty I AM Presence, God/Goddess, “IS”, The Creator of All That IS and Lord Jesus, Master Sananda, Mother Mary, Quan Yin, Beloved Moses, Beloved Malachi, Buddha, Saint Germaine, Archangel Raphael, Archangel Michael, All The Ascended Masters, All My Guides and Council and The Heavenly Host and I Ask You to Envelop Me in The White Electronic Light Substance, Making It so Strong That No Human Creation Can Penetrate It. I Ask My Special Guides and Council to Control All My Energy and the Energy of Any Light Beings or Dark Forces around Me. I Ask to Be Protected and Shielded from All Harm.

I Request that Beloved Moses Please Step Forward and Lead Me Out of All My Mental, Emotional and Physical Bondage that I have With The Dark Forces. And I Request the Loving, Healing Powers of Archangel Raphael to Heal Me. I also Request the Protection and Wonderful Sword of Archangel Michael to Cut the Cords that Bind Me to The Dark Forces and The Third Dimension. I Ask Saint Germaine and The Violet Consuming Flame to Clear and Transform All My Negativity. I Ask Quan Yin and The Opalescent Flame of Pure Compassion and Unconditional Love to Assist in My Healing and Transformation Into Peace, Love and Harmony. I Ask Lord Jesus, Master Sananda, for His Blessing and Guidance. I Request All Your Assistance in Breaking and Rescinding All the Negative Vows and Agreements that I have made Knowingly or Unknowingly with The Dark Forces, as They No longer Serve Me.

Therefore, I Now Formally Break and Rescind Each and Every Vow and Agreement that I have Ever Made in this Life or Any Life, in this Body or Any other Body that was Not to My Highest Good. Please Heal, Clear, Repair, Encase, Remove and Make Null and Void All that is Not Serving the Highest Good For All that are in My Past, Present or Future Lives.

It Is My Intent to Transmute, Transform, Remove, Heal, Clear and Forgive All My Issues, Traumas and Dramas, Bringing Them All Back into Balance and Replacing Them With God’s Divine Original Blueprint of My Perfection Now with Ease and Grace.

I Also Request an Akashic Record Clearing for All My Ancestors Back to the Beginning of Time, IF Their Souls Give Permission and it is to the Highest Good for All.

I Also Request that All the Akashic Records for All the Aspects of My Beingness on All Twelve Levels of the Third Dimension, Receive a Clearing and Healing, IF Their Souls Give

Permission and IF it is to the Highest Good for All. **I Ask that After All the Clearings and Healings are Completed that All Aspects of Myself be Invited to Merge with My Beingness, So We can All Experience Our Wholeness Now.** I Ask that All Aspects of My Total Being be Balanced, Healed, Aligned and Unified Back Into Wholeness. I Request that This be done in Divine Timing and I Ask that You Bless Us All Indeed!

I, Therefore, Humbly Request that Spirit Release and Heal All of My Obsessing Negative Influences Connected with Any and All of My Core Karmic Encoded Traits and Patterning.

I Give Myself Permission to Heal and I Ask That You Please:

Release, Remove and Heal All My Core Karmic Encoded Traits and Patterning Affecting My Current Belief System that are Causing Me: Feelings of Separation, Male and Female Distrust, Need for Extreme Violence, Self-Doubt, Perfectionism in My Self and Others, Sense of Failure, Feeling I Must Win in Competitive Games, Resentment Toward My Self and Other.

Release, Remove and Heal All My Encoded Karmic Traits and Patterning of The Ugly Ones from Venus and Negativity from Virgo.

Release, Remove and Heal All My Encoded Karmic Traits and Patterning from the Insane.

Release, Remove and Heal All My Encoded Traits and Patterning from Criminal Outcasts.

Release, Remove and Heal All My Encoded Traits and Patterning from Mars Gay and Lesbian Culture.

Release, Remove and Heal All My Karmic Traits and Patterning of Instant Karma from the Past.

Release, Remove and Heal All My Encoded Karmic Traits and Patterning from Negative Past-Life Memory Patterns from Venus.

Release, Remove and Heal All My Encoded Karmic Traits and Patterning of War and Massacre from All the Dimensions.

Release, Remove and Heal All My Encoded Traits and Patterning from Nuclear Blasts Which Created Holes in the Ozone.

Release, Remove and Heal All My Core Karmic Encoded Traits and Patterning Affecting My Current Belief System that are Causing Me: Distrust of Self, Paranoia, Need to Struggle, Fear of Domination, Fear of Trusting Others, Prejudice, Need for Arrogance and Anger.

Release, Remove and Heal All My Encoded Traits and Patterning of Destroying All Life by Nuclear Blast that Created Spontaneous Combustion of the Atmosphere.

Release, Remove and Heal All My Encodements to Block Positive Solar Encodings.

Release, Remove, Sever Cords and Heal All the Damaged and Cocooned Souls from Third and Fourth Dimensions that are in Need of Healing and that are Influencing Me Negatively.

Release Remove and Heal All My Pre-Lemurian Encodements and Implants from The Negative Electrical Ones.

Release, Remove and Heal All My Core Karmic Encoded Traits and Patterning that are Affecting My Beliefs and Actions, Causing Me to Misuse My Psychic Power, Desire and Need to Kill, Enslaving Myself and Others, Power Hungry, Feeling There is Never Enough, Punishing Myself and Others, Experiencing Hostility and Brutality.

Release, Remove and Heal All My Encodements and Implants Causing Susceptibility to Genetic Health Problems and Physical Pain such as: MS, Lupus, TB, Polio, Aids, Heart Attacks, Diabetes, Cancer and Any Others.

Release, Remove and Heal All My Residue of Negative Energies and Experiences from Ancient Memories Causing Me Feelings of Failure, Betrayal, Unworthiness, Guilt, Shame and Death.

Release Remove, Heal, Clear and Eliminate All My Blocks in My Memory that Go Back Before the Separation in Time when I was in a Perfect, Beautiful, Etheric, Physical Body, Living in Paradise.

Release, Remove and Heal All My Implant Devices Causing Me Negative Combative Desires such as the Following: War, Persecution, Inquisition, Slavery, Racism, Following a Shadow Master, Obsessing War Lords and Nazi Thinking.

Release, Remove and Heal All My Negative Encodements and Implanted Transmitting and Receiving Devices that Control Bio-Genetic Engineered Species.

Release, Remove and Heal All My Negative Encodements to Cause Me to Act Out of Fear Instead of Love and Courage.

Release, Remove and Heal All My Negative Encodements Blocking My Full Soul Presence.

Release, Remove and Heal All My Negative Encodements Creating a Need for Me to Stay Only in the Nature of Duality Consciousness.

Release, Remove and Heal All My Negative Core Karmic Mind Control Techniques Causing Me to Suffer and Persecute Myself and Others.

Release, Remove and Heal All My Negative Memory Virus of Confusion that was Enmeshed in My Soul Grid.

Release, Remove and Heal All My Negative Core Implants of Black Magic and Hypnosis.

Release, Remove and Heal All My Negative Etheric Implants Causing Galactic Denial.

Release, Remove and Heal All My Negative Spiritual Pride, Stubbornness, Denial and My Need to Always be Right.

Release, Remove and Heal All My Negative Built-In Timing Mechanism in My DNA.

Release, Remove and Heal All My Negative Blocks in Taking Responsibility for Creating My Reality.

Release, Remove and Heal All My Negative Implants and Devices Affecting My Freedom of Choice.

Release, Remove, Heal and Dismantle All My Negative Mechanism Causing Unconsciousness and Uncontrollable Negative Re-Action.

Release, Remove and Heal All My Negative Transmitters Causing Me Victimhood and Powerless Behavior.

Release, Remove and Heal All My Inability to Transcend the Illusions of Limitation of the Third Dimension.

Release, Remove and Heal All My Negative Imprinted Lower Vibrational Patterns of the Maldekian Collective Consciousness.

Release, Remove and Heal All My Negative Imprints, Patterns of Violence, Victimhood, Addiction, Shame, Low Self-Worth and General Distrust on a Subconscious Level.

Release, Remove and Heal All My Negative Encodements of Lower Group Mind Consensus.

Release, Remove and Heal All My Encodements of Sense of Failure, Embodying the Inability to Heal Myself, Family, Friends, Clients and Others.

Release, Remove and Heal All My Negative Core Encoded Traits and Patterns from Chemically Triggered Disaster and Explosions Still Controlling My Subconscious Mind.

Release, Remove and Heal All My Negative Encodements to Limit My Ability to Stay Grounded, Focused and in the **Now** in this Lifetime.

Release, Remove and Heal All My Negative Implants and Core Encodements to Block Sexual Performance and Pleasure Affecting Physical, Emotional Mental and Spiritual Aspects of My Life.

Release, Remove and Heal All My Negative Implants to Cause Impotence and Inability to have Multi-Orgasms, Causing a Loss of Sexual Drive and Desire.

Release, Remove and Heal All My Negative Implants to Cause Excess Sexual Desire Resulting in the Inability to be Satisfied with Any One Relationship.

Release, Remove and Heal All My Negative Implants Causing Me to Feel That's All There Is Sexually and an Inability to Feel Satisfied No Matter What Type of Sex Life I Have.

Release, Remove and Heal All My Negative Core Karmic Encodements Causing Me to Feel Guilt Related Behavior and Feelings Regarding Sexual Acts and the Giving and Receiving of Sexual Pleasure.

Release, Remove and Heal All My Negative Encodements that Make Me Feel that Sex is Bad and Only an Obligation.

Release, Remove and Heal All My Negative Implants and Encodements of a Sexual Nature that Causes Me to Act like an Animal and in an Inconsiderate Manner Toward My Mate.

Release, Remove and Heal All My Negative Encodements and Implants Causing Loveless Sex Acts Which can Be Violent.

Release, Remove and Heal All My Encodements and Implants that Cause Sexual Challenges, i.e. Premature Ejaculation, Blocks to Orgasm and Loss of Desire and Loss of Stamina.

Release, Remove and Heal All My Negative Encodements that Make Me Feel that Sex is Bad, Dirty and Unfulfilling.

Release, Remove and Heal All My Negative Emotional Scars from the Past, Present and Future Relating to Sex on All Levels, Including Rape, Slavery, Abduction, Incest and Any Others Relating to Abuse, Pain and Murder.

Release, Remove and Heal All My Negative Encodements of Unworthiness that It Is Not OK to Live Due to Failures and Negative Things I've Done or Were Done to Me in the Past and Present.

Release, Remove and Heal All My Core Negative Encodements for the Oppression of Men and Women.

Release, Remove and Heal All My Blocks to Dissolving Illusions of Separation and Duality.

Release, Remove and Heal All My Negative Belief Systems Maintained by Multi-Dimensional Negative Mass Consciousness.

Release, Remove and Heal All My Negative Encodements to Block Me from Accessing My Positive Karma Affecting Understanding of: Forgiveness, Love, Grace, Wisdom and Any Others.

Release, Remove and Heal All My Negative Implants Blocking My Ability to Weave the New Tapestry of the Age of Light with Ease and Grace.

Release, Remove and Heal All My Physiological Effects that Negative Encodements, Implants, Imprints and Devices Still Have on Me.

Release, Heal and Remove All My Negative Encodements of Prejudices and Pre-Dispositions Blocking My Rational Thought Process.

Release, Remove and Heal All My Negative Memory of War Casualties Mass Consciousness That are Still Influencing My Life and Negative Behavior.

Release Remove and Heal All the Effects on My Brain from Toxic Mental Poisonous Waste that has Emanated from the Negative Mass Consciousness of Earth.

Release, Remove and Heal All My Negative Encodements and Blocks of Negative Attitudes, Energies and Stumbling Blocks to Prevent Me from Awakening to My Wholeness Including: Atmosphere of Hatred, Greed, Envy, Cruelty, Violence, Irreverence and Negative Ego.

Release, Remove and Heal All My Negative Encodements of Cruel and Deadly Games that Trigger in Me the Need for Competition, a Need to Be the Best and a Winner in Everyday Sports, No Matter What I Have to Do to Create that Outcome.

Release, Remove and Heal All My Negative Implants to Hide My True Self Behind a Cloud of False Identity.

Release, Remove and Heal All My Negative Encodements and Traits of Religiously Motivated Wars and Massacres.

Release, Remove and Heal All My Negative Memory and Encodements of the Persecution of the Christians, Crusades Against Muslims, Holocaust/Jews, Gypsies, Murders of Protestants, Roman/Greek Wars, Revolutionary War, Indian Wars, War of the Roses, World Wars, Civil War, Spanish Inquisition, Holy Wars, Colonization, Slavery, Vietnamese War, Korean War, Desert Storm, Wars Against Iraq and any Others that have Occurred Throughout History.

Release, Remove and Heal All My Core Encoded Traits and Patterings that Block Me from My Purpose to Evolve Physically, Emotionally, Mentally and Spiritually.

Release, Remove and Heal All My Negative Karmic Encodements Blocking My Ability to Accept that Every Human Being is a Divine Essence Made of Light and Love Whose True Nature is Holiness.

Release, Remove and Heal All My Negative Implanted Encodements to Block My Acceptance of Free Will as an Absolute Universal Right.

Release, Remove and Heal All My Negative Encodements of Fear and Negative Ego to Allow Myself to Surrender My Free Will to Divine Will In Faith and Trust.

Release, Remove and Heal All My Karmic Bonding and Ties to My Negative Core Memory from My Soul Group that No Longer Serves Me or the Group to the Highest Good of All.

Release, Remove and Heal All My Negativity Control Systems Which Manipulate Me to Replay Old, Negative Consciousness Patterns.

Release, Remove and Heal All My Negative Blocks that Prevent Me from Being in Harmony with the Laws of Nature.

Release, Remove and Heal All My Negative Intrusion by Dark Forces and Hooks of Deception from Those Who Want to Control Me, Causing Me to Do Crazy, Erratic and Unexplainable Things.

Release, Remove, Sever and Heal All My Limiting Negative Beliefs and Cords that Tie Me to the Earth's Third Dimension Thinking and Finite Time. Open My Eyes, Heart and Mind to Unlimitedness and My Oneness with All Creation and Infinite Time.

Release, Remove and Heal All My Negative Behavior Programming, Causing Confusion, Interference and Challenges in My Life, Including: Arrogance, Insensitivity, Anger, Divorce, Lawsuits, By-Pass Operations, Back Stabbing, Gossiping, Bad Mouthing, Rationalizing, Justifying, Blaming, Suppressing My Emotions, Shutting Down My Emotions, Resistance, Deep-Seated Fears, Anxiety Attacks, Inability to Confront My Fears, Need to Suffer, Self-Indulgence, Conceit, Self-Interests, Manipulation, Immediate Gratification, Character Assassination, Guilt, Self-Destruction, Disappointment, Victimization, Momentary Pleasure Invoked by Reaction Behavior, Arrogant, Reactive, Intoxicating Pleasure, Repression, Infallibility, Reactive Behavior, Drugs and Alcohol, Avoidance and Denial of Problems and Any Others Spirit Might Find that Need to be Cleared and Healed.

Release, Remove and Heal All My Negative Influences In or Attached to My Energy Matrix.

Release, Remove and Heal Any and All My Physical, Mental and Emotional Beliefs in Disease, Lack, Limitation, Decay, Pain, Suffering and Separation from God.

Release, Remove and Heal All My Many Layers of Control Issues, Misinformation and Confusion that The Negative Forces are Using to Control Me.

Release, Remove and Heal Any and All My Need to Make Someone Else Wrong.

Release My Fear of Being Nothing or No Thing.

Release, Remove and Heal All My Fear of Meeting the Challenge To **Know Who I Truly AM.**

Release My Need to Whine About: Why Them?, Why Me?, I Should Have and Could Have and What About Me and It's Not Fair.

Release, Remove and Heal All My Fear of Any Harmful Situation to Come to Me from Another Reality.

Release, Remove and Heal All My Negative Patterning and Programming Causing Habits, Cultural Taboos, Conditioned Responses, Barbaric Ways Designed to Control, Dominate, Enslave and Conquer Others.

Release, Remove, Balance and Heal All That is Causing Imbalance Between My Spirit and My Will.

Release, Remove and Heal All My Negative Need to Feed My Desires, Reject, Ignore, Indulge, Act Out or Give In To Unhealthy Desires that are Not to the Highest Good For All.

Release, Remove and Heal All My Negative Karmic Encodements Blocking My Wisdom that All of Natural Existence is Sacred Beyond How It Serves or Meets the Needs of the Individual Self.

Release, Remove and Heal All My Negative Encodements of the Seven Solar System's Negative Patterns Causing: Arrogance, Addiction, Prejudice, Hated, Violence, Victimhood and Shame.

Release, Remove and Heal All My Negative Encodements of the Solar System's Ego Allurements that are Specific to Earth Which Cause: Lust, Laziness, Gluttony, Pride, Anger, Envy and Greed.

Release, Disconnect and Heal All My Negative Energy Cords and Bonds that are Not to My Highest Good.

Release, Remove and Heal All My Old Negative Impacted Energies Within My Mental, Emotional and Physical Bodies Including My DNA.

Release, Remove and Heal All My Old Negative Ancient and Evil Rhythms and Replace Them with The Christ Light and Love.

Release, Remove, Clear, Heal and Seal All Openings and Pathways to Memories of All My Negative Encounters Relating to Negative Experiences In This Life and Any Other Lifetime and Close All Openings On All Levels.

Release, Remove, Clear and Heal All My Misperceptions and My Misgivings, Errors and Judgments Relating to Government, Business, Education, Control, War, Politics and Religions and the Rights of Others.

Release, Remove, Clear and Heal All My Fear of Death While Alive on Earth and After My Death Occurs, That is Causing Me to Be Stuck Struggling Trying to Analyze What Action to Take. Not Being Able to Take the Responsibility of Just **Letting Go and Letting God**.

Release, Remove, Heal and Eradicate All My Contamination with the Plague of Lower Mass Consciousness and Give Me New Pictures of Reality of a Higher Level and Nature.

Release, Remove and Heal All My Karma I Received When I Prevented Others From Experiencing Their Own Free Will Which Was In Violation of the Divine Plan and God's Gift of **Free Will**.

Release, Remove and Heal All My Fears of Death, Dying and Getting Older, Including: Fear of The Power of Guilt and Manipulation I have Over Others and They Have Over Me. Releasing My Need to Control or Be Controlled.

Release, Remove and Heal All My Distorted Beliefs and Behaviors that I'll Get Something for Doing a Special Deed for Others and That They Owe Me Something In Return. Release My Inability to Give and Receive Unconditionally.

Release, Remove and Heal All My False and Unrealistic Expectations that Come in so Many Forms of Approval from Others: Admiration, Compensation, Recognition, Money, Sexual Favors, Promotions, All Kinds of Material Things and All My Negative Ego-Based Desires.

Release, Remove and Heal All My Selfish Expectations, Lack of Commitment and Beliefs that I Do Not Need To Participate In My Personal Relationships, Because Others Will Provide All The Commitment, Time and Effort Needed And I Should Be Free to Do Whatever I Want, When I Want and With Whom, I Want In The Modern Day Male Dominated Society.

I Also Break All These Same Issues, Behaviors and Conditions in Me that I have been Unable to See or Admit that I Have and Therefore, I Do Willingly Break and Rescind Each and Every Vow and Agreement I Have Ever Made, that was Not for My Highest Good Nor of The Creator's Truth.

I Ask That All I have Requested for Myself, Spirit Also Clear, Release and Heal for All My Genetic Family and Relatives, Back to the Beginning of Time. Bring All Lost and Confused Souls to Their Rightful Place of Expression, Removing Their Fears, Illusions and Paranoia, if This is to The Highest Good of All and Their Spirits Agree.

I Put Into The Light Everyone in My Past, Present and Future, that I have had Any Agreements with That are No Longer to the Highest Good for All.

I Do Not Blame God, My I AM Presence, God/Goddess, "IS" The Creator of All That IS, Myself or Anyone Else in Any Way. I Forgive Myself and I Forgive All Others. I Release Any and All Energies or Entities Into The Light.

I Request My Divine Spirit to Surround and Fill Me with The White Light and Give Me New Pictures of Reality and I Request New Pictures of Reality for All These Energies and Entities that have been Released Into The Light. I Thank You All and I Set You Free with Love and Light! **I Claim My Freedom and Wholeness Now!**

I Ask Spirit's Assistance as I Give Myself Permission to Change All My Old Beliefs, Behaviors and Patterns as I Call Forth My Cognitive Awareness and I Claim and Choose to Be Fully Blended, Merged and One With the Following as I AM Turning on the Light Switches of: Worthiness, Total Recall, Memory, Intelligence, Compassion, Fearlessness, Detached Compassion, Abundance, Self Respect, Courage, Ideal Weight, Health, Pain-Free Body, Eye Sight, Vitality, Inner Sight, Soul Mate, Communication Abilities, Unconditional Love, Divine Complement, Peace and Harmony.

I Break, Release and Heal All Negative Energies that May be Stalking or Hovering Around Me, In this Room, In this Building or Above or Below this Building and I Call on Lord Jesus, Master Sananda, Beloved Moses, Beloved Malachi, Archangel Raphael, Archangel Michael, The Ascended Masters, My Guides and Council and Heavenly Host to Take You All to Your Rightful Place of Expression and Not Allow Your Return.

I Call on Saint Germaine and The Violet Consuming Flame of Forgiveness and Transformation to Envelop Me and My Family and All these Energies and Entities Dissolving Any and All Negative Karma that We have Ever Had. I Ask Quan Yin to Bless Us All With the Healing Powers of The Opalescent Flame.

I Ask My Mighty I AM Presence, God/Goddess, "IS" The Creator of All That IS, by The Force of Grace, to Manifest the Highest Possibilities of Me Integrating All I have Requested, So the Power of that Can Be Fully Manifested in My Experience Now!

I Request as Many Shields of Protection as Spirit Deems Appropriate at this Time.

I Now Ask to be Uplifted, Guided and Assisted as I See Myself Taking One More Step Up Jacob's Ladder of Light.

I Thank My Mighty I AM Presence, God/Goddess, "IS" The Creator of All That IS, Lord Jesus, Master Sananda, Mother Mary, Quan Yin, Beloved Moses, Beloved Malachi, Buddha, The Ascended Masters, Saint Germaine, Archangel Raphael, Archangel Michael, All My Special Guides and Council and The Heavenly Host for All The Healing My Family and I have Received!

I AM Grateful! I AM Grateful! I AM Grateful!
I Thank You! And So It Is! So Be It!
Amen! Amen! Amen!

**Please Allow Some Time Between Each Sacred Clearing Session So
Your Body Can Integrate All the Healing.**