

MY AKASHIC RECORDS

SACRED CLEARING SESSION 5

Healing and Merging Parallel Lives

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 Heaven Host 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.

For 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 Parallel Lives.

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

Release and Remove All My Blocks to Healing My Parallel and Separated Aspects of Myself.

Release, Remove and Heal All Blocks Preventing Me From Realignment With My Parallel Lives and with The Creator God of All There IS.

Release, Remove and Heal All My Blocks to Accessing **Creator Blueprints** which Control My 12 DNA Strands to Total Enlightenment.

Release, Remove and Heal All of My Birth and Death Traumas that were Ever Associated With My Parallel Lives.

Release, Remove and Heal the Inability for Me and All My Parallel Lives to Claim Our Free Will for Ourselves and Heal the Need for Us to Seek Outside Authority First.

Release, Remove and Heal All the Etherically Generated Codes Implanted on Multi-Atomic Levels that Created The Concept of Separation and the Feelings of Abandonment for Both Me and My Parallel Lives.

Release, Remove and Heal All My Negative Influence Created By the **Stacking Effect** of Negative Belief System One Upon the Other Throughout My Many Incarnations.

Release, Remove and Heal All My Negative Memories of Trying To Control My Fear of **My Parents Approval** which has Affected Both Me and My Parallel Lives.

Release, Remove and Heal All the Negative Feelings for Both Me and My Parallel Lives of the Fear of Being Different and Standing Up for Ourselves.

Release, Remove and Heal All the Negativity and Fear of Having To Step Forward for Both Me and My Parallel Lives.

Release, Remove and Heal All the Fear for Both Me and My Parallel Lives of Having the Feeling We Do Not Understand, Aren't Good Enough or Know Enough to Lead Others.

Release, Remove and Heal Me and My Parallel Lives so We No Longer Need to Feel It's Safer to Just be Quiet and Not Rock the Boat than to Claim Our Personal Power as a Master.

Release, Remove and Heal All Fear and Belief that Me and My Parallel Lives have of Feeling Too Intelligent to Accept Any Spiritual Concepts Because They are Not Tangible.

Release, Remove and Heal All My **Prove it to Me Attitude** which is Maintained by Both Me and My Parallel Lives.

Release Remove and Heal All the Fear Both Me and My Parallel Lives have of Making a Mistake.

Release, Remove and Heal All the Fear Both Me and My Parallel Lives have in Feeling Distortion in Separating what is of Humanity and what is of Spirit.

Release, Remove and Heal All the Fear Both Me and My Parallel Lives have in the Distortion of What is of Earth and What is of Upper Realms.

Release, Remove and Heal All the Fear Both Me and My Parallel Lives have in the Distortion of What Comes from Self and What Comes from Other Beings.

Release, Remove and Heal All the Inability for Me and My Parallel Lives to Accept, Understand, Grasp and Truly Know We are Divine and Part and Parcel With The God/Goddess All There IS.

Release Remove and Heal Both Me and My Parallel Life's Negative Ego which Controls Third Dimensional Knowledge and Blocks Our Ability to Obtain Creator Wisdom.

Release, Remove and Heal Both Me and My Parallel Lives Distorted Encoded Religious Beliefs Which Keep Us Separated from the God All There IS and Stuck In the Third Dimension.

Release, Remove and Heal All the Fear Both Me and My Parallel Lives Have of Authority Figures, which Influence Our Daily Life and Block Our Spiritual Growth.

Release, Remove and Heal Any and All Negative Misconceptions and Beliefs Related to the following: Denial of My Will, God's Will, Traces of Unworthiness, Feelings of Not Good Enough, Hurt Feelings, Blaming, Warring, Rejection, Not Belonging Any Where, Feeling Unloved and that Others Were Loved More Than I Was and that Everyone Including God Has Let Me Down, Was Not There For Me When I Needed It the Most, and that My Life is a Punishment. I Place All This In Lord Jesus Master Sananda's Hands and Ask for New Pictures of Reality Now!

Release, Remove and Heal All My Negative Thoughts, Words and Deeds I have Ever had in this Life or Any Life of Tyranny, Oppression, Slavery, Punishment, Injustice, Terrorism, War, Destruction, Using Others For My Personal Gain.

Release, Remove and Heal All My Fear of Opening My Heart Because It Might Get Hurt Again and Ending My Personal War Within Myself.

Release, Remove and Heal All My Overwhelming Impulse to Consume and Acquire Things. Please Sever My Connection to Greed, Acquisition and Consumption. Release the Fear of Really Knowing What I Need and Who I AM.

Release Remove and Heal All Blocks to Me Surrendering to the Desire to Remain Asleep and Not Wake-up Spiritually. Release the following: Ideas of Not Now, Shouldn't Be, Couldn't Be, Not Me, Can't Be, Too Simple, Not Good Enough, I'll Be All Alone, I'll Let Everyone Down, I'm too Busy, I'm Not Smart Enough, I'm Afraid.

Release, Remove and Heal All My Fear of Seeing Through Violence, War, Starvation, Hatred, Suffering, Felonies, Poverty, Personal Power, Control and Manipulation so I Can See Through God's Eyes Without Judgment.

Release, Remove and Heal All That Prevents Me From **Being Still**, Quieting My Mind and Releasing Memories of Past Desires.

Release, Remove and Heal All My Negative Beliefs, My Personal Internal War, Fear to Experience Suffering, Pain, Death, Being Alone, Illness, Financial, Struggle and Trusting Myself and Others.

Release, Remove and Heal All My Fear to Surrender to My Holiness, My I AM Presence and Who I Truly AM.

Release, Remove, Sever and Heal Me and All Humanity From the Negative **Power Structure** that is Blocking Us from Reaching Peaceful Resolution of All the Global Conflicts and Personal Suffering and Hardships on Planet Earth.

Release, Remove, Sever and Heal All My Ego-Centered Consciousness and Unconsciousness that Causes Me To Remain in Limitation, Separation and Confusion.

Release, Remove and Heal All My Negative Programming Based on Fear from **War Mongers** who use Their Power Based on Fear and Intimidation to Control Others.

Release, Remove and Heal All The Negativity Power and Control the **Self-Willed Ones** Have Over Me Breaking All Connection and Memory We Have Ever Had.

Release, Remove and Heal My Negative Programming Based on the **Structure of Popular Accepted Beliefs**, that Make Me Crippled by Boundaries, Rules and Control Devices Set in Place by Governments, Authority Figures and Religions.

Release, Remove and Heal All My Inner Contradictions and Antagonisms So I can have Psychic Harmony.

Release Remove and Heal All My Negative Ancient Stagnant, Vibrational Patterns that No Longer Serve My Highest Good.

Release, Clear and Heal Any and All Negative Distorted **Life Illusions** Associated with the Many Roles I've Played Since the Beginning of Time.

Release, Remove and Heal All My Fears of My Past and My Future And The Emotional and Mental Controls Others Have Over Me.

Release and Heal All Blocks in My Physical Organ Systems and Cerebrospinal System from Being in Harmony, so that My Latent and Dormant Capacities are Awakened and in Harmony with the Laws of Nature.

Release, Remove and Heal All My Negative Road Blocks, Including Shells of Non-Acceptance, Walls of Disbelief and Traps of Lethargy, Plus Shields that Block My Ability to Receive and Give Love, and the Implants that Cause Uncontrollable Fear and Guilt.

Release, Remove and Heal All My Shadows of Distorted Thoughts and Emotional Feelings.

Release, Remove and Heal All the Dark Negative Tunnels of Control and Manipulation that Block and Confuse Me and All Humanity from Creating Heaven on Earth.

Release, Remove and Heal Any and All My Negativity, Resistance and the Grip of Deception and Domination Over Me. Help Me Stay Detached from the Drama and Chaos About Me, In this World. Help Me Be Aware that My Safety is Not Outside of Me, that I AM Safe and I Can Trust My Own Feelings Deep Within My Own Heart.

Release, Remove and Heal All That Prevents Me from Reclaiming All of My Power of Free Choice and Will Power, that I Consciously and Unconsciously Gave to Governments, Spouses, Teachers, Clergy, Authority Figures, Parents, My Children, Doctors, Friends and Family.

Release, Remove and Heal All My Negative Thoughts, Words and Actions about Bigotry, Racial Distrust, Being Biased and My Inability to See and Accept these Issues In Myself and Others.

Release, Remove, Sever and Heal All the Earth's and Humanity's Connection with Negative Forces Currently Presiding Over Me, Over Earth and All Humanity, the Power Elite and the Secret Government. Remove the Cause Behind the Desire to Create War, Terrorism, Conflict and Competition Within All Humanity.

Release, Remove and Heal All The Negativity Ingrained in My Unconscious Mind that is filled with Primitive Ways of Thinking, that include Violent Domineering Ways which Re-Manifest Through Hatred, Conflicts and War, Struggle, Inability to Love Self or Others, Fear of Change, Death and Dying, Need to Control and Have Trauma and Drama in My Life.

Release, Remove, Dissolve and Heal All My Belief In Separation Within Myself, God, All Life Back to the Beginning of Time and My Divine Blue Print.

Release, Remove and Heal All My Blocked Emotional Traumas and Experiences, So I can Be Purified with as Much Ease and Grace as Possible. Please Release All My Fear that Arises during this Transitional Evolution Time on Planet Earth.

Release, Remove and Heal and Forgive Me From My Limited Selfish Perspective For All My Interference With Another's Will To Die. When I Prayed That They Live for My Own Selfishness and Inability to Let Them Go on Their Journey. I Forgive Myself and Ask Forgiveness from Them and All I Affected with My Own Selfish Ignorance. **Now I Know to Pray Only for the Highest Good For All Allowing the Divine Plan to Unfold With Ease and Grace.**

Release, Remove and Heal All My Self-Imposed Limitations, Barriers, Unhappiness, Unwanted Belief Systems. I Ask for New Pictures of Reality of My Radiant Wisdom Found in My Divine Blueprint.

Release Remove and Heal All My Misguided Beliefs About Death and Dying that have been Passed Down from Generation to Generation that Create Fear and Terror Within My Being.

Release, Remove and Heal All My Heavy Emotional Self-Imposed Responsibility and Need to Take Care of Others At My Own Expense. **Help Me to Let Go and Let God.**

Release, Remove and Heal All My Negative Reality Beliefs That Are Based On Third Dimension Illusions and Replace Them with the Higher Wisdom from My Divine Blue Print and with My Oneness With "IS" the Creator of All That "IS" and All Things.

Release Remove and Heal All My Beliefs of Limitation and Scarcity like Not Being Able to Have Enough Money, Love, Health, Family, Belonging, Needed, Wanted, Happy, Joyful, Peace and Harmony. Please Provide New Pictures of Reality for Me of Unlimitedness and the Ability to Function in Higher States of Awareness.

Release, Remove and Heal All My Negative Confusion, Including Hopelessness, Rebelliousness, Revengefulness, Disillusionment, Victimization, Ugliness, Lack of Discrimination, Feeling Lost and My Need to React Instead of Act from My Heart.

Release, Remove, Clear and Heal All My DNA that Has been Tampered with Causing Any and All My Incest Desires, Desires of Sex with Young Girls, Young Boys, Animals and Same Sex Relations. Please Clear and Heal All Genetic Mutations and Transference Between Species Within My Genetic Blood Lines and Remove All Parasitic Entities Interwoven into My Psyche.

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.**

**“The Longest Journey of Any Person Is The
Journey Inward.”**

Dag Hammarskjold