

MY AKASHIC RECORDS

SACRED CLEARING SESSION 6

Keys to Forgiving Self and Others

Read This Out Loud! There Is Power In The Spoken Word!

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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 Master, 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.

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 My Obsessing Negative Influences Connected with Me Forgiving My Self and Others.

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

Release, Remove, Heal and Forgive Me and All Others I have Hurt at a Soul Level.

Release, Remove and Heal Any and All My Memories of Any physical Abuse that I Received or that I Inflicted on Others.

Release, Remove, Heal and Forgive Me For Using Others For My Own Personal Gain and For Allowing Others To Use Me.

Release, Remove and Heal All My Memories of Mental Abuse that I Received and that I Ever Inflicted on Others.

Release, Remove and Heal Any and All My Memories of Being Used by Others for Their Own Benefit.

Release, Remove and Heal All My Deep Seated Anger Toward Myself and Others.

Release, Remove and Heal All My Memories of Emotional Abuse that I have Received and All that I have Inflicted on Others.

Release, Remove and Heal All My Memory of Psychic Attack from Others Who were or are Angry with Me.

Release, Remove and Heal All My History of Betrayal of Myself and Others.

Release, Remove and Heal All My Feelings of Inferiority I have About Myself and Others.

Release, Remove and Heal All My Feelings of Superiority Toward Others that I have and that Others have Toward Me.

Release, Remove and Heal All My Negative Soul Imprints that are Blocking Forgiveness of Myself and Others.

Release, Remove and Heal All My Emotional, Mental and Physical Bodies that Hold any Negative Reactions Toward Myself and Others.

Release, Remove and Heal All Blocks in My Auric Field that are Blocking Forgiveness of Myself and Others.

Release, Remove, Heal and Forgive All that is Needed for Myself and Others from Prior Lives.

Release, Remove, Heal and Forgive All My Unfinished Business with My Mother and Father and Family Members.

Release, Remove, Heal and Forgive Any and All My Guilt, Shame, Blame, Rage, Regrets and Disappointments I have for Myself or Others.

Release, Remove, Heal and Forgive All My Unfinished Business with My Family Members, Friends and Authority Figures and Others.

Release, Remove, Heal and Forgive Me for All the Trauma I Caused Others by My Religious Beliefs.

Release, Remove, Heal and Forgive All My Feelings of Unworthiness on All levels.

Release, Remove and Heal All Feelings of Hate and Revenge I have Toward Myself and Others.

Release, Remove and Heal All My Inability to Be Happy for Myself and Others.

Release, Remove and Heal All My Money Issues and Feelings There is Never Enough.

Release, Remove and Heal All My Feelings of Being Victimized and of Needing to Play the Victim.

Release, Remove and Heal All My Strong Distorted Emotional Beliefs which are Blocking My Ability to Balance My Feelings Including: Anger, Love, Trust, Betrayal, Abundance, Scarcity, Joy, Sadness, Male and Female Issues, Peace, Hope, Doubt, Positive and Negative, Retaliation, Hate, Revenge and Closed Mindedness.

Release, Remove and Heal the Cause of All My Current and Prior Relationship Issues.

Release, Remove and Heal All My Fears of Happiness and Success.

Release, Remove and Heal My Fears of Failure and of Being Ridiculed.

Release, Remove and Heal All My Curses Connected to Male and Female Issues.

Release, Remove and Heal All My Implants and Encodements Blocking My Ability to Forgive Myself and Others.

Release, Remove and Heal All My Trauma and Drama of Being an Actor's Kid, Preacher's Kid and being Expected to Be Better Than Other Children or Stand Out in a Crowd.

Release, Remove and Heal All My Childhood Traumas of Being Liked and Unliked, Being Sent to Different Schools, Churches, Can't Be Like Others, Always Being Singled Out, Unable to Be a Regular Person, Pressure to Be Better, Pressure to Conform to Father's and Mother's Standards and Must Set a Good Example.

Release, Remove and Heal All My Unrealistic Desire to Live in Fantasy World of Books and Stories that were Never Attainable.

Release, Remove and Heal All My Hurts, Fears and Pains of My Father and Mother Being Unfair, Setting Standards They Could Not Keep. Parents Seeming Like God to Me and Unreachable.

Release, Remove and Heal All My Fearfulness I Experienced as a Child Including: Must Behave, Must Not Cross Mother or Father, Could Not Pick My Own Friends, Fear of Death of Parents, Anger, Fear and Being Responsible for Parents Arguing.

Release, Remove and Heal All My Feelings of Guilt, Fear and Confusion in High School and Through Out Life over Masturbation.

Release, Remove and Heal All My Incidents and Events With Men, Women, Boys, Girls that made Me Feel Guilty and My Guilt over Premarital Sex.

Release, Remove and Heal All My Inability to Resist Women's and Men's Demands, Wishes and Wants, When They Are Not to My Highest Good.

Release, Remove and Heal All My Feelings of Guilt, Self-Hatred and Disgust over Affairs while Married and All the Pain it Caused Myself and Others.

Release, Remove and Heal All My Vows and Agreements that Say Women are Pure and Perfect While Boys and Men are Not.

Release, Remove and Heal All My Vows and Agreements that Say Men are Perfect and Pure While Girls and Women are Not.

Release, Remove and Heal All My Vows and Agreements that Say Women or Men are to Be Put On a Pedestal.

Release, Remove and Heal All My Guilt over Reading and Enjoying Pornographic Books, Magazines, Pictures, Movies and Strip Tease Shows.

Release, Remove and Heal All My Shame, Guilt, Fear and Terror Caused by these words: Who So Ever Looks On A Woman or Man to Lust After Her or Him Hath Committed Adultery With Her or Him Already In Her or His Heart.

Release, Remove and Heal All My Fear, Guilt, Shame and Terror over the Commandment, Thou Shalt Not Commit Adultery.

Release, Remove and Heal All My Fear, Guilt, Shame, Blame and Terror Relating to Masturbation and the Punishment for it.

Release, Remove and Heal All My Guilt, Shame, Blame and Feelings of Lust, and Desire for Girls or Boys when I was Young and after I was an Adult.

Release, Remove and Heal All My Anger, Disappointment, Rage, Bitterness, Judgments, All Unfinished Business that Caused Hurts, Pains, and Misunderstandings with My Husband or Wife, Father or Mother, Brother or Sister, God or Goddess, Employers or Employees, Boyfriends or Girlfriends and All Humanity.

Release, Remove and Heal All My Inability to Set Appropriate Boundaries with Husbands or Wives, Relatives, Friends and Acquaintances, Bosses and Employees.

Release, Remove and Heal All My Inappropriate Sexual Feelings, Desires, Thoughts, Words and Activities that I have Ever had Toward My Father and Mother, Brothers and Sisters, Sons and Daughters, All Other Relatives, Friends and Acquaintances, Bosses and Employees.

Release, Remove and Heal All My Inability to be Open and Forthright and Say What I Really Mean to My Husband or Wife, Relatives, Boss and Employees and All Acquaintances.

Release, Remove and Heal All My Reluctance to Follow My Heart in Spiritual Matters and to Carry Out Tasks as a Light Worker in a Timely Manner.

Release, Remove and Heal All My Fear That I AM Too Unworthy, Too Lazy, Too Unwilling and Too Egotistical to Be a Light Worker.

Release, Remove and Heal All My Compulsion to Analyze Everything and Not Just Let Myself Feel, Sense and Know.

Release, Remove and Heal All My Seeming Inability to Control My Eating, Drinking and Exercising So My Health Does Not Deteriorate.

Release, Remove and Heal All My Out of Balance Issues of Control, Pride, Conceit, Superiority, Ego and Unworthiness and All Issues of Feeling I Don't Fit In and I AM Not Good Enough.

Release, Remove and Heal All My Implants that Block Any of My Chakras from Opening 100% with Ease and Grace and Functioning to My Highest Good.

Release, Remove and Heal All My Implants and Devices that Keep Me Stuck in the Third Dimension Reality.

Release, Remove and Heal All My Inability to Forgive Myself and Others.

Release, Remove and Heal All My Need to Always Be Right and to Have All the Answers.

Release, Remove and Heal All My Inability To **Follow Spirit Without Hesitation.**

The Following is a Composite of what some of the People in our I AM Classes Brought Forth to Be Healed.

Please Release, Remove and Heal Anything and Everything Negative in My Belief System that is Not to My Highest Good that Says I Have to: Give Up My Personal Powers, Use My Gifts For Ego Gratification, Allow Others to Manipulate Me, Deny Myself Love, Gossip or Talk Behind Other's Backs, Allow Others to Control Me, Deny My Gifts and Remain Hidden, Feel Guilty and Struggle, Be Unable to Make Decisions and **That Says I Have To:**

Be Unable to Make Decisions, Be Overly Sensitive, Be in Control, Be Out of Control, Be Inflexible, Be Judgmental, Be Lonely, Be Angry, Be Jealous, Be Depressed, Be the Victim, Live in Fear, Be Perfect, Compete, Hold Back Feelings of Fear and Anger, Be Revengeful, Be Wrong, Be Right, Be Strong, Be Weak, Be Unable to Wait in Line Patiently, Reject Others, Be Rejected, Be Sick, Need Attention, Be first and **That Says I Have To:**

Be Best, Be Last, Need to Save the World, Be Responsible for Anyone Other than Myself, Be Educated, Be Smart, Be Ignorant, Brag About Self or Others, Be Shameful, Feel Abandoned, Feel I Don't Belong, Be Afraid of Disappointing Myself and Others, Hold on to My Childhood

Traumas, Feel Inadequate Sexually, Be Prejudiced, Be a Bigot, Be Abusive, Be Abused, To Lie, To Steal and **That Says I Have To:**

Cheat, Be Shamed, Be Unable to Communicate, To Fail, To Win, Be Unworthy, Be Unable to Follow My Spirit Without Hesitation, Be Unable to Be Happy for Other People, Feel Worthy Only Through Sex, Please People Without Pleasing Myself, Spend Money, Save Money, Have Co-Dependent Relationships, Be Co-Dependent, Need Approval, Give My Control Away, Be Competitive and **That Says I Have To:**

Feel Not Good Enough, Feel Better or Smarter Than Others, Be Impatient, Be Hateful, Be Opinionated, Be Homosexual, Be Bisexual, Be Egotistical, Deprive Myself, Think Others Know What is Best for Me, Feel Self-Conscious, Drink or Smoke or Overindulge in Anything, Suppress My Ability to Express: Joy, Happiness, Abundance, Spiritual Growth, Personal Power, Sexual Pleasure, Give Unconditional Love, Receive Unconditional Love, Live with Passion and Peace and **That Says I Have To:**

Hold on to Pain Received when Compared to Other Women or Men, Feel Controlled by Women or Men, Feel It's OK for Loved Ones To Do Things Behind My Back As Long As I Don't Look at it, Think I have No Sex Urges, Think I have Too Much Sex Urge, and **That Says I Have To:**

Think that Sex is Painful, Wrong and Too Much Trouble, Believe I Will be Hurt or Vulnerable if I Surrender, Think I Am Waiting for Prince Charming or for My Father Image, Think I Am Waiting for the Woman of My Dreams or for My Mother Image, Believe I Don't Need Men or Women in My Life, Believe there are Taboo Subjects that One Does Not Discuss, and **That Says I Have To:**

Believe My Privacy Will Be Violated, Believe My Confidence Will be Violated, Believe I Have to Take On Others' Pain, Believe I Have No Right to Be Angry About Other People in My Loved One's Life, Believe I Have to Put Up With What I Disapprove of, Believe I Can't Be Who I AM Because it Might Upset Someone, Believe I have to Be Nice in Order Not to Rock the Family Boat, and **That Says I Have To:**

Believe Anger in Men or Women is To Be Feared, Believe Pain is to Be Avoided, Believe I Can Not Make It Alone, Believe I Can Not Make It in Any Relationship, Believe I Can Not Be Happy with Someone New, Believe I Do Not Deserve To Be Happy, Believe I Am Not a Joyful Person, Believe I Can Not Be Vulnerable, Believe My Father or Mother is Wiser than Me, and **That Says I Have To:**

Believe that if I Speak My Truth, My Family Would be Heart-Broken and Reject Me, Believe I AM Still a Little Girl or Boy in My Parents' Eyes, Believe My Father or Mother has the Answers to My Questions, Believe My Truth would Make My Family Angry, Agree on the Surface But Inside Disagree with Things People Say, Believe Silence is Always Golden, and **That Says I Have To:**

Believe I AM Responsible for Anyone's Feelings, Believe I AM Restricted in My Time for Myself, Believe My Studies or Hobbies are Not as Important as My Need to Serve Others, Believe I AM Not Free to Live as I Wish, Believe What I Say or Do Could Have a Lasting Impression On Anyone, Believe the Money Generated in the Marriage is Not Mine, Feel Guilty for Any Affair I Have Had, and **That Says I Have To:**

Be Secretive About How I Spend Money, Believe Money is Scarce, Believe I Do Not Deserve Everything I Desire To Have, Think I AM Selfish, Think I AM Cruel, Believe My Words are Not Important, Act as Though I Have No Anger or Rage, Think the Only Way to Show Anger is By Turning It Into Tears, Think the Only Way to Show Anger is to Yell, Hit, Kick, Fight or Blame Others, and **That Says I Have To:**

Believe Anger Should Only Be Turned Inward, Believe that To Be Angry is Not Spiritual, Think I Should Never Lose Control, Think I Should Act Like a Mother or Father in My Relationships, Think I AM Not Discriminating, Play The Fool, Think I Can Not Express Feelings Appropriately, Believe I AM Not Compassionate, Be Blamed for Someone's Death or Divorce, Suffer, and **That Says I Have To:**

Get Even With Someone, Play a Sexual Game with Men or Women, Think I Do Not Take Responsibility When I Should, Act as Though I'm Naïve and Unaware, Manipulate or Use Trickery to Get What I Want, Taunt and Tease to Get My Way, Believe I Can't Openly and Honestly Deal With All My Feelings, Hold the Hurt and Anger Inside, Believe I Can Only Let Men or Women See My Best Side, and **That Says I Have To:**

Not Be the Real Me, Think I Can Not See Through All the Useless and Silly Games that I Have Played, Believe I AM Responsible for Anyone's Alcoholism, Believe I AM Responsible for Anyone's Addiction to Drugs, Think I AM the Sole Influence on My Family and Friends, Believe I Can Control the Behavior of Anyone, Buffer All Pain from My Family and Friends, and **That Says I Have To:**

Prevent a Teenage Pregnancy, Feel Guilty When My Family and Friends Do Things that May Hurt Them Emotionally, Feel Guilty if I Do Not Protect Others From the Consequences of Their Behavior, Know All the Answers to the Questions in the Lives of My Family and Friends, Believe I AM Responsible for Anyone's Marital Break-Up, Feel Hurt Myself but Others Should Not, and **That Says I Have To:**

Sacrifice My Existence for My Family and Friends, Be a Perfect Example of How to Live, Always Be Positive, Well, Cheerful and Comforting for My Family and Friends, Be Less Than Authentic So No One Will have to Spend Any Time Worrying About Me, Believe Sorrow would Destroy Me, if I were to Lose One of My Family or Friends, Believe I Could Ever Really Lose Anyone, and **That Says I Have To:**

Believe I Would Die, If Life Becomes Too Sad, Believe My Worth in Life is in Being Needed, Believe I'm Not Worthwhile if I AM Not Care Giving, Believe there is No Joy in Just **Being**, Believe I'm Supposed To Be **Doing** Something, Believe I will Hurt Someone Else, if I Follow My Spirit, Believe I will be Considered Out of Control, if I Follow My Spirit, and **That Says I Have To:**

Be First in a Relationship or I Won't Participate, Settle for Whatever is Left After Everyone Else has Done What They Want, Believe Men or Women have the Right to Do What Ever They Want and I Just Have To Accept It, Believe What I Think Doesn't Matter, Think I Can Not Take Anymore, Know What Is Best For Everyone, Repeat My Mistakes, and **That Says I Have To:**

Believe God is to Blame For What Has Happened to Me, Believe My Husband or Wife will Treat Me the Same Way They Treated Their Ex-Husband or Wife, Believe I Should Leave,

Believe I Should Stay, Believe God has Abandoned Me, Be Responsible for Everyone Understanding Where I AM at in My Spiritual Development, Take Responsibility for Not Understanding, and **That Says I Have To:**

Believe I Can Fix Him or Her, Believe My Heart has to Ache or be Subservient To Be Loved, Always Know the Correct Answer, Fear Violence and Yelling, Believe None of This Is Worth It, Keep Feelings of Pain or Sorrow, Joy or Happiness to Myself Lest I Upset Someone, Believe There is a Right or Wrong Way to Do Anything, Be Responsible for People Who Try to Commit Suicide, and **That Says I Have To:**

Allow Anyone To Abuse Me or Lie to Me or Cheat On Me or Steal from Me or Molest Me or Rape Me or Harm Me In Any Way, Allow Anyone in Authority to Shame-Base Me.

Release, Remove and Heal the Reflection and Unresolved Original Cause of My Denial of My Guilt and Feelings of Powerlessness, Rage and Hate.

Release, Remove and Heal All My Need To Suffer on All Levels, My Concept and Fears of What Death Is, Traditions, Religious Ceremonies, Feeling Guilty About the Possibility of Ever Enjoying Life Again, All Programmed Need to Suffer or Cause Suffering, Self Judgment on What Is Appropriate and Inappropriate and My Need to Be Right and to Have Judgments.

Release, Remove and Heal All the Damage Caused by These Denials by Helping Me to Allow My Rage to Move Through My Body With Ease and Grace and be Dissolved in The Light.

Release, Remove and Heal Any and All My Negative Beliefs that Keep Me from Recognizing That My Will and My Body are Equally Divine Parts of God.

Release, Remove and Heal All that Blocks My Unconditional Acceptance of My Feelings.

Release, Remove and Heal All Negative Memories and Actions at My Core Cell Level that I have Experienced or Inflicted on Others, Including: Murder, Torture, Any and All Atrocities, Back-Biting, Back-Stabbing, Fault-Finding, Contentions, Negative Turmoil, Pain, Suffering and Betrayal.

Release, Remove, Heal and Balance All My Lack of Acceptance in Myself and Others, My Feelings that God has Rejected Me in Any Way and, My Fear of My Own Intensity as a Divine Being. I now Reclaim All My Balanced Power that was in a State of Denial.

Release, Remove and Heal All My Negative Bias about My Actions and Beliefs that **I AM Male or I AM Female**, and **that One is Better or Smarter**, than the Other, Releasing All Competition and Survival Issues.

Release, Remove and Heal the Original Cause of My Negative Role of Denial I have Played in Shaping Humanity Behaviors.

Release, Remove and Heal All Outmoded Beliefs, Dysfunctional and Restrictive Relationships, All Harmful Addictive Negative Habits and Thought Forms and Patterns.

Bless, Heal and Reconnect Me with **God's Will** that Became Lost During the Evolutionary Process so I AM Not Living in the Past.

Release, Remove, Clear and Heal All My Old Hatreds, Old Patterns of Self-Judgment, Despair, Unworthiness, Guilty, Not Good Enough, Can't Do It Right and Victimhood Programs.

Release, Remove and Heal All My Denials so I can Accept them and Not have Any Energy Outside of Acceptance. I AM Willing to Release All that I have Denied and that I AM Denying.

Release, Remove and Heal All My Negative Behavior Programming and Conditioning that Caused Me To Refute and Rebut Others Opinion and Arguments Without Thinking.

Release, Remove and Heal All My Negative Traumas and Dramas that are Still Haunting Me from Childhood with Ease and Grace.

Release, Remove and Heal Anything that Blocks My Ability for Self-Sufficiency.

Release, Remove and Heal Any and All My Negativity Including the Following: Toxic Shame, Controlling Relationships, Limiting Belief Systems, Lust, Laziness, Greed, Negative Habits and Patterns, Attachment to Desired Outcomes, Demanding, Impulsive, Materialistic, Excessive Rejecting, Stubborn, Possessive, Condescending, Seductive, Preoccupied, Insisting, Lustful, Manic, Inflexible, Arrogant, Harassing, Unaware, Indulgent, Attacking, Dictatorial, Exhausting, Rigid, Resentful, Petty, Prejudicial, Gullible, Forceful, Reserved, Pompous, Permissive, Coercive, Obsessed, Righteous and Dictatorial Behaviors.

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, All 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.**

**“What You Are Is God’s Gift To You;
What You Make of Yourself Is
Your Gift To God.”**

George Washington Carver

