

**MY AKASHIC RECORDS**  
**SACRED CLEARING SESSION 7**  
**Clearing and Balancing the Four Lower Bodies**

**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.

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 My Four Lower Bodies.

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

Release, Remove and Heal Any Blocks to Aligning All My Four Lower Bodies.

Release, Remove and Heal All My Energies Blocking the Capacities of All My Four Lower Bodies to Receive Divine Guidance Back to Mastery and Balance.

Release, Remove and Heal All My Encodements that Block Integration of New Frequencies of Light into My Four Lower Bodies.

Release, Remove and Heal All My Blocks to Balancing the Spins of My MerKaBah Light Vehicle.

Remove and Heal All My Blocks in Bio-Transducers Affecting Reception and Translation of Light Languages that Assist in Balancing My Four Lower Bodies.

Release, Remove and Heal All My Encodements and Implants that Prevent My Mental, Emotional, Physical and Spiritual, Ego and Soul Bodies from Shifting from Personal to Transpersonal Relationships.

Release, Remove and Heal All My Cellular Encodements that Block and Affect My Emotions and Survival Patterning in and around My Physical Body.

Release, Remove and Heal Any And All My Blocks to Bringing Energies and Multi-Dimensional Perceptions Into My Physical Body.

Release, Remove and Heal All My Karmic Encodements that Prevent Other Spiritual Paths from Becoming Fully Integrated Into My Body Consciousness.

Release, Remove and Heal All My Blocks in My Sub-Conscious Mind.

Release, Remove and Heal All Blocks In My Spiritual Ambitions and My Spiritual Significance So They Can Come into Balance.

Release, Remove and Heal All My Blocks in Inter-Dimensional Monetary Flow Affecting Quantum Wealth and Happiness in My Present Life.

Release, Remove and Heal All My Negative Encoded Holograms in My Body Galactic Genetic Fields that are Blocking the Balancing of My Four Lower Bodies.

Release, Remove and Heal All My Blocks to Accessing Creator Truth which will Assist Me in Balancing the Four Lower Bodies.

Release, Remove and Heal All My Etheric Masses that Hold Memories of Genetic **Past-Life** Diseases that Affect My Current Life and My Ability to Balance My Physical Body.

Release, Remove and Heal Any Etheric Masses that Hold Memories of Genetic **Present-Life** Diseases, including those Not Cleared Because of Vaccinations.

My Intent is to Bring into Balance and Mastery the Third Dimension Duality. Please Assist Me to Release and Heal All that is needed to **Bring All the Following into Balance:** My Talking and My Listening, My Judgments and My Non-Judgments, My Leading and My Following, My Ruling and My Obeying, My Self Confidence and My Lack of Confidence, My Negative Ego and My Positive Ego.

**Also Bring the Following into Balance:** My Vengeance and My Mercy, My Rejection and My Acceptance, My Open Mindedness and Closed Mindedness, My Third Dimensional Life and My Spiritual Life, My Rest for My Spiritual Body and My Lack of Spiritual Peace, My Rest for My Emotional Body and My Lack of Emotional Peace, My Rest for My Mental Body and My Lack of Mental Peace, My Rest For My Physical Body and My Lack of Physical Rest.

**Also Bring the Following into Balance:** My Abandonment Issues and My Belonging, My Control Issues and My Being Out-of-Control, My Material Desires and My Spiritual Desires, My Victimhood and My Victimizing, My Self Control and No Self Control, My Forgiving Self and Forgiving Others, My Inferiority with My Superiority, My Male and My Female Energies, My Mother and My Father Issues.

**Also Bring the Following into Balance:** My Giving and My Receiving, My Worthiness and My Unworthiness, My Guilt and My Guiltlessness, My Humanness and My Divineness, My Fear and My Fearlessness, My Fear of Success and My Fear of Failure, My Distrust and My Trust, My Perfection and My Imperfection, My Resentment and My Acceptance, My Pride and My Humility.

**Also Bring the Following into Balance:** My Upset, My Calmness, My Envy, My Contentment, My Anger, My Happiness, My Greed, My Satisfaction, My Work, My Play, My Fear of Death, My Desire for Life, My Illness, My Health, My Arrogance, My Meekness, My Use of Power, My Influence, My Blame, My Shame, My Psychic Powers and My Appropriate Action.

**Also Bring the Following into Balance:** My Addictions, My Good Habits, My Prejudice, My Tolerance, My Hatred, My Love, My Shame, My Self Respect, My Lust, My Laziness, My Higher Energy, My Gluttony and My Self Control.

Release, Remove and Heal All My Discordant Mental and Emotional Patterns of Fear, Hatred, Judgment, Intolerance, Anger, Greed, Selfishness and Every Other Thought or Feeling that Does Not Reflect Love and Reverence for All Life.

Release, Remove and Heal All My Lust for: Power, Authority, Influence, Money, Earthly Goods, Males, Females and Any Things that Are Not to My Highest Good.

Release, Remove and Heal All My Hate For: Self or Others, for Being Weak in the Face of Temptation, for Allowing Myself to Indulge in Many Sins, Errors, Bad Judgment and Stupidities. Hatred for Others who Belittle Me, Get the Best of Me in Any Way, Shame Me,

Embarrass Me, Find Out My Weaknesses, Sins, Errors, My Dark Secrets and Unspeakable Deeds.

Release, Remove and Heal All My Envy of Those Who Get Ahead of Me at Any Time or in Anyway, such as on the Highway, in Lines, in Being Served in Restaurants, in Being More Skillful in Games and Sports, In Being Stronger, Healthier, More Youthful, More Popular, More Wealthy, More Personable, Better Life, Less Sinful and Higher Spirituality.

Release, Remove and Heal All My Gluttony for Food, Drink, Praise, Love, Sex, Friendship, Money and Possessions.

Release, Remove and Heal All My Excess Pride in My Appearance, Body, Health, Abilities, Wisdom, Education, Knowledge, Freedom, Successes, Respect of Others and My Heritage.

Release, Remove and Heal All My Stupidity in Not Doing what I Know is Right or Best or Appropriate, in Ignoring My Common Sense and Experiences, in Clinging to Habits that are Harmful, Even when I Know They are Harmful, in Not Avoiding Temptation Even when I Recognize It, in Not Using My Wisdom, Knowledge to Assist Those Around Me.

Release, Remove and Heal All My Laziness in Wasting My Time and Energy and Abilities, in Not Doing Those Things I Know are for My Good or for the Good of Those around Me, in Delaying Doing Things that Need Doing, in Postponing Decisions that Have to be Made Sooner or Later, in Letting Others Do Things I Could and Should be Doing.

Release, Remove and Heal All My Sexual Issues Including: Inappropriate Desires for Males and Females, the Feeling that Sex is Wrong or Dirty or Unclean and Feeling Inadequate Sexually.

Release, Remove and Heal All My Money Issues, Thinking it is More Important than it Really is, Hoarding it, Wasting it, Using it Unwisely, Allowing it to Rule My Thoughts and Life in Many Ways and at Many Times.

Release, Remove and Heal All My Greed for Money, Power, Influence, Material Possessions, Success, a Bigger Share of Anything and Everything that Others Get, Love, Friends, Praise and Spiritual Development.

Release, Remove and Heal All My Phobias, Fear of Heights, of Closed-In Places, Failure, Not Being Liked, of Death, Sickness, Accidents, Losing Husband or Wife, Friends, Loved Ones, Relatives, Respect, Money, Health, Abilities, Independence, Drowning, Being Left All Alone and Unloved.

Release, Remove and Heal All My Fear of Death for Myself and My Loved Ones and All Animal and Terrorist Attacks.

Release, Remove and Heal All My Need to Feel Responsible for Other People's Pain Because of Things I've Said or Done to My Husband, Wife, Sons, Daughters, Friends, Relative, Co-Workers, Bosses, Subordinates, Neighbors and All Those who Serve Me such As: Waitresses, Mailmen, Paper Boy, Clerks and People of Other Races, Religions, Sex and Age.

Release, Remove and Heal All My Unworthiness Feelings of Being Sinful and Too Unworthy, To Be Loved or Respected or Be Considered a Friend, Not Worthy of Success or Health or Peace

and Quiet in My Life, To Live a Long Life, Unacceptable in the Eyes of God and Others because of Weaknesses, Errors, Mistakes, Sins, Broken Promises, Lack of Character, Lack of Will Power, Feeling Unlovable, Unable to Stand Up For Myself And For Others.

Release, Remove and Heal All My Behaviors of Victimization, Allowing Others to Control Me Including: My Father, Mother, Husbands, Wives, Children, Bosses, Employees, Friends, Neighbors, Women, Men, Sisters, Brothers, Relatives, People In Positions of Power or Authority, for Anyone to Take Advantage of Me and Not Being Able to Set Appropriate Boundaries.

Release, Remove and Heal All My Co-Dependency Issues with Husbands, Wives, Family, Friends, Bosses, Employees, Neighbors and All Others.

Release, Remove and Heal All My Judgments of Self and Others, Looking on Everything as Black or White, Good or Bad, Holy or Sinful, Right or Wrong, Legal or Illegal, Looking Down on Those who are Less Fortunate in Position, Wealth, Health or Station in Life. Condemning Others for Mistakes, Errors, Sins, Bad Habits, Evil Ways or for Giving In to Any Judgement, Thinking Myself Better than Others for Whatever Reason and Thinking Myself Less than Others for Whatever Reason.

Release, Remove and Heal All My Disgusting Negative Opinions when I See Others Eating or Chewing with Their Mouth Open, Chewing Gum, Using Toothpicks, Slurping Food or Drink, Putting on Make-Up in Public, Playing Music I Don't Like Too Loudly, Walking or Running on the Street Instead of the Sidewalk, Blocking My Way On the Road, Causing Me to Wait in Line, Disagreeing with Me In Public, Abusing Children and Others, Braggarts, Egotists, Con Artists, Fast Talkers, People Talking Real Loud on Cell Phones in Car, Restaurants and Public Places, Anyone Who Isn't Doing Their Job the Way I Think It Should Be Done and Anyone Who Doesn't Like Me or Treats Me as Someone Unworthy.

Release, Remove and Heal All That is Interfering with My Re-Connection to My Divine Self.

Release, Remove, Sever and Heal All My Obedience Control Devices and Programming that Cause Me to Follow Without Question or to Think Automatically and then Volunteer to Do things I would Not Do Otherwise.

Release, Remove and Sever All the Power and Control My Negative Ego-Self Has Over Me and Bring My Ego into Balance and Functioning for the Higher Self.

Release, Remove and Heal All My Energies that have been Altered and Changed so Others could have Control Over Me and Return All Back to My Divine Original Blueprint.

Release, Remove and Heal All My Old Beliefs that Block Me From Realizing I AM an Integral Part of the Vaster World and Galaxy. I Willingly Release All that is Holding Me Back from My Spiritual Freedom.

Release, Remove, Heal and Transcend All the Blockages and Lower-Vibrational Energies that Humanity Has Created Out of Ignorance, Including: HARRP's Extremely High Auroral Radio Frequency Experiments, Chemicals In Our Water, Gardens and Bodies, All of Which Effect Both the Earth and Humanity.

Release, Remove and Heal All Blockages and All My Negative Experiences That I Have Felt Were Karmic Webbing From the Earth Plane to Other Galaxies, to the Pleiadians and to Other Star Patternings. I Release My Grip Upon Them and Ask For New Pictures of Reality and the Ability to Know Myself and That All People Can Know That I AM Source and So Are They.

Release, Remove and Heal All My Limiting Beliefs and Programming, Including: Subconscious Negative Messages, Inherited Genetics Based on Lack, Tunnel Vision, Un-Evolved-Narrow-Mindedness, Constricting Thoughts, Confusion and Blocks to My Spiritual Growth. Please Open the Gateway To The Fifth Dimension and Higher, so I Can Remember and Claim Who I AM Now with Ease and Grace.

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 For 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, Divine Knowledge, Light Body, Fifth and Sixth Dimensional Awareness, Universal Mind, Inner Sight, Cosmic Rays, Unity Consciousness, Sacred Marriage of Self, Healing Abilities, Twin Flame, Divine Plan, Peace, Love, Harmony, Divine Complement, Golden Kundalini Energy, Crystals, My Higher Self, My Guides, "IS" The Creator, Lord Jesus, Master Sananda and The Heavenly Host.

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.**

**“It Is Good To Have An End To Journey  
Toward; But It Is The Journey That  
Matters In The End.”**

**Ursula K. Guin**