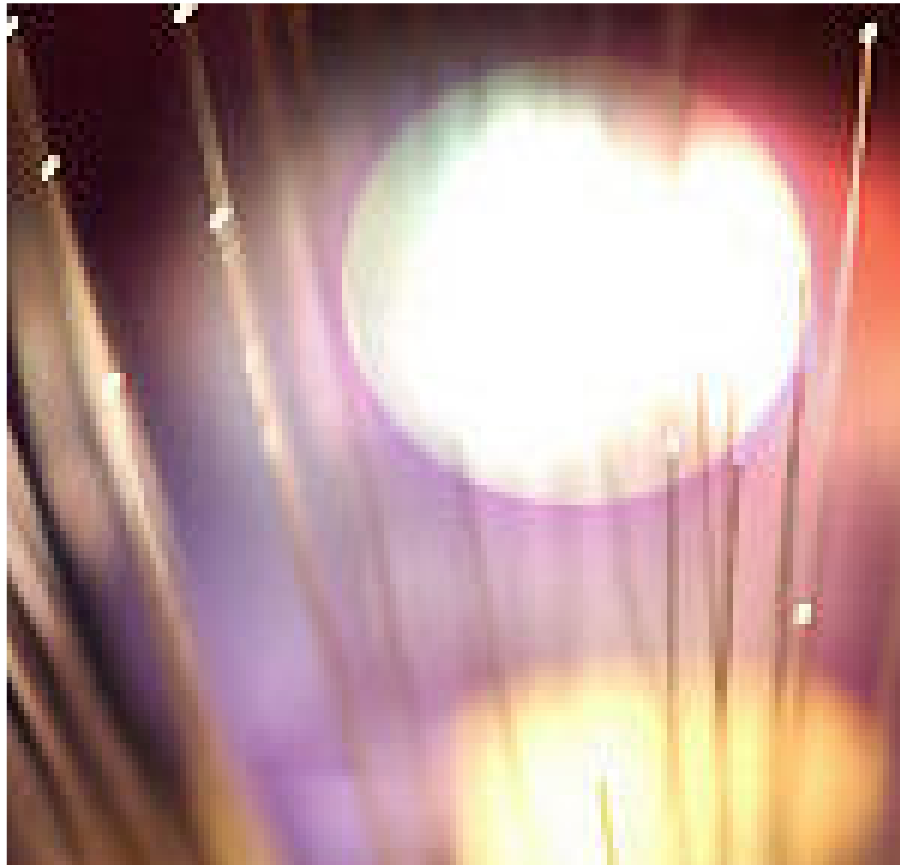


Tools For The Next Step on the Ascension Path - Book 2 -

Soul Contract Addendum Changes

A How To Manual On
Making Changes to Your Soul Contract



Realized by Li Lan Chan
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Tools For The Next Step On The Ascension Path

- Book 2 -

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Introduction to Soul Contract Changes

In the beginning, before we incarnated, we sat down with our Soul Contract Review Board to write down in our soul contract what issues, themes, lessons, and experiences we wanted to experience, and then, when we finished the incarnation, we went "Home". After a time of rest and relaxation, we would decided that it was time to go for another round... we would sit down with our Soul Contract Review Board to write down our new soul contract what new issues, themes, lessons, and experiences we wanted in the next life. When they asked us what we wanted to do about the lessons and odds and ends that we didn't finish from our last incarnation... So being "Home" where everything is in a state of Perfection, and feeling pretty good from our "R & R", we said "Just leave it in, I'll take care of it -piece of cake!". That's when the problems began!

Each time we incarnate, we receive a new body (our hardware). We agree on new Soul Contracts (our software). Now the analogy could be compared to our computers filled with programs, each of which is designed to carry out certain functions, and overtime (incarnations), we are constantly deleting, updating, and adding various programs (soul contracts) to new hardware.

Adding our old software to new hardware and new software...and this times however many incarnations...well, as you all know, that can lead to interesting, frustrating glitches, problems and conflicts between the different softwares and hardwares.

There are now too many conflicts in the Soul Contracts of those of us old souls who have been here forever...

It is a special dispensation at this time for us older generation Lightworkers to be able to make Soul Contract changes while still in an incarnation.

This was not possible in the past.

In the past we could add items into our Soul Contracts without being able to delete items -except when we were "Home" and just before we start for a new incarnation...

But then we were usually feeling good and would usually say" just leave it in -when asked about old items from previous incarnations" And when we got here, go, "Oh My God, what did I get myself into?!"

One can tell that someone is experiencing Soul Contract conflicts when they work on their "stuff" over and over again, from every angle, and they can't get rid of it, or it never lasts...and then comes back to haunt one again.

When you change your Soul Contract, everything shifts for you in that area of the changes.

The conflicting issue usually shows up once more for you to work through, though this time, once they are worked through, it is done! This does not mean that you will be free, without issues or problems in your life.

It just means that as issues come up, you will be able to deal with and release them without getting caught in an endless and never ending loop of "working" your "stuff".

The changes, when they manifest are very deep, profound, and life changing. Often manifesting in surprising and unexpected ways.

The time it takes to manifest changes can range from instantly to still on-going.

I have gotten really good responses to the process from the people that have done them.

So, just following the directions in the instructions page, and use my template as a guideline.

If you make changes to the addendums from my Template, make sure you are **very precise** in your wording and phrasing!!!

The miscellaneous Addendum page is meant as a guideline for people to see how to ask for something personal...

If you wish to change things in your relationship, you need to decide if you are wanting to change the contracts you have with the one that you are in a relationship with – in which case you'll want to work with the Karmic releases (**in Tools For The Next Step On The Ascension Path Book 3 –A Compendium of Karmic Releases –a Manual of Guided Karmic Release Processes**), or, if you wish to change the nature of your issues with relationships in general. You also need to look at all the other addendums to see which applies to you in your relationship.

And please check with your highest guidance and the Highest I Am Self that you wish that this technology is appropriate for you at this

time! Because the results can cause quite an upheaval in your lives if you are not properly prepared!

You know what they say, "Be careful what you ask for..." The results may not show up in the way that you expect...

Love & Blessings
Li Lan

I recommend signing up for my email list as I send out updates and new addendum changes as they come through. And I am not always able to update this manual online.

Instructions- Soul Contracts Changes

If you want help with connecting to your Guides or Soul Contract Review Board, let me know to set up an appointment.

Otherwise the steps are:

1. Connect to your Higher Self, your highest guides, and Highest Angels.
2. Ask them which of the addendums are appropriate for you to take on. Make any changes that your guides & Higher Self tells you to. Be very precise in the wording and phrasing. Think through all possible implications etc...Think it through! Go sentence by sentence, checking each sentence with your guidance. **The Required Addendums 1-3 must be included as is for the rest of the addendum changes to work.**

If you make changes to the addendums from my Template, make sure you are **very precise** in your wording and phrasing!!!

3. Handwrite the addendums that your guides & Higher Self have guided you to take on, on paper with the actual date and sign your name to it.

This handwritten part is extremely important! It is not enough to cut and paste it on your computer. The act of hand writing it out makes sure that you own it and puts your energy into it. Also make sure to not only read what you are writing, but to really **feel** what you are asking for. The Addendums can also be done as a daily affirmation...

This step can take some time for different people....

When ever you are done with step 3, continue on then to the next step.

4. Do the Connection to your Team.
5. When connected, double check that all present are who they say they are.

6. Present your Soul Contract Addendum changes to the Board, by reading it out loud to them, one addendum at a time.

7. Ask them if they accept each addendum as is, or if they would like to make changes, or additions.

8. Follow their instructions for changes and/or additions... **The changes cannot be implemented until it has been cleared/approved by Your Contract Review Board!** Once they have been approved, the Universe is proscribed to implement them with or without your co-operation! It is of course much better with... So think it through for all implications before you ask for it to be approved! Even if it's something that they may want you to add! You can always refuse because you have free will!

9. When they /you are done, and they approve and accept the changes, thank everyone present for their love and support. Update any changes into your handwritten document.

If you add the Addendum for Power, after it has been approved, do the Process to Claim Your Power p. 75 3x to set it.

10. Thank all the member of your team. Then ask to be disconnected to your Team in the order that you connected and then rest for at least 1 hour to allow the teams to finish up.

11. Put document in a safe place.

There are also two Karmic Releases that are relevant and important to do after you have completed your Soul Contract Addendum changes. They are:

"Canceling Karma and Karmic Contracts that Prevent Soul Contract Changes from being fulfilled", and

"Canceling Karma and Karmic Contracts Which keep me from fulfilling my Service to Creator"

They are to be found in "Tools for the Next Step on the Ascension Path- Book 3 –A Compendium of Karmic Releases- a Manual of Guided Karmic Release Processes".

When you are done with the Soul Contract Addendum changes, I recommend that you download Manual #3 and do the Karmic Releases that complement and complete the work in this Manual.

Connecting to your Team

To start:

Make sure that you are somewhere where you can be uninterrupted. Set a circle of protection around your space by opening a Coning (an energy vortex).

State: I wish to open up a "Soul Contract Addendum Changes Coning" now.

I ask to be connected now to the Overlighting Deva of Healing.

I ask to be connected now to the Spirit of Nature- Pan.

I ask to be connected now to Grace Eloha.

I ask to be connected now to my Soul Contract Review Board.

I ask to be connected now to the Lords of Karma

I ask to be connected now to the Divine Director.

I ask to be connected now to My Highest Guides and Highest Angels.

I ask to be connected to my WB (White Brotherhood) Medical Team. (or any other healing teams that you usually work with.)

I ask in advance that Drainage be established for all releases, clearings, deletions, and Home sendings.

I ask to be connected now to my Higher Self, the consciousnesses of all my Bodies, my Higher Self and IC (inner Child) as a Unit.

I call upon Archangel Michael and Ashtar Command to surround the space where I am and set it as a sacred space that none may enter unless invited, on all levels, dimensions and realities.

Ask if the coning is now open?

If yes, ask then if all team members are now present.

If yes, you can start.

Required Addendums

The Following Addendums must be included for any addendum changes to work. They are the addendums that makes it unnecessary to track down what in your soul contracts are causing you problems. **These Addendums must be written as is; no changes are to be made to them!**

All changes must be stated in the present tense & 1st person singular. Changes must reflect an on going event, situation, or state.

1. All New addendums when passed and agreed upon are implemented immediately.

2. All passages in my Soul Contract that blocks the implementation/ attainment/ achievement of these new addendums are removed, canceled, nullified, and deleted immediately, as conditions & circumstances have changed since the original Soul Contract was conceived and implemented.

3. The Flow of synchronicity between my wishes/ desires/ needs and the Divine Flow is re-established and all blockages to the flow are removed immediately.

Addendums for Lightworkers

The following addendums are mainly for Lightworkers and those who are in Service.

1. I am consciously aware of being connected at all times to my Father/Mother God I Am Presence.

I am able to transfer/transmit that awareness to all beings – as appropriate.

2. All communications, from all levels, dimensions and realities are received and translated easily, effortlessly, clearly, and precisely by my bodies into pictures that I can see, sounds that I can hear and words that I can understand.

3. I am supplied all powers and abilities that I may need to accomplish my assignments, on all levels, dimensions, and realities, and the knowledge and guidance to use said powers and abilities in ways that are appropriate, in the Divine Plan, for the Highest Good of all, and where possible, with harm to none.

4. I have interesting assignments that are interesting & challenging in

good ways that develop my abilities in Service for Creator, for my highest good, the highest good of all, and with harm to none - where possible.

I am considered to be on assignment at all times in this lifetime.

5. The assignments bring me into contact in interesting, loving, interactions with beings that mutually support us, in joyful and nourishing ways - in new and different ways, drawing me closer to my Soul Family and other beings of like Frequency so as to experience Family and support on all levels, dimensions, and realities.

6. I have all the support that is needed to fulfill my assignments and all my creation desires – in all ways - financial, personal, etc. on all levels.

And all changes and shifts to fulfill the assignments and creations happen easily, effortlessly, in joy.

Protection

The reason this works so well is that we do **not** make ourselves invisible!

Because invisibility is traceable!

There is a blank/vacuum in the energy background that gives you away.

When you make yourself **ignorable & Forgettable**,

You are noticed,

Then you will be totally ignored,

and then immediately forgotten that they ever noticed you in the first place! (Who ever *they* are...)

1. I am ignorable and forgettable, protected and safe at all times, on all levels, dimensions and realities from any and all that would harm me – i.e. all my bodies, all that belongs to me, all that connects me to the inner & outer worlds, all that connects from the inner & outer worlds back to me in any and all ways.

And I am ignorable and forgettable, protected and safe at all times, on all levels, dimensions and realities from all that would interfere with my assignment and any and all areas of my life – i.e. all that belongs to me, all that connects me to the inner & outer worlds, and all that connects from the inner & outer worlds back to me.

Bonus Addition: This practice is for those who do not choose to make this addendum change.

Ignorable & Forgettable
(The Practice – can be done daily)

**" Oh thou, Creator & Sustainer of ALL THAT IS,
the I AM THAT I AM.**

**I call upon my highest (White Brother/Sisterhood, other guides
of the Christed Light... fill in who you are affiliated with...)
guides,**

My Angels,

and Archangel Michael and his Heavenly Hosts of Light,

To make me,

All that belongs to me, (this means all that you are, and all things material
and immaterial that belongs to you...)

All that connects me to the outer world, (things such as phone lines,
emails and internet connections etc...)

and All that connects from the outer back to me: (all of the above,
plus communications from others, etc..)

Make us All

Ignorable, and Forgettable

to :

**All Negativity, Negative Entities, Energies, Thought-forms, and
Emotions.**

**All Misaligned and Mis-qualified Entities, Energies, Thought-
forms, and Emotions.**

All Parasitic Entities, Energies, thought-forms and Emotions.

Make us All

Ignorable, and Forgettable

to :

**All those of Negativity
and Negative Intent.**

**And make us All
Ignorable, and Forgettable
to :**

**All those of Negative authority;
their Agencies,
their Agendas,
and their Agents:**

such as the (Police, the IRS, NSA, the Illuminati -fill in the blanks with your own ...)

etc...(Etc. is here so that your guides will know that those that you mentioned are just examples so that they know to include in the list ALL whom you would like to be under the radar from...)

**Amen (So be it!)
And so it is!"**

We do this once every 24 hrs.

Health

1. All my bodies on all levels & dimensions are in perfection of Balance & Harmony that is Health.

My Physical Body is healed of all imbalances, pains, and all previous injuries from all lifetimes, levels, & dimensions.

All lessons connected with Health, and being able to maintain it, in all my bodies are considered learned.

I experience perfect radiant health and vitality.

All that blocks my bodies from achieving and maintaining perfect radiant health and vitality and all energies and memories that vibrate below pure Divine Christed Love & Light levels are instantly transmuted into the highest & clearest light energies to feed and nourish my bodies.

My bodies, especially my physical, emotional and mental bodies, are adaptable and flexible in response to all changes.

All changes take place easily, effortlessly, and calmly.

Check with your Highest guidance if the following is appropriate for you.

2. All programs of eternal life and eternal youth are implemented and activated as are the Adam Kadmon blueprints that are appropriate and available to me at any given moment.

Abundance

(This Addendums must be written as is. No changes are to be made to it!)

O Thou, Creator and Sustainer of All that Is, the I AM THAT I AM,
I, (Your full name here) do hereby claim my full Abundance; the
Abundance that is mine by right of Being.

In the name of the I AM THAT I AM,
I cancel, nullify, and delete all Oaths, vows, promises, agreements,
contracts, and obligations that I may have made,
in which I may have given away my Abundance, whether consciously
or unconsciously, on all levels, dimensions, and realities, in all times
and Lives - Past, Present, Future, Now.

I now claim my Abundance back for myself. Whether I choose to use
my Abundance or not, my Abundance is MINE AND MINE ALONE TO
USE in accordance with Divine Law.

I ask my Highest Self to make known to me, those lessons that I
wished to learn through the use or misuse of Abundance, that I may
see if I have learned them or not, and if those lessons are still
relevant now.

I now forgive those who have hurt me or wronged me whether knowingly or unknowingly in any way. And I ask all those whom I have hurt or wronged whether knowingly, or unknowingly in anyway for forgiveness.

I thank all who have participated in the lessons of Abundance with me. I thank all for the lessons learned. I pray that the wisdom gained will serve to guide me in all future Service for Creator.

I AM now taking responsibility for my Abundance.

I ask for Divine guidance to use my Abundance for my highest good, for the highest good of all, with harm to none.

I am financially and independent Abundant - with money/cash always available and accessible to me - so I am able to do all things needed/desired. Money/cash comes to me in all ways and avenues- with Harm to none – easily, effortlessly, synchronistically, and timely to my needs/desires.

I cancel and nullify and delete all oaths, vows, promises, agreements, contracts, and obligations that I may have made with any and all thought-forms and entities of lack of Abundance and Trust that I am taken care of by the Universe, whether consciously or unconsciously, on all levels, dimensions and realities, in all times and Lives - Past,

Present, Future, Now.

All thought-forms and entities of lack of Abundance Lack of trust that I am taken care of by the Universe are now released from all my bodies- from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, Now.

I ask that they be escorted back Home to the Light and sent to their next highest level of evolution in Divine Creator's plan.

I release now all lack of Abundance and trust that I am taken care of by the Universe that are held in all my bodies- from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, Now.

All traumas and patterns of lack and of Abundance and trust that I am taken care of by the Universe, all fears, issues, blockages, emotions, energies, belief systems, and all programs and sub-routines connected to and which maintain, supports them and/or perpetuates, and/or re-creates them, and lessons which perpetuate Lack of Abundance and trust that I am taken care of by the Universe in me and all my bodies from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, Now are nullified, canceled, removed, and deleted immediately, Now.

All issues, blockages, and lessons that keep money/cash from reaching me, from all levels, dimensions, and realities, from all times and lives- Past, Present, are canceled, nullified, removed, and deleted immediately, Always, Now.

All lessons connected with money and finances are considered Learned. And all lessons of and connected with lack of Abundance and Trust that I am taken care of by the Universe which helps to perpetuate Lack of and Abundance and Trust that I am taken care of by the Universe are now considered learned.

I am able to enjoy my life in Abundance and Trust that I am taken care of by the Universe. I learn all lessons and fulfill all assignments and creation desires easily, effortlessly, joyfully, lovingly, gracefully, in Abundance.

Fear

(The following addendum on Fear will only work in conjunction with the one on Power. If you haven't/didn't add the Power addendum to your Soul Contract changes, then you need to if you want this one on Fear to work.)

I recognize that Fear is an illusion. I am able to see clearly through the illusions that Fear presents me.

I cancel and nullify and delete all oaths, vows, promises, agreements, contracts, and obligations that I may have made with any and all thought-forms and entities of fears, whether consciously or unconsciously, on all levels, dimensions and realities, in all times and Lives - Past, Present, NOW.

All thought-forms and entities of Fear are now released from all my bodies- from all levels, dimensions, and realities, from all times and lives- Past, Present, NOW.

I ask that they be escorted back Home to the Light and sent to their next highest level of evolution in Divine Creator's plan.

I release now all Fears that are held in all my bodies- from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, NOW.

All traumas and patterns of lack of courage and Power, fears, issues, blockages, emotions, energies, belief systems, programs, and lessons which perpetuate Fear in me and all my bodies from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, NOW are nullified, canceled, removed, and deleted immediately.

And all lessons of and connected with lack of courage and Power which help to perpetuate Fear are considered learned.

I am able to live my life and learn all lessons and fulfill all assignments and creation desires easily, effortlessly, joyfully, lovingly, and gracefully.

Pain

(This addendum will only work in conjunction with the one on Power. If you haven't/didn't add the Power addendum to your Soul Contract changes, then you need to if you want this one on Fear to work.)

Pain – that which causes me to suffer physically, emotionally, mentally, and spiritually - stops being a motivator on the path of my evolution.

I release now all pain, and all programs and sub-routines that creates, perpetuates, maintains, and re-creates pain, that are held in all my bodies- from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, Now.

I cancel and nullify and delete all oaths, vows, promises, agreements, contracts, and obligations that I may have made in which I may have agreed to take on Pain from any and all beings, whether consciously or unconsciously, on all levels, dimensions and realities, in all times and Lives - Past, Present, Future, Now.

I cancel and nullify and delete all oaths, vows, promises, agreements, contracts, and obligations that I may have made with any and all thought-forms and entities of pain who creates, perpetuates, maintain

and re-creates pain, that are held in all my bodies, whether consciously or unconsciously, on all levels, dimensions and realities, in all times and Lives - Past, Present, Future, Now.

All thought-forms and entities of pain; that creates, perpetuates, maintains and re-creates pain; that are held in all my bodies are now released from all my bodies- from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, Now.

I ask that they be escorted back Home to the Light and sent to their next highest level of evolution in Divine Creator's plan.

I release now all pain and all that creates, perpetuates, maintains and re-creates pain in my bodies including all hooks, cords, connections, attachment, equipment, enchantments and all programs connected to and which supports them and/or perpetuates, maintains and/or re-creates them -that are held in all my bodies- from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, Now.

I ask that they be transmuted into the purist and clearest of Light Energies and escorted back Home to the Light and sent to their next highest level of evolution in Divine Creator's plan.

All fears, issues, blockages, emotions, energies, belief systems,
Programs and sub-routines, and lessons which creates, perpetuates,
maintains and re-creates pain and which creates, perpetuates,
maintains and/or re-creates hooks, cords, connections, attachment,
equipment, enchantments and all programs
connected to and which supports them and/or perpetuates, maintains,
and/or re-creates them in me and all my bodies from all levels,
dimensions, and realities, from all times and lives- Past, Present,
Future, Now, are nullified, canceled, removed, and deleted
immediately, Now.

I ask that all hooks, cords, connections, attachments, equipments,
Enchantments, and all programs and sub-routines connected to and
which supports them and/or perpetuates, maintains and/or re-creates
them that are found in any of my bodies, on all levels, dimensions,
and realities be released, dissolved, removed, and deleted Now.

I ask that they be transmuted into the purist and clearest of Light
Energies and escorted back Home to the Light and sent to their
next highest level of evolution in Divine Creator's plan.

None may cord into me without my express and conscious
consent and awareness. All hooks, cords, connections, attachments,
equipment, enchantments, and all programs and sub-routines

connected to and which supports them and/or perpetuates, maintains and/or re-creates them, are prevented from entering into any and all of my bodies, on all levels, dimensions, and realities. All lessons of and connected with lack of wholeness, separation, and forgiveness which creates, perpetuate, maintains, and re-creates pain and which creates, perpetuates, maintains, and/or re-creates hooks, cords, connections, attachment, equipment, enchantments and all programs and sub-routines connected to and which supports them and/or perpetuates, maintains and/or re-creates them in me and all my bodies are considered learned.

I now forgive those who have hurt me or wronged me whether knowingly or unknowingly in any way.

And I ask all those whom I have hurt or wronged whether knowingly, or unknowingly in anyway for forgiveness. I thank all for the lessons learned.

Where pain was, let there now be wholeness, healing, joy, happiness, love, ease, radiant health and vitality, and grace.

Power

(This Addendums must be written as is. No changes are to be made to it!)

O Thou, Creator and Sustainer of All that Is, the I AM THAT I AM,
I, (insert your full name here), do hereby claim my full Power; the
Power that is mine by right of Being.

In the name of the I AM THAT I AM,
I cancel and nullify and delete all Oaths, vows, promises, agreements,
contracts, and obligations that I may have made
in which I may have given away my Power, whether consciously or
unconsciously, on all levels, dimensions, and realities, in all times and
Lives - Past, Present, Future, NOW.

I cancel and nullify and delete all oaths, vows, promises, agreements,
contracts, and obligations that I may have made with any and all
thought-forms and entities of Powerlessness, whether consciously or
unconsciously, on all levels, dimensions and realities, in all times and
Lives - Past, Present Future, Now.

All thought-forms and entities Powerlessness; that creates,
perpetuates, and re-creates the sense of Powerlessness, that are held

in all my bodies; are now released from all my bodies- from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, Now.

I ask that they be escorted back Home to the Light and sent to their next highest level of evolution in Divine Creator's plan.

I ask that all programs and sub-routines connected to and which supports Powerlessness in me and/or perpetuates, maintains, and/or re-creates them that are found in any of my bodies, on all levels, dimensions, and realities be released, dissolved, removed, and deleted Now.

I ask that they be transmuted into the purist and clearest of Light Energies and escorted back Home to the Light and sent to their next highest level of evolution in Divine Creator's plan.

I now claim my Power back for myself. My Power is MINE AND MINE ALONE TO USE in accordance with Divine Law.

Whether I choose to use it or not, NONE may use or lay claim to my Power.

I ask my Highest Self to make known to me, those lessons that I wished to learn through the use or misuse of power, that I may see if I have learned them or not, and if those lessons are still relevant now.

I now forgive those who have hurt me or wronged me whether knowingly or unknowingly in any way. And I ask all those whom I have hurt or wronged whether knowingly, or unknowingly in anyway for forgiveness.

I thank all who have participated in the lessons of power with me.

Knowing, that to experience power is to know, both the roles of victim and victimizer, savior and the one who is saved, the ruler and the one who is ruled, the one who create, and the one who experiences the creation.

Knowing also, that I and those who co -create my lessons with me, do so out of Unconditional Love for each other, even though we may have forgotten this.

I thank all for the lessons learned. I pray that the wisdom gained will serve to guide me in all future Service for Creator.

I AM now taking responsibility for my Power.

I ask for Divine guidance to use my Power for my highest good, for the highest good of all, with harm to none.

I AM now Empowering myself to be all that I AM in Love, light,

Harmony, and Balance, Happiness, Joy, Peace and Compassion.

Self-Love & Worthiness

I AM a Child of Divine Creator; an enlightened Being of Divine Christed Light & Love. Happiness and Joy are my right and natural State of Being.

I acknowledge that I am worthy of Love, loving and being loved by Creator and other beings.

I feel and manifest these truths in all my bodies, on all levels, dimensions, and realities.

All issues, blockages, emotions, energies, belief systems, and all programs and sub-routines connected to and which supports them and/or perpetuates, maintains, and/or re-creates them and lessons which keep me from manifesting these truths are nullified, canceled, removed, and deleted immediately. And all lessons of and connected with unworthiness, lack of self-worth, and self-love, Happiness and Joy are now considered learned.

I cancel and nullify and delete all oaths, vows, promises, agreements, contracts, and obligations that I may have made with any and all thought-forms and entities Unworthiness, Lack of Self Worth and Self

Love, Happiness and Joy, whether consciously or unconsciously, on all levels, dimensions and realities, in all times and Lives - Past, Present Future, Now.

All thought-forms and entities of Unworthiness, Lack of Self Worth and Self Love; that creates, perpetuates, maintain, and re-creates the sense of Unworthiness, lack of self worth and self love, Happiness and Joy that are held in all my bodies; are now released from all my bodies- from all levels, Dimensions, and realities, from all times and lives- Past, Present, Future, Now.

I ask that they be escorted back Home to the Light and sent to their next highest level of evolution in Divine Creator's plan.

I am able to love myself and others fully, deeply, and unconditionally in a balanced and harmonious way. I am able to experience Happiness and Joy as my natural State of Being.

I am filled with the presence of the Heart of Creator, and Grace Eloha at all times.

From the Heart of Creator from within my heart, I am constantly and effortlessly, in all my bodies, filled, saturated, and overflowing with Divine Christed Unconditional Love.

And I radiate Divine Christed Unconditional Love from my heart
constantly and effortlessly to purify, heal, Grace, nourish, bless and
comfort myself, others, and all of the earth; all above, on, and within
the earth.

Anger

(This addendum will only work in conjunction with the one on Fear. If you haven't/didn't add the fear addendum to your Soul Contract changes, then you need to if you want this one on anger to work.)

Anger - that emotion which causes me to physically, emotionally, mentally, and spiritually express displeasure, hostility, in explosive, and often destructive ways; often leading to resentment- an indignant smoldering anger generated by a sense of grievance; stops being a motivator on the path of my evolution.

I cancel and nullify and delete all oaths, vows, promises, agreements, contracts, and obligations that I may have made with any and all thought-forms and entities of anger & resentment, whether consciously or unconsciously, on all levels, dimensions and realities, in all times and Lives - Past, Present, Future, NOW.

All thought-forms and entities of anger and resentment are now released from all my bodies- from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, NOW.

I ask that they be escorted back Home to the Light and sent to their next highest level of evolution in Divine Creator's plan.

I release now all anger and resentment that are held in all my bodies-

from all levels, dimensions, and realities, from all times and lives-
Past, Present.
All fears, issues, blockages, emotions, energies, belief systems,
lessons, programs and sub-routines which create, perpetuate,
maintain, and/or replicate anger & resentment in me and all my bodies
from all levels, dimensions, and realities, from all times and lives-
Past, Present, Future, NOW are nullified, canceled, removed, and
deleted immediately.

And all lessons of and connected with lack of acceptance, and f
forgiveness which perpetuate anger and resentment are considered
learned.

I now forgive those who have hurt me or wronged me whether
knowingly or unknowingly in any way.

And I ask all those whom I have hurt or wronged whether knowingly,
or unknowingly in anyway for forgiveness. I thank all for the lessons
learned.

I pray that the wisdom gained will serve to guide me in all future
Service for Creator.

I am now able to accept and forgive myself and others fully, deeply,
unconditionally, and non-judgmentally in a graceful and harmonious

way.

Grief

Grief - that emotion which causes me to physically, emotionally, mentally, and spiritually experience a constant and overwhelming sense of loss, separation, and abandonment; stops being a motivator on the path of my evolution.

I cancel and nullify and delete all oaths, vows, promises, agreements, contracts, and obligations that I may have made with any and all thought-forms and entities of Grief, whether consciously or unconsciously, on all levels, dimensions and realities, in all times and Lives - Past, Present, Future, NOW.

All thought-forms and entities of Grief are now released from all my bodies- from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, NOW. I ask that they be escorted back Home to the Light and sent to their next highest level of evolution in Divine Creator's plan.

I release now all Grief that is held in all my bodies- from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, NOW

All traumas and patterns of separation and abandonment, fears, issues, blockages, emotions, energies, belief systems, programs, and lessons which create, perpetuate, maintain, and/or re-create Grief in me and all my bodies from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, NOW, are nullified, canceled, removed, and deleted immediately.

And all lessons of and connected with separation and abandonment which perpetuate Grief are considered learned.

I now forgive those who have hurt me or wronged me whether knowingly or unknowingly in any way.

And I ask all those whom I have hurt or wronged whether knowingly, or unknowingly in anyway for forgiveness.

I thank all for the lessons learned. I pray that the wisdom gained will serve to guide me in all future Service for Creator.

I recognize that Separation is an illusion as we are all part of the greater whole, and I experience Oneness/ wholeness/ and Unity at all times within myself, with others, and with Creator.

Addiction

(This addendum will only work in conjunction with the one on Power and Pain. If you haven't/didn't add the Power and Pain addendum to your Soul Contract changes, then you need to if you want this one on Addiction to work.)

Addiction – that program/pattern of behavior which causes me to be susceptible to repetitive Habitual dependence on a substance or practice beyond my voluntary control on physical, emotional, mental, or spiritual levels; stops being a motivator on the path of my evolution.

I recognize that freedom from addictions allows me to experience how powerful I am, and to be able to create my reality by taking control and being responsible for my Intentions.

I cancel and nullify and delete all oaths, vows, promises, agreements, contracts, and obligations that I may have made with any and all thought-forms and entities of addiction, whether consciously or unconsciously, on all levels, dimensions and realities, in all times and Lives - Past, Present, Future, NOW.

All thought-forms and entities of addiction are now released from all my bodies- from all levels, dimensions, and realities, from all times

and lives- Past, Present, Future, NOW.

I ask that they be escorted back Home to the Light and sent to their next highest level of evolution in Divine Creator's plan.

I release now all programs/patterns of addiction that are held in all my bodies- from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, NOW.

All traumas, pain, fears, issues, blockages, emotions, energies, belief systems, programs, and lessons which creates, perpetuates, maintains, and /or re-creates Addiction in me and all my bodies from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, NOW, are nullified, canceled, removed, and deleted immediately.

And all lessons; including those of and connected with giving up of responsibility and Power; which help to perpetuate Addiction are considered learned.

I am free to be able to live my life and learn all lessons and fulfill all assignments and creation desires easily, effortlessly, joyfully, lovingly, and gracefully.

Relationships

All of my love partnerships/relationships are founded and organized with individuals aware and enacting upon the truth that we are all highly valued beings, worthy of Love, Respect, Devotion, Honesty, and Compassion.

All fears, issues, blockages, emotions, energies, belief systems, programs and sub-routines, and lessons which block me from achieving/realizing that truth are nullified, canceled, removed, and deleted immediately in all my bodies, on all levels, dimensions and realities, Past, Present, Future, NOW.

All oaths, vows, promises, agreements, contracts, and obligations of Celibacy and renunciation of personal relationships are nullified, canceled, removed, and deleted immediately in all my bodies, on all levels, dimensions and realities, Past, Present, Future, NOW.

And all lessons involved are considered learned.

I function on the belief that true LOVE generates more LOVE; just as true POWER makes room for more POWER.

My love relations are all empowering, expansive, and in all ways

gracefully opening the participants into more rays/ways of the ONE

LOVE DIVINE LIGHT AND SOUND THAT IS.

This is so as I experience this in all my bodies, on all levels,
dimensions and realities.

My partnerships/marriage are happy, joyful, fulfilling. I have at all
times a partner that anchors me, supports me in all ways, levels and
dimensions. We are compatible in all ways, levels, and dimensions.

My acknowledgement and thanks to Ms. Shilo Boss for her help in the
formulation of this addendum on Relationship and the one on
Sexuality. She can be contacted at embodiedbliss4all@yahoo.com.

Sexuality

(You need to do the addendum changes on Power, Addiction, Pain, Anger, Self-Love and Worthiness, and Grief first for this following addendum change on sexuality to work.)

All my Sexual Energy and Sexual Expression is seen and experienced as an earthly embodiment of the Divine Feminine, and Divine Masculine Principles.

There is a sacred balance of Shiva/Shakti within myself.

This balance is adjusted accordingly so that my physical embodiment and primary sexual essences are preserved, upheld, reinforced and vitally nourished, on all levels, dimensions and realities.

I attract to me only those who have attained this sacred balance.

All of my sexual expression and sexual development is an awakened experience of loving spirit embodied, at all times, congruent in all bodies, on all levels, dimensions and realities.

Sex and sexual play are participated in/ through congruent conscious choice, joyful and loving expression.

All lower vibrations of need, lust, or imbalance in my sexual being and my sexual relations are uplifted to higher frequencies of light and love

immediately.

All my sexual energy and sexual activity is resourced as a vehicle for empowering me and others to come into a state of fully awakened, embodied bliss and loving actualization; this has the opportunity where necessary and applicable to offer the highest expression of Divine Mergence and Co-creative Union.

All wars, competition, & struggle between sexes are repaired, learned, and mastered within my self and any and all of my sexual relationships/arrangements/partnerships.

All issues, programs, sub-routines, oaths, vows, promises, contracts, obligations, technologies, and memories that in any way on any level, dimension or reality, from all times and lives which limit or prohibit me from experiencing complete loving bliss and joy through loving/sexual union are removed, canceled and deleted immediately.

All technologies and programs of Alchemical Transformation, the Embodied Immaculate Heart & the Embodied Immaculate Will, & Enlightenment through Loving and Sexing, are implemented and effective immediately.

(Adding this clause is likely to transform one to God/Goddess levels...apply for this clause only if you are told to by your guides...)

Any and all of my sexual activity is safe and beneficial to all parties,
bodies, on all levels, dimensions, and realities.

My sex life is fulfilling, healthy, fun, active, nourishing, joyful and
awakening, to all my bodies, on all levels, dimensions and realities.

I have an abundance of loving. And at all times that I desire, I have a
partner to practice loving and sexing with that provides full
nourishment, delight, and embodied bliss.

Claiming Life force, Energies, and the Sovereignty over all my Bodies

(This Addendums must be written as is. No changes are to be made to it!)

O Thou, Creator and Sustainer

of All that Is, the I AM THAT I AM.

I (Your Full name here), do hereby claim my full, Life Force, Energies, and the Sovereignty over all my Bodies. The Life Force, Energies, and the Sovereignty over all my Bodies that is mine by right of Being.

In the name of

the I AM THAT I AM, and the Law of Grace,

I, (Your Full name here) do hereby cancel, nullify, and delete all oaths, vows, promises, contracts, agreements, and obligations that I may have made, Whether consciously or unconsciously, with any and all Beings, on all levels, dimensions, and realities, in all times and Lives - Past, Present, Future, NOW - which are negative and detrimental to myself and my service to Creator, and all those in which I may have given away my Life Force, Energies, and the Sovereignty over all my Bodies.

I now Claim my Life Force, Energies, and the Sovereignty over all my Bodies back for myself.

My Life Force, Energies, and the Sovereignty over all my Bodies are *MINE AND MINE ALONE TO USE AND EXERCISE*, in accordance with Divine Law.

Whether I choose to use or exercise them or not, NONE may use, exercise, or lay claim to my Life Force, Energies, and the Sovereignty over all my Bodies.

NONE may violate the Sanctity nor damage, interfere, trespass, or inhibit the Integrity and perfect functioning of all my bodies, on all levels, dimensions, and realities, in all times and lives, Past, Present, Future, NOW.

I ask my Highest Self to make known to me, those lessons that I wished to learn through the use or misuse of Life Force, Energies, and the Sovereignty over all my Bodies, so that I may see if I have learned them or not, and if those lessons are still relevant now.

I now forgive those who have hurt me or wronged me whether knowingly, or unknowingly in any way.

And I ask all those whom I have hurt or wronged,

whether knowingly or unknowingly in anyway, for forgiveness.

I thank all who have participated with me
in the lessons of Life Force, Energies,
and the Sovereignty over all my Bodies.

Knowing that I, and those who co -create my lessons with me,
do so out of Unconditional Love for each other, even though we may
have forgotten this.

I thank all for the lessons learned.

I pray that the wisdom gained will serve to guide me
in all future Service for Creator.

All lessons connected with Loss of Sovereignty over any and all of my
Bodies, my Life Force, and my Energies are now considered learned.

I AM now taking responsibility for my Life Force, Energies,
and the Sovereignty over all my Bodies.

I ask for Divine guidance to use my Life Force, Energies,
and the Sovereignty over all my Bodies,
for my highest good, for the Highest good of all, with harm to none.

I AM now Empowering myself to Be All That I AM
in Love, Light, Harmony, and Balance,

Happiness, Joy, Peace, and Compassion.

Polarity Roles

This is an important addendum change as Polarity roles keeps us in duality, separation, and judgment.

Over time, we can become addicted to certain roles and keep repeating them until we get stuck and instead of evolving, we devolve.

(You need to do the addendum changes on Power, Claiming Life force, Energies, and the Sovereignty over all my Bodies, Addiction, Pain, Anger, Self-Love and worthiness, and Grief first for this addendum to work.)

Polarity roles; i.e. victim, victimizer, savior, the one who is saved, the ruler and the one who is ruled etc...; stops functioning as templates for my emotional, mental, and spiritual evolution.

I ask that all Polarity Roles Templates be released, dissolve, removed and deleted now from all my Bodies-physical, emotional, mental, and spiritual, and from my DNA, from all levels, dimensions, and realities.

All traumas, pain, fears, issues, blockages, emotions, energies, belief systems, programs, and lessons which creates, supports, maintains, perpetuates, and/or re-creates these Polarity Roles and Templates in me and all my bodies and DNA from all levels, dimensions, and realities, from all times and lives- Past, Present, Future, NOW, are nullified, canceled, removed, and deleted immediately from all levels,

dimensions and realities, NOW.

I cancel and nullify all oaths, vows, promises, agreements, contracts, and obligations that I may have made with any and all thought-forms and entities to perpetuate these Polarity Roles, whether consciously or unconsciously, on all levels, dimensions and realities, in all times and Lives - Past, Present, Future, NOW.

All these thought-forms and entities are now released from all my bodies- from all levels, dimensions, and realities.

I ask that they be escorted back Home to the Light and sent to their next highest level of evolution in Divine Creator's plan.

I ask that all lessons of and connected with Polarity Roles are now considered learned.

I now forgive those who have hurt me or wronged me whether knowingly or unknowingly in any way.

And I ask all those whom I have hurt or wronged whether knowingly, or unknowingly in anyway for forgiveness.

I thank all for the lessons learned.

I pray that the wisdom gained will serve to guide me in all future Service for Creator.

I am now able to Love, accept, and forgive myself and others fully, deeply, unconditionally, and non-judgmentally in a graceful and harmonious way.

I recognize that Separation is an illusion as we are all part of the greater whole, and I experience Oneness/ wholeness/ and Unity at all times within myself, with others, and with Creator.

And I feel and manifest this truth in all my bodies, on all levels, dimensions and realities.

Miscellaneous Addendums

When formulating your own addendums:
all changes must be stated in the present tense and 1st person singular.
Changes must reflect an on going event, situation, or state.

Example:

1. I have at all times a home that is my home base and nest. It is a beautiful, comfortable and peaceful place, with lots of light and surrounded by nature.

I am safe, protected, nourished, happy, and joy filled living there.

My Home is manifested and maintained (- see addendum on finances) easily, effortlessly, joyfully, gratefully. I fully deserve to live and enjoy living in this home.

Soul Contract Addendum ~ Canceling Negative Karma & Negative Karmic Contracts with All Beings~

Imagine, living a life where you are unhindered by previous negative karma and negative karmic contracts. The consequences of this addendum change will affect every interaction with everyone that you have now and in the future.

Karmic Law states that wrongs must be righted by learning not to repeat them again, by gaining the understanding of what you have done, and why it is wrong. Karma is the process by which situations are repeated until the lessons are learned. This is the way Karma works. It is not a punishment, but a mechanism for learning.

We have now been granted some very easy ways of requesting and achieving the release of karma that has never before been available or permitted: **The dispensation from the requirement to heal karma the long way; through time and trial & error.** With these new simple methods, releasing karma is usually only a matter of properly making the request.

When you release karma and karmic contracts, the process of learning by living can be bypassed and the learning granted and completed almost immediately. What is necessary for this process is realization. By your realization that something is wrong in your life and you need it healed, you acknowledge that you have learned the lesson and are ready to release the karma.

When you release negative karma and negative karmic contracts with all beings, all the subtle and not so subtle sabotages and interferences that we are regularly subject to, will be lifted from us. We can then be free to interact with those with whom we previously experienced in negative ways in totally new and different ways. We are no longer tied to negative karmic roles!

This does not mean that you won't experience negativity or that negative people will not enter into your life, it just means that **you** will

no longer be constrained by your negative karma and negative karmic contracts with them to repeat the karma. You are released and free to choose if and how you wish to interact with them.

This Soul Contract Addendum~ Canceling Negative Karma and Negative Karmic Contracts with All Beings~ **is not one to ask for without previously having done all the other Soul Contract Addendum changes and other karmic releases.** (See Tools For The Next Step On The Ascension Path - Book 3 - A Compendium of Karmic Releases a Manual of Guided Karmic Release Processes)

The Lords of Karma are keepers of our personal Akashic Records, the records of each soul's many incarnations and development on Earth and all planets. We work with them closely to choose and design the lessons and learning situations of each lifetime, and to evaluate that lifetime's learning at its end.

Divine Director is the one to address for release and for healing of the source lifetime. Divine Director (a title, not a name) is the keeper and guardian of karma in this galaxy that is not of our solar system.

Your Soul Contract Review Board is composed of those beings that guide and oversee the soul contracts that you make with your own Soul throughout your various lifetimes.

The Lords of Karma and the Divine Director all work closely with your Soul Contract Review Board to synchronize the Soul Contracts and Karmic Contracts (that you have with other beings).

Canceling *all* karma and karmic contracts with a person will totally and irrevocably remove them from your karma and your life. That is why we ask here to **only** remove the **negative** karma and **negative** karmic contracts that we have with all beings. Otherwise, you will be a very lonely person if everyone disappeared from your life. Since over the course of all our lifetimes here on earth and elsewhere, we have come into contact with a gazillion souls, and have incurred karma with most of them.

In the processes below, if there is something more that you need to know about the step, you will be given it. If there are things you must complete or be aware of first, you will be led to what you need to know or do. If you are refused a request, you may ask what is needed to have it accepted and will be told.

While you are learning to clear and are clearing yourself of negative karma & interference, be careful never to interfere with other people's freedom of will. Never violate another's free will. To violate this Karmic Law is to bring negative karma upon yourself.

This work is individual work; you may **not do** it for someone else, and **no one else may do it for you.**

Although you may ask for help – to clarify and explain something you may not understand, and maybe ask for help to monitor the communications with the Lords of Karma, the Divine Director, and your Soul Contract Review Board as you do this process for yourself. You must do this work yourself!

The request and processes are exactly worded and phrased. Do not change them without exact guidance!

This Soul Contract addendum is a tremendous gift and dispensation at this time that will change your life in every positive way. Think carefully about what you are asking for and remember that what you ask for you will receive.

Copy in handwriting the texts in this document that are in **large** print (without the processes) after you having done all the processes. That will be your final finished Soul Contract Change document for canceling negative karma & negative karmic contracts with all beings. It is only considered done if you have done all the processes in the entire document, and they have all been approved by your Soul Contract Review Board, the Lords of Karma and the Divine Director at every step.

Read through this entire document several times before you start the Process to ensure that you understand what you are asking for and the ramifications that this request could have on your life. Make sure you understand each step. Check with your Higher Self & highest Guides and highest Angels if **now** is the appropriate time in your life to ask for this Change. Proceed only if there is unanimous consent.

Please do not pass this on to anyone without checking with your Highest Guidance and the Highest Guidance of the person that you wish to send this to for permission. As not all people are ready to this step!

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To start:

Make sure that you are somewhere where you can be uninterrupted.  
Set a circle of protection around your space by opening a Coning (an energy vortex).

State: I wish to open up a Soul Contract Karmic Release Coning now.

I ask to be connected now to the Overlighting Deva of Healing,

I ask to be connected now to the Spirit of Nature Pan,

I ask to be connected now to Grace Eloha,

I ask to be connected now to the Lords of Karma

I ask to be connected now to the Divine Director,

I ask to be connected now to my Soul Contract Review Board

I ask to be connected now to My Highest Guides and Highest Angels

I ask to be connected to my WB (White Brotherhood) Medical Team,  
(or any other healing teams that you usually work with.)

I ask in advance that Drainage be established for all releases,  
clearings, deletions, and Home sendings.

I ask to be connected now to my Higher Self,  
the consciousnesses of all my Bodies,  
my Higher Self and IC (inner Child) as a Unit.

I call upon Archangel Michael and Ashtar Command  
to surround the space where I am and set it as a sacred space  
that none may enter unless invited,  
on all levels, dimensions and realities.

Ask if the coning is now open?

If yes, ask then if all team members are now present.

If yes, you can start.

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You now decree out loud (the large print):

(Out loud - We do this out loud to permeate our body with the sound-vibrations of our Intent; which strengthens and amplifies and reinforces our Intent down to the molecular and atomic levels of our physical body; bringing our body into alignment with our intent.)

(You begin this process by invoking the presence of the Creator to witness your Intention.)

“O Thou, Creator and Sustainer of All that Is, the I
AM THAT I AM,
I, (insert your full name here),

In the name of the I AM THAT I AM,
and the Law of Grace,
I hereby cancel and nullify all negative karma and all
negative karmic contracts
that I may have made/created,
whether consciously or unconsciously,
from Earth and all other planets,
on all levels, dimensions, and realities,
in all times and Lives and between them
Past, and Present,

(We do not include future here, as that will be created by your new conscious awareness and understanding of karma and its repercussions, and to allow you your free will of choice.)

with any and all beings
that I have ever interacted with;
on Earth and all other planets;
that are negative and detrimental to myself
and my Service to Creator,

which keep me in set roles and ways of being that are no longer appropriate and in my highest good.”

~~~~~

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

Hold the thought of what you have decreed as you do the following steps:

Decree the bold print out loud.

**1. “I ask for this healing through the Physical level.”**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**2. “I ask for this healing through the Heart/Emotional level.”**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**3. “I ask for this healing through the Mind grid level.”**

(Each Being’s non-physical energy system contains an Individual Mind Grid, each person’s creational computer. All individual Mind Grids are part of the Planetary Mind Grid.)

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**4. “I ask for this healing through the DNA level.”**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**5. “I ask for this healing through the Karmic Contract level.”**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**6. "I ask for this healing through the Core Soul level and beyond."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

**7. "I ask for this healing through the Ascension level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

When you have a yes to all of the above, state:

**8. "I ask for this healing from before the Moment of Self to below the Center of the Earth, and from beyond the Pure Light above Creation to below the Well of Life and the Fire of Life at the Center of the Earth and all planets, and beyond and between all of these."**

(The Moment of Self is the point from which the soul individuates from the Light, Creator, and becomes its own awareness and own Be-ing. We ask to extend the healing to the Center of the Earth, as during our time of Earth incarnation we are a part of the planet and also working in service to it. The Pure Light above Creation is as far out there as you can envision your connections. The Well of Life and Fire of Life at the Earth's core are the receptacles for our life force and all of life on the planet. All planets have a Well of Life and a Fire of Life at their core.)

Check for answer to this step.

When you have a yes for the above, go to the next step:

When you have a yes to everything so far, finish the request as follows by stating:

**9. "I ask for these healings,  
Through all the levels and all the bodies,  
All the lifetimes on Earth and on all other planets,  
Including the present lifetimes,  
and present parallel lifetimes and lives  
Heal all the damages, on all levels and dimensions,  
And bring the healings into the present,  
NOW."**

If you receive a yes to this last section for this section of the process to be finished for Earth and most other-planet karma. If you receive a no, ask line by line to find

the no and release it as in the previous sections. It may take a complete new request to do so. Once the no is released, finish this section of the process and it will usually be granted. For all steps of the request above, use the exact wording as given.

~~~~~

You now decree:

"I ask that all fears, issues, blockages, emotions, energies, belief systems, programs, and lessons that perpetuate these negative karma and negative karmic contracts in my being and all my bodies from all levels, dimensions, and realities, from all times and lives on Earth and all other planets - Past, Present, be nullified, canceled, removed, and deleted immediately, forever."

~~~~~

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

Hold the thought of what you have decreed as you do the following steps:

Decree the bold print out loud.

### **1. "I ask for this healing through the Physical level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **2. "I ask for this healing through the Heart/Emotional level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **3. "I ask for this healing through the Mind grid level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **4. "I ask for this healing through the DNA level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **5. "I ask for this healing through the Karmic Contract level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **6. "I ask for this healing through the Core Soul level and beyond."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **7. "I ask for this healing through the Ascension level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

When you have a yes to all of the above, state:

### **8. "I ask for this healing from before the Moment of Self to below the Center of the Earth, and from beyond the Pure Light above Creation to below the Well of Life and the Fire of Life at the Center of the Earth and all planets, and beyond and between all of these."**

Check for answer to this step.

When you have a yes for the above, go to the next step:

**9. "I ask for these healings,  
Through all the levels and all the bodies,  
All the lifetimes on Earth and on all other planets,  
Including the present lifetimes,  
and present parallel lifetimes and lives  
Heal all the damages, on all levels and dimensions,  
And bring the healings into the present,  
NOW."**

If you receive a yes to this last section for this section of the process to be finished for Earth and most other-planet karma. If you receive a no, ask line by line to find the no and release it as in the previous sections. It may take a complete new request to do so. Once the no is released, finish this section of the process and it will usually be granted. For all steps of the request above, use the exact wording as given.

~~~~~

Decree out loud:

**"I ask the Lords of Karma and Divine Director for
Karmic healing for my relationship with All Beings."**

~~~~~

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

Hold the thought of what you have decreed as you do the following steps:

Decree the bold print out loud.

**1. "I ask for this healing through the Physical level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

## **2. "I ask for this healing through the Heart/Emotional level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

## **3. "I ask for this healing through the Mind grid level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

## **4. "I ask for this healing through the DNA level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

## **5. "I ask for this healing through the Karmic Contract level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

## **6. "I ask for this healing through the Core Soul level and beyond."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

## **7. "I ask for this healing through the Ascension level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

When you have a yes to all of the above, state:

**8. "I ask for this healing from before the Moment of Self to below the Center of the Earth, and from beyond the Pure Light above Creation to below the Well of Life and the Fire of Life at the Center of the Earth and all planets, and beyond and between all of these."**

Check for answer to this step.

When you have a yes for the above, go to the next step:

To seal the healing means to have it forever. You will only ask to seal things you wish to keep and will not use this next part of the request when clearing your energy.

**9. "I ask to seal this healing now unto the Light and unto Protection forever."**

Check for answer to this last step

If you are given a no; there is no need to go further with it.

Just continue to the next step.

When you have a yes to everything so far, finish the request as follows by stating:

**10. "I ask for these healings,  
Through all the levels and all the bodies,  
All the lifetimes on Earth and on all other planets,  
Including the present lifetimes,  
and present parallel lifetimes and lives  
Heal all the damages, on all levels and dimensions,  
And bring the healings into the present,  
NOW."**

If you receive a yes to this last section for this section of the process to be finished for Earth and most other-planet karma. If you receive a no, ask line by line to find the no and release it as in the previous sections. It may take a complete new request to do so. Once the no is released, finish this section of the process and it will usually be granted. For all steps of the request above, use the exact wording as given.

~~~~~

Decree out loud:

**"I ask that any and all hooks, cords, connections,
attachments, equipment, enchantments and all
programs connected to and**

Which supports them and/or perpetuates,
and/or re-creates them
from any and all Beings
that are in me
and in all my bodies
from all levels, dimensions, and realities,
from all times and lives
on Earth and all other planets
- Past, Present,
are nullified, gathered, gently removed, and deleted
immediately, forever.”

~~~~~

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.  
Hold the thought of what you have decreed as you do the following steps:

Decree the bold print out loud.

**1. “I ask for this healing through the Physical level.”**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**2. “I ask for this healing through the Heart/Emotional level.”**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**3. “I ask for this healing through the Mind grid level.”**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

#### **4. "I ask for this healing through the DNA level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

#### **5. "I ask for this healing through the Karmic Contract level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

#### **6. "I ask for this healing through the Core Soul level and beyond."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

#### **7. "I ask for this healing through the Ascension level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.  
When you have a yes to all of the above, state:

#### **8. "I ask for this healing from before the Moment of Self to below the Center of the Earth, and from beyond the Pure Light above Creation to below the Well of Life and the Fire of Life at the Center of the Earth and all planets, and beyond and between all of these."**

Check for answer to this step.  
When you have a yes for the above, go to the next step:

When you have a yes to everything so far, finish the request as follows by stating:

#### **9. "I ask for these healings, Through all the levels and all the bodies, All the lifetimes on Earth and on all other planets, Including the present lifetimes,**

**and present parallel lifetimes and lives  
Heal all the damages, on all levels and dimensions,  
And bring the healings into the present,  
NOW.”**

If you receive a yes to this last section for this section of the process to be finished for Earth and most other-planet karma. If you receive a no, ask line by line to find the no and release it as in the previous sections. It may take a complete new request to do so. Once the no is released, finish this section of the process and it will usually be granted. For all steps of the request above, use the exact wording as given.

~~~~~

Decree out loud:

“I ask to cancel and nullify
all oaths, vows, promises, agreements,
contracts, and obligations
that I may have made
with any and all thought-forms and entities
who have helped me fulfill these Negative Karma and
Negative Karmic Contracts,
whether consciously or unconsciously,
on all levels, dimensions and realities,
in all times and Lives
on Earth and all other planets
- Past, Present,
forever.”

~~~~~

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

Hold the thought of what you have decreed as you do the following steps:

Decree the bold print out loud.

**1. "I ask for this healing through the Physical level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

**2. "I ask for this healing through the Heart/Emotional level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

**3. "I ask for this healing through the Mind grid level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

**4. "I ask for this healing through the DNA level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

**5. "I ask for this healing through the Karmic Contract level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

**6. "I ask for this healing through the Core Soul level and beyond."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

**7. "I ask for this healing through the Ascension level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.  
When you have a yes to all of the above, state:

**8. "I ask for this healing from before the Moment of Self to below the Center of the Earth, and from beyond the Pure Light above Creation to below the Well of Life and the Fire of Life at the Center of the Earth and all planets, and beyond and between all of these."**

Check for answer to this step.  
When you have a yes for the above, go to the next step:

When you have a yes to everything so far, finish the request as follows by stating:

**9. "I ask for these healings,  
Through all the levels and all the bodies,  
All the lifetimes on Earth and on all other planets,  
Including the present lifetimes,  
and present parallel lifetimes and lives  
Heal all the damages, on all levels and dimensions,  
And bring the healings into the present, NOW."**

If you receive a yes to this last section for this section of the process to be finished for Earth and most other-planet karma. If you receive a no, ask line by line to find the no and release it as in the previous sections. It may take a complete new request to do so. Once the no is released, finish this section of the process and it will usually be granted. For all steps of the request above, use the exact wording as given.

~~~~~

Decree out loud:

"I ask that all these thought-forms and entities
are now released from all my bodies
- from all levels, dimensions, and realities,
from all times and lives
on Earth and all other planets
- Past, Present,
forever.

I ask that they be escorted back Home to the Light
and sent to their next highest level of evolution
in Divine Creator's plan."

~~~~~

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

Hold the thought of what you have decreed as you do the following steps:

Decree the bold print out loud.

**1. "I ask for this healing through the Physical level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**1. "I ask for this healing through the Heart/Emotional level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**2. "I ask for this healing through the Mind grid level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**3. "I ask for this healing through the DNA level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**4. "I ask for this healing through the Karmic Contract level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **5. "I ask for this healing through the Core Soul level and beyond."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **6. "I ask for this healing through the Ascension level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.  
When you have a yes to all of the above, state:

### **7. "I ask for this healing from before the Moment of Self to below the Center of the Earth, and from beyond the Pure Light above Creation to below the Well of Life and the Fire of Life at the Center of the Earth and all planets, and beyond and between all of these."**

Check for answer to this step.  
When you have a yes for the above, go to the next step:

When you have a yes to everything so far, finish the request as follows by stating:

### **8. "I ask for these healings, Through all the levels and all the bodies, All the lifetimes on Earth and on all other planets, Including the present lifetimes, and present parallel lifetimes and lives Heal all the damages, on all levels and dimensions, And bring the healings into the present, NOW."**

If you receive a yes to this last section for this section of the process to be finished for Earth and most other-planet karma. If you receive a no, ask line by line to find the no and release it as in the previous sections. It may take a complete new request to do so. Once the no is released, finish this section of the process and it will usually be granted. For all steps of the request above, use the exact wording as given.

~~~~~

Decree out loud:

“I now forgive those
who have hurt me or wronged me
whether knowingly or unknowingly in any way.”

~~~~~

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.

(You can ask Your Higher Self to show you the people who have hurt you or wronged you in the past and present that you need to forgive. (Remember that Forgiveness is the Key that unlocks the door to the healing and releasing of all wounds caused in the process of learning a lesson. If the wounds are not healed, the lessons are not considered learned and we cannot progress to the next higher level of learning and evolution...))

See Divine Unconditional Love flow from your Heart to theirs and fill them up with it until they are so saturated that they begin to radiate it out in all directions. (This may take few minutes...))

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

~~~~~

Decree out loud:

“And I ask all those whom I have hurt or wronged
whether knowingly, or unknowingly in anyway
for forgiveness.”

~~~~~

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

(You can ask Your Higher Self to show you the people that you have hurt or wronged in the past and present that you need to ask for forgiveness.

See Divine Unconditional Love flow from their Hearts to yours and fill yourself up with it until you are so saturated that you begin to radiate it out in all directions. (This may take few minutes...))

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

Hold the thought of what you have decreed as you do the following steps:

Decree the bold print out loud.

### **1. "I ask for this healing through the Physical level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

### **2. "I ask for this healing through the Heart/Emotional level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

### **3. "I ask for this healing through the Mind grid level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

### **4. "I ask for this healing through the DNA level."**

Check for answer to this step, yes, it can be done, or not.

If no, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

## **5. "I ask for this healing through the Karmic Contract level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

## **6. "I ask for this healing through the Core Soul level and beyond."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

## **7. "I ask for this healing through the Ascension level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

When you have a yes to all of the above, state:

## **8. "I ask for this healing from before the Moment of Self to below the Center of the Earth, and from beyond the Pure Light above Creation to below the Well of Life and the Fire of Life at the Center of the Earth and all planets, and beyond and between all of these."**

Check for answer to this step.

When you have a yes for the above, go to the next step:

## **9. "I ask to seal this healing now unto the Light and unto Protection forever."**

Check for answer to this last step

If you are given a no; there is no need to go further with it.

Just continue to the next step.

When you have a yes to everything so far, finish the request as follows by stating:

## **10. "I ask for these healings, Through all the levels and all the bodies, All the lifetimes on Earth and on all other planets, Including the present lifetimes, and present parallel lifetimes and lives**

**Heal all the damages, on all levels and dimensions,  
And bring the healings into the present,  
NOW."**

If you receive a yes to this last section for this section of the process to be finished for Earth and most other-planet karma. If you receive a no, ask line by line to find the no and release it as in the previous sections. It may take a complete new request to do so. Once the no is released, finish this section of the process and it will usually be granted. For all steps of the request above, use the exact wording as given.

~~~~~

Decree out loud:

**"I ask that all Negative Karma
and Negative Karmic Contracts
with all Beings
are now considered balanced,
and that all associated lessons
are now considered learned."**

~~~~~

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

Hold the thought of what you have decreed as you do the following steps:

Decree the bold print out loud.

**1. "I ask for this healing through the Physical level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

## **2. "I ask for this healing through the Heart/Emotional level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

## **3. "I ask for this healing through the Mind grid level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

## **4. "I ask for this healing through the DNA level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

## **5. "I ask for this healing through the Karmic Contract level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

## **6. "I ask for this healing through the Core Soul level and beyond."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

## **7. "I ask for this healing through the Ascension level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

When you have a yes to all of the above, state:

## **8. "I ask for this healing from before the Moment of Self to below the Center of the Earth, and from beyond the Pure Light above Creation to below the Well of Life and the Fire of Life at**

**the Center of the Earth and all planets, and beyond and between all of these."**

Check for answer to this step.

When you have a yes for the above, go to the next step:

**9. "I ask to seal this healing now unto the Light and unto Protection forever."**

Check for answer to this last step

If you are given a no; there is no need to go further with it.

Just continue to the next step.

When you have a yes to everything so far, finish the request as follows by stating:

**10. "I ask for these healings,  
Through all the levels and all the bodies,  
All the lifetimes on Earth and on all other planets,  
Including the present lifetimes,  
and present parallel lifetimes and lives  
Heal all the damages, on all levels and dimensions,  
And bring the healings into the present,  
NOW."**

If you receive a yes to this last section for this section of the process to be finished for Earth and most other-planet karma. If you receive a no, ask line by line to find the no and release it as in the previous sections. It may take a complete new request to do so. Once the no is released, finish this section of the process and it will usually be granted. For all steps of the request above, use the exact wording as given.

~~~~~

Decree out loud:

I ask to be free now from all old negative karmic
roles.
And that I am free
to explore new and different ways of being
in all future interactions with all beings
if I so chose.

~~~~~

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.  
Hold the thought of what you have decreed as you do the following steps:

Decree the bold print out loud.

### **1. "I ask for this healing through the Physical level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **2. "I ask for this healing through the Heart/Emotional level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **3. "I ask for this healing through the Mind grid level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **4. "I ask for this healing through the DNA level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **5. "I ask for this healing through the Karmic Contract level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **6. "I ask for this healing through the Core Soul level and beyond."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

### **7. "I ask for this healing through the Ascension level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

When you have a yes to all of the above, state:

### **8. "I ask for this healing from before the Moment of Self to below the Center of the Earth, and from beyond the Pure Light above Creation to below the Well of Life and the Fire of Life at the Center of the Earth and all planets, and beyond and between all of these."**

Check for answer to this step.  
When you have a yes for the above, go to the next step:

### **9. "I ask to seal this healing now unto the Light and unto Protection forever."**

Check for answer to this last step  
If you are given a no; there is no need to go further with it.  
Just continue to the next step.

When you have a yes to everything so far, finish the request as follows by stating:

### **10. "I ask for these healings, Through all the levels and all the bodies, All the lifetimes on Earth and on all other planets, Including the present lifetimes, and present parallel lifetimes and lives Heal all the damages, on all levels and dimensions, And bring the healings into the present, NOW."**

If you receive a yes to this last section for this section of the process to be finished for Earth and most other-planet karma. If you receive a no, ask line by line to find the no and release it as in the previous sections. It may take a complete new request to do so. Once the no is released, finish this section of the process and it will usually be granted. For all steps of the request above, use the exact wording as given.

~~~~~

Decree out loud:

"I am whole and complete,
filled with Divine Unconditional Love,
compassionate,
and loving with myself,
and with all beings."

~~~~~

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

Hold the thought of what you have decreed as you do the following steps:

Decree the bold print out loud.

**1. "I ask for this healing through the Physical level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**2. "I ask for this healing through the Heart/Emotional level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**3. "I ask for this healing through the Mind grid level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**4. "I ask for this healing through the DNA level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**5. "I ask for this healing through the Karmic Contract level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**6. "I ask for this healing through the Core Soul level and beyond."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

**7. "I ask for this healing through the Ascension level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

When you have a yes to all of the above, state:

**8. "I ask for this healing from before the Moment of Self to below the Center of the Earth, and from beyond the Pure Light above Creation to below the Well of Life and the Fire of Life at the Center of the Earth and all planets, and beyond and between all of these."**

Check for answer to this step.  
When you have a yes for the above, go to the next step:

**9. "I ask to seal this healing now unto the Light and unto Protection forever."**

Check for answer to this last step  
If you are given a no; there is no need to go further with it.  
Just continue to the next step.

When you have a yes to everything so far, finish the request as follows by stating:

**10. "I ask for these healings,**

**Through all the levels and all the bodies,  
All the lifetimes on Earth and on all other planets,  
Including the present lifetimes,  
and present parallel lifetimes and lives  
Heal all the damages, on all levels and dimensions,  
And bring the healings into the present,  
NOW."**

If you receive a yes to this last section for this section of the process to be finished for Earth and most other-planet karma. If you receive a no, ask line by line to find the no and release it as in the previous sections. It may take a complete new request to do so. Once the no is released, finish this section of the process and it will usually be granted. For all steps of the request above, use the exact wording as given.

~~~~~

Decree out loud:

"I thank all for the lessons learned.
I pray that the wisdom gained
will serve to guide me
in all future Service for Creator.
I AM now Empowering myself to be all that I AM
in Love, light, Harmony, Balance,
and compassion."

~~~~~

Hold the thought of what you have decreed as you do the following steps:

Decree the bold print out loud.

**1. "I ask for this healing through the Physical level."**

Check for answer to this step, yes, it can be done, or not.

If not, ask what needs to be done.

Then, ask that whatever is shown you be released and healed until you get a yes.

Then continue to next step.

## **2. "I ask for this healing through the Heart/Emotional level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

## **3. "I ask for this healing through the Mind grid level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

## **4. "I ask for this healing through the DNA level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

## **5. "I ask for this healing through the Karmic Contract level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

## **6. "I ask for this healing through the Core Soul level and beyond."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

## **7. "I ask for this healing through the Ascension level."**

Check for answer to this step, yes, it can be done, or not.  
If not, ask what needs to be done.  
Then, ask that whatever is shown you be released and healed until you get a yes.  
Then continue to next step.

When you have a yes to all of the above, state:

## **8. "I ask for this healing from before the Moment of Self to below the Center of the Earth, and from beyond the Pure Light"**

**above Creation to below the Well of Life and the Fire of Life at the Center of the Earth and all planets, and beyond and between all of these."**

Check for answer to this step.

When you have a yes for the above, go to the next step:

**9. "I ask to seal this healing now unto the Light and unto Protection forever."**

Check for answer to this last step

If you are given a no; there is no need to go further with it.

Just continue to the next step.

When you have a yes to everything so far, finish the request as follows by stating:

**10. "I ask for these healings,  
Through all the levels and all the bodies,  
All the lifetimes on Earth and on all other planets,  
Including the present lifetimes,  
and present parallel lifetimes and lives  
Heal all the damages, on all levels and dimensions,  
And bring the healings into the present,  
NOW."**

If you receive a yes to this last section for this section of the process to be finished for Earth and most other-planet karma. If you receive a no, ask line by line to find the no and release it as in the previous sections. It may take a complete new request to do so. Once the no is released, finish this section of the process and it will usually be granted. For all steps of the request above, use the exact wording as given.

~~~~~

Decree out loud:

**"Amen!
And So It Is!"**

September 07, 2006 (put actual date here)

~~~~~

When done, thank all who were present.

Close the Coning by disconnecting from each one in the coning.  
Check if all who are in the Coning are now disconnected,  
and then state that the Coning now is closed.  
Amen,  
and so it is.

## Claiming Your Power

**Pow-er** (pauar)**1.** *n.* an ability or faculty, *the power of motion, intellectual powers//physical strength//control, to be in someone's power//controlling influence, political power//authority, authorization //(phys.)* the rate at which work is done or energy is transmitted.  
**2.** *Vt.* to supply with a source of power.  
(Webster's Dictionary of the English language -the New Lexicon.)

**Power**, in the *Spiritual and Higher Realm*, can be defined as follows: the ability, capability, capacity, to create and be creative; the ability, capability, capacity, to use energy as a source to create; something, or a situation with.

And Power as a *Theme*: to experience, learn, and grow spiritually. The *lessons* associated with Power are many. Some examples are: the lessons of: Love, compassion, forgiveness, responsibility, reciprocity, control, and surrender.

**To Claim our Power** is to take *responsibility*. Which can lead to the realizations that: to *take responsibility* is to *know* that we *co-create* our lessons and our reality, and to accept the results of our actions and inactions.

To *know* that we *co-create* our lessons and our reality is to learn to *forgive* ourselves and others.

To be able to *forgive*, we must learn *Compassion*. Compassion comes through being connected to our Hearts.

The *Love* in our Hearts for ourselves and others leads to *Allowance*: Allowing others the lessons that they and we need in order to grow emotionally, mentally, spiritually.

(It does not mean standing by and doing nothing when people are suffering or dying. It means being on stand by, so that they know you are there for them when they ask for help, and then helping as needed.)

*Allowances* means also knowing *when* to surrender, to *surrender* our control over a situation, or an opinion of how something should be.

And the ability to *surrender* leads to *Humbleness* and *Humility*.

*Humbleness* and *Humility* help to keep us in our Integrity, which we need to exercise our Power.

**Love** is the *Source* and the *Energy* of All That Is.

**Compassion** is the *true* state of *allowance*.

**Forgiveness** is the *key* to releasing and healing of anger and pain; whether inflicted on us or by us.

**Responsibility** is what we *need* to take for our actions and the results there of.

**Reciprocity** as the earthly version of the *Divine Laws of : As above , so below, and as within , so without*. It has also been expressed as " Do unto others as you would be done unto." or, as the boomerang *Law of Karma*.

**Control** is the *self-discipline* that is needed to *guide* our Integrity.

And that to **Surrender** is going with the Flow, *not* giving up or in, but

**Allowance**; *allowing something when we can go no further on our own, the knowing of when to ask for help, to release control*.

And **Humility** helps to keep us in our **Integrity**.

## **Meditation**

Stand or sit with spine straight.

Imagine that you are standing under a waterfall.

The water is washing over you, all around you, from the top of your head down to the bottom of your feet.

Now feel that water flowing not only over you, but through you, from the top of your head down to the bottom of your feet.

Now feel the water getting lighter, softer, finer, and more gentle.

It is turning into Light, *White Light*.

Feel this Light now Flowing through you, washing you inside and outside, through all your cells, through every molecule, every atom, electron, and particle of your body, and every micron of space in between.

With every in-breath, draw in Light through your crown.

With every out-breath, you flush that Light from the top of the head down through your body, out through the soles of your feet.

Breathing in Light, and flushing your body with Light.  
Do that for a minute now.

Now as you breathe in Light through the crown, draw it down through your body to your Solar Plexus and breathe it out the Solar Plexus, radiating it out in all directions.

Breathe in Light through the crown, radiate Light out through the Solar plexus.

Do that for a minute now.

## **Claiming Your Power, Life Force, Energies, Abundance, and the Sovereignty over all Your Bodies:**

*Please do not do this process until you have read through it and understand the implications and understand what you are asking for when you do this practice.*

Now feel that Light that is radiating  
out your Solar Plexus  
expand outward  
in all directions  
with every breath you take.

Decree out loud with a straight spine:

You now decree:

(Out loud - We do this out loud to permeate our body with the sound-vibrations of our Intent; which strengthens and amplifies and reinforces our Intent down to the molecular and atomic levels of our physical body; bringing our body into alignment with our intent.)

(You begin this process by invoking the presence of the Creator to witness your Intention.)

**"O Thou, Creator and Sustainer  
of All that Is,  
the I AM THAT I AM.**

**I, (your full name),  
do hereby claim my full Power, Life Force, Energies,  
Abundance, and the Sovereignty over all my Bodies.  
The Power, Life Force, Energies, Abundance,  
and the Sovereignty over all my Bodies  
that is mine by right of Being.**

**In the name of  
the I AM THAT I AM, and the Law of Grace,**

**I, (your full name) do hereby cancel,**

**Nullify, and delete  
all oaths, vows, promises,  
contracts, agreements, and obligations  
that I may have made,  
Whether consciously  
or unconsciously,  
with any and all Beings,  
on all levels, dimensions, and realities,  
in all times and Lives  
- Past, Present, Future, NOW -  
which are negative and detrimental to myself  
and my service to Creator,  
and all those in which  
I may have given away my Power,  
Life Force, Energies, Abundance,  
and the Sovereignty over all my Bodies.**

**I now  
Claim my Power,  
Life Force,  
Energies,  
Abundance,  
and the Sovereignty over all my Bodies  
back for myself.**

**My Power, Life Force, Energies, Abundance,  
and the Sovereignty over all my Bodies  
are *MINE AND MINE ALONE TO USE AND EXERCISE*,  
in accordance with Divine Law.  
Whether I choose to use or exercise them  
or not,  
**NONE**  
may use,  
exercise,  
or lay claim to my Power, Life Force, Energies, Abundance,  
and the Sovereignty over all my Bodies.**

(Cosmic Law state that: **Power** (As is our Life Force, Energies, our Abundance) **is there for all to use**. If your power is unused, lying there so to speak, then others may use it-**without your knowledge. Unless** you **claim Your power and qualify it**; by stating as above that it is yours and yours alone to use etc...; the use of your power without your knowledge is allowed. There are lots of Beings out there that work very hard at keeping you in a state of confusion so that you won't know that they have and are using your power! This is one of the important reasons for you to claim your power.)

**NONE may violate the Sanctity  
nor damage, interfere, trespass,  
or inhibit the Integrity  
and perfect functioning of all my bodies,  
on all levels, dimensions, and realities,  
in all times and lives,  
Past, Present , Future, NOW.**

(**Claiming the Sovereignty over all your Bodies** lets others know that interfering in the perfect functioning of all your Bodies through Implants Hooks & Cords etc... open them up to the same happening to them – as you have set your boundaries and stated to the Universe your wish. Like a land owner who has put up No Trespassing signs... No one who trespasses can claim that they did not know. Until you claim the Sovereignty over all your Bodies, you do not own them!!! They are open territory so to speak for any and all to stake a claim on/in.)

**I ask my Highest Self  
to make known to me  
now,  
those lessons  
that I wished to learn  
through the use  
or misuse of power, Life Force, Energies, Abundance, and the  
Sovereignty over all my Bodies,  
so that I may see  
if I have learned them  
or not,  
and if those lessons  
are still relevant now .**

(It is important to know what those lessons are because it gives us Clarity about our life situations , and so we can practice discernment and Integrity in our way of dealing with our situations. Also, our emotional bodies are addicted to the **Intensity** of past experiences. So as we look at what our lessons are; and whether we have learned them or not; we can see whether we are stuck in a replay of a lesson, because our emotional bodies want to re-experience the Intensity of it, or not. If our Higher Self shows us that the lesson has been learned, then we can work with our Inner Child (which is our emotional body) to release those experiences from our bodies so that it (the inner Child) is not constantly drawing those circumstances to us to re-create those Intensities that it wishes to re-experience.)

**I now forgive those  
who have hurt me  
or wronged me  
whether knowingly,  
or unknowingly  
in any way.**

(You can ask Your Higher Self to show you those who may have hurt you or wronged you in the past and present that you need to forgive. (Remember that Forgiveness is the Key that unlocks the door to the healing and releasing of all wounds caused in the process of learning a lesson. If the wounds are not healed, the lessons are not considered learned and we cannot progress to the next higher level of learning and evolution...)

See Divine Unconditional Love flow from your Heart to theirs and fill them up with it until they are so saturated that they begin to radiate it out in all directions. (This may take few minutes...))

**And I ask all those  
whom I have hurt  
or wronged,  
whether knowingly  
or unknowingly in anyway,  
for forgiveness.**

(You can ask Your Higher Self to show you those being that you may have hurt or wronged in the past and present that you need to ask for forgiveness from, also those who are ready to forgive you now.

See Divine Unconditional Love flow from their Hearts to yours and fill yourself up with it until you are so saturated that you begin to radiate it out in all directions. Feel their Forgiveness heal your wounds, and *allow yourself* to be Forgiven. (This may take few minutes...))

**I thank all  
who have participated with me  
in the lessons of Power, Life Force, Energies, Abundance,  
and the Sovereignty over all my Bodies.**

(Gratitude and acknowledgement is important as it keeps us humble so that we truly know that no one ever does anything alone.)

**Knowing that I,  
and those who co -create my lessons with me,  
do so  
out of Unconditional Love for each other,  
even though we may have forgotten this.**

(All who co-create together a lesson , and the situation in which to learn that lesson , do so out of unconditional Love and free will. Only a Soul who Loves you deeply and strongly will agree to co-create the more painful or violent types of experiences and lessons (such as rape or murder) that your Soul may have wished to experience and learn. And we almost always forget this the minute we incarnate here on earth.)

**I thank all  
for the lessons learned.  
I pray that the wisdom gained**

**will serve to guide me  
in all future Service  
for Creator.**

**I AM now  
taking responsibility  
for my Power, Life Force, Energies, Abundance,  
and the Sovereignty over all my Bodies.**

(Asking for Divine guidance means using the Clarity of Discernment to discern that it *really is* Divine guidance *and* also putting that guidance into use.)

**I ask for  
Divine guidance  
to use my Power, Life Force, Energies, Abundance,  
and the Sovereignty over all my Bodies,  
for my highest good,  
for the Highest good of all,  
with harm to none.**

**I AM now Empowering myself  
to Be  
All That I AM  
in Love,  
Light,  
Harmony,  
and Balance.  
Happiness,  
Joy,  
Peace,  
and Compassion.**

**Amen.**  
(Meaning so be it.)

**And so it is."**

Initially, do the process 3 xs in a row, 3x a day, 3 days in a row.

The best time to do this is preferably in sunlight and outdoors.

Repeat as often as needed!!

## Recommended Reading List

### **Tools For The Next Step on the Ascension Path**

A Manual of Guide Meditations and Processes

By Li Lan Chan

Order as e-book

[http://www.emerald-energies.com/product\\_info.php?products\\_id=115](http://www.emerald-energies.com/product_info.php?products_id=115)

or directly <http://www.starorchid.net>

### **Tools For The Next Step on the Ascension Path –Book 2 -Soul Contract Addendum Changes**

**A How To Manual On Making Changes to Your Soul Contract**

By Li Lan Chan

directly <http://www.starorchid.net>

### **Tools For The Next Step on the Ascension Path –Book 3 -A Compendium of Karmic Releases**

**a Manual of Guided Karmic Release Processes**

By Li Lan Chan

directly <http://www.starorchid.net>

### **Second Edition MAP - The Co- Creative White Brotherhood Medical Assistance Program**

by Machaelle Small Wright ISBN 0-927978-19-9

order directly from: Perelandra

P. O . Box 3603

Warrenton , VA. 20188

<http://www.perelandra-ltd.com>

### **Battle Energy Release Process - Universal Light Series 2**

by Machaelle Small Wright

order directly from : Perelandra

P. O . Box 3603  
Warrenton , VA. 20188

<http://www.perelandra-ltd.com>

The five-volume investigation into the realm of multidimensional karmic healing by Diane Stein includes:

**We Are the Angels**

**Publisher:** Crossing Press (September 1997)  
**ISBN-10:** 0895948788  
**ISBN-13:** 978-0895948786

**Essential Energy Balancing**

**Publisher:** Crossing Press (March 2000)  
**ISBN-10:** 1580910289  
**ISBN-13:** 978-1580910286

**Reliance on the Light**

**Publisher:** Crossing Press (July 10, 2001)  
**ISBN-10:** 1580910904  
**ISBN-13:** 978-1580910903

**Essential Energy Balancing II**

**Publisher:** Crossing Press (September 2003)  
  
**ISBN-10:** 1580911544  
**ISBN-13:** 978-1580911542

and **Essential Energy Balancing III**

**Publisher:** Ten Speed Press (July 30, 2006)  
**ISBN-10:** 1580911773  
**ISBN-13:** 978-1580911771

<http://www.dianestein.net/>

**The Light Shall Set You Free**

By Dr. Norma J Milanovich & Dr. Shirley D. McCune ISBN 0-9627417-7-9

**The Lineage of the Codes of Light**

By Jessie E. Ayani ISBN 0-9648763-1-0

**What Is Lightbody ?**

by Archangel Ariel as Channeled by Tashira Tachi-ren    ISBN 1-880666-25-1

**The Book Of Knowledge : The Keys of Enoch**

by J.J. Hurtak    Library of Congress Catalog Card No.: 76-55939  
or order directly from : Academy For Future Science  
P.O.Box FE  
Los Gatos , Ca. 95030

**I Remember Union - The Story of Mary Magdalena**

by Flo Aveveia Magdalena    ISBN 1-880914-07-7

**The Course of the Seeker**

by Omar Ali Shah    ISBN 0-942139-07-0

**Here to Heal**

by Reshad Feild    ISBN 0-906540-80-1

**Heart Initiation -Preparing for Conscious Ascension**

by Julianne Everett    ISBN 1-880666-36-7

All Books by Chris Griscom but especially

**The Healing of Emotion: Awakening the Fearless Self**

By Chris Griscom    ISBN-10: 0962369659  
ISBN-13: 978-0962369650

## Li Lan Chan

The words "White Brotherhood " has been used for centuries on earth to denote the group of beings that work toward the upliftment of souls in their evolution towards the Light. " White "is used to denote all the rays of the Light spectrum. "Brotherhood" is used to denote not only the family of all of Humanity, but the family of all Life and consciousnesses, on all levels and dimensions.

St. Germaine: "The *Great White Brotherhood of Light* has existed from the beginning of time in this Universe. We exist in other dimensions and realities also. The White brotherhood does not look after special interests. We work toward the upliftment of the Universe as a whole."

## Li Lan Chan

is a teacher and Representative of the **Great White Brotherhood of Light** in conjunction with the *Spiritual Hierarchy of the Earth and the Ascended Masters*. She is also of the *Office of the Christ* and of the *Office of the Mother of the Universe and of the World* She is the *Physical Aspect of the Eloha El-Lah-Rah* (Eloha being the singular of Elohim). She is also a Minister in the Universal Life Church. She has been trained intensively by the "White Brotherhood" since 1993 to do what she calls her 'Connections' work for individuals

In her work as a spiritual "Go-pher" for the "White Brotherhood", Li Lan has been called upon to present the teachings of the "Brotherhood" to individuals and groups across the United States Of America, Canada, Europe, New Zealand, and Australia. Li Lan also works closely with Ashtar Command - the higher dimensional space forces of the "Brotherhood " - in the clearing and healing of the Vibratory Grids of the earth, vortexes and other power spots .

Li Lan lectures on a variety of subjects depending on the needs of the audience and all her teachings are Heart teachings and emphasizes:

- ° CLARITY OF DISCERNMENT,
- ° PURITY OF INTENTION,

° and THE IMPECABILITY OF INTEGRITY

as prerequisites for the elevation of humankind to the next octave of Evolution: the Ascension into Christ Consciousness!

Born in Hue, Viet Nam; her early childhood was spent between Hong Kong and Saigon. She grew up in California from the age of 9 via Paris, and London. She lived in Europe for 20 years, 16 years in Germany and 4 in France. She presently lives Sedona, Arizona in the USA. .

**For detailed information on her work, training programs and workshops**

**Go to her website: <http://www.starorchid.net>**

**For appointments:**

**Li Lan Chan:**

**telephone: (928) 300-5619**

**E-mail: [starorchid@earthlink.net](mailto:starorchid@earthlink.net)**

## Private Individual Sessions with Li Lan El-Lah-Rah

**Li Lan** has been trained by the Great White Brotherhood of Light to do the following work; which she calls **CONNECTIONS**.

**Li Lan** works with Flower Essences and her White Brotherhood teams in all her Connections and sessions work.

For the most up to date info and prices, go to [www.starorchid.net](http://www.starorchid.net)

### **I. Connections to the Higher Self and the Inner Child**

In this session, Li Lan facilitates the connection to the Higher Self and the Inner Child and helps to **anchor these energetic parts of our Being into the physical body**.

The Inner Child is to our Emotional body what the ego is in relationship to our Mental body. Our Inner Child holds the key to our emotional well being.

When we connect to our Inner Child in its pure state, we experience that state of innocence and purity of Love and Joy that is our true state of being. We can see our addictive patterns that we all seem to repeat so often in our lives and we help our Inner Child to release the traumas and blockages that caused these addictive patterns that have held us back from positive growth and emotional maturity.

Your Higher Self is that Energetic part of you that is in constant contact with your Divine Soul. It is that Divine aspect of yourself which functions as the central co-ordinator of your Life's Plan. Your Higher Self, since it is not anchored in linear time as we know it, has an overview of your complete development in any and all Life times and co-ordinates the *timing* of those lessons that you wish to learn and experience.

We want to connect to our Higher Self. Because the Higher Self has the overview of our life's Plan, it can guide us to avoid the pitfalls and help us stay in the Divine Flow. Your Higher Self, unlike other Spiritual

guides that one may have, has only one agenda: *Your Highest Good and Interest*. It does not represent any other groups, opinions, or agendas.

Our personal path of evolution dictates that we eventually become and manifest as our Higher Self. Establishing communications with our Higher Self and getting feedback and guidance is a first step towards realizing and manifesting this goal.

People have concepts of the Higher Self and the Inner Child, and in this session, you will have a direct experience of both and be able to communicate with them. You will experience your body as a distinct consciousness with its own integrity.

And you will work in this session with Light and Colors and Breath to facilitate the anchoring of these energetic parts of your being into your physical body. Our lack of wholeness comes from not being connected at all times with our Higher Self, Our Inner Child, and our physical body. When we are connected, we become whole.

This session usually takes 2.5 - 3 hours and may take more than one session depending on what a person needs in order for the anchoring process to be complete. They need to allow for time after the session to process, to assimilate and to integrate.

## **II. Theme Session**

When a person has made the connection to the Inner Child and the Higher Self and have experienced the anchoring process into the physical body, they can then begin to work with focused themes such as DNA clearing, Karmic relationships, and other specific issues and explore them from a multi-dimensional perspective.

Theme work, unless a person is real clear and really focused, often takes more than one session.

Each session usually takes about 2.5- 3 hours.

## **III. Balancing and Harmony Sessions**

This session is for those who have physical problems, states of disease, and other imbalances that they wish to look at from a multidimensional point of view. Li Lan connects you to your higher

dimensional healing teams, along with a White Brotherhood Healing team to look the cause of the imbalance and/or dis-ease. As you explore the cause and origins of the problems on a conscious level, the teams work on the etheric levels to remove the blockages and instructions are then given to the body to reprogram it to function in that state of Balance and Harmony which we call Health.

Li Lan works with her White Brotherhood team and Flower essences and the Healing Element of the **Divine Light of Gold** in conjunction with her Hathor Sound team to re-calibrate and realign the meridians and /or etheric blueprint and/or DNA-RNA programs as needed to complete the work that needs to be done.

An individual may need more than one session for the work to be complete.

A session is usually 1 to 1 and 1/2 hours.

This session is different from the Multi-dimensional Structural Synthesis Therapy (MSST) sessions as the client is not required to be physically present in the MSST sessions. Please read the page on MSST for detailed descriptions.

#### **IV. Multi-dimensional Structural Synthesis Therapy (MSST)**

is an innovative form of healing brought through by Li Lan and her White Brotherhood Medical and Technology guides. It uses etheric technology that allows Li Lan to check through a person's many bodies for discordant and disruptive programs, energies and influences that can cause states of disease and imbalance and then to clear and heal those bodies in a fast and energy efficient manner.

Once Li Lan has permission from a person's Higher Self, they are connected to a White Brotherhood Medical Team that works to facilitate the healing on all the bodies and levels. She then checks through their Causal, Spiritual, Mental, Emotional, Etheric, and Physical bodies, and their Auric field, and identifies the programs, disruptive energies, and influences that interferes with their ability to live life to the fullest. These programs, energies, and influences (many from past lives) may manifest themselves as health issues, addictions, patterns of behavior or life challenges. Once identified, Li Lan then clears with her teams the different bodies of the discordant energies, programs,

and influences. She then realigns, re-calibrates, and/or repairs the bodies in question to bring them up to an optimal level of function using the etheric technology that she has programmed with her White Brotherhood teams.

In the Physical body, MSST can remove patterns and memories at the cellular and DNA-RNA levels, remove blockages to energy flow, clear programs that one may have inherited, upgrade the Light Quotient level of the body, thus raising and restoring the balance of energy flow of the body, thereby activating the body's natural healing abilities. Healing can only take place for those issues that are not a part of the present life learning themes. MSST never interferes with a soul's purpose or with a person's freedom of choice.

With this system of healing, it is no longer necessary to do the "old fashion" type of psychic surgery to heal a person. *Analogy*: It is the difference between bloody surgery and the surgery performed a la 'Star Trek Next Generation' where they just beam the particles out. That is as close to describing the difference between this and other systems that are around. In fact, the "patient" is not required to be physically present for the healing to take place. They need only be in a receptive state.

MSST is quick and healing in many cases can be instantly effective. It is excellent for acute conditions and clients report major improvement in pain conditions, major release of toxins, and a greater sense of vitality and feelings of well being. Chronic conditions may need a series of sessions as there is often a layering effect of causes and effects, like the peeling of the layers of an onion. There is often a need on the part of the "patient" to allow the changes that are affected by MSST to be assimilated and integrated before proceeding to the next layer.

The MSST session usually takes 1 - 1 1/2 hours and may take more than one session depending on what a person needs in order for the healing process to be complete. They need to allow for time after the session to process, to assimilate and to integrate.

MSST session can be done over the phone.

#### **IV. Connection: "The Divine Light of Gold"**

The physical Element - Gold has been, from time immemorial, considered to be the master healer. The lists of its healing and harmonizing properties are endless, whether worn as jewelry, or taken internally as an elixir.

In March 1997, **The Divine Light of Gold** was released from deep within the earth where it had been held in safety, awaiting the day when Humanity's development would reach a level where this Master Healing Element could be accessed and used according to Divine Guidance.

**The Divine Light of Gold is an INTERFACE Element** composed of the Finest, Purist, Highest, and Smallest Particle of the **Physical** Element -Gold on earth and the Lowest of the Etheric Gold from the Higher Dimensions that is now **physically** on Earth. It is only available now because the earth is no longer wholly in the third dimension - it is now in Transitional 4th dimension. Its properties are Healing and its energies are Transformational on an all- encompassing level without the limitations of Physical gold. Li Lan calls it **The Divine Light of Gold** because the element is so fine, it is almost like Light particles. The Connection into **The Divine Light of Gold** allows the Healer to access that **Physical and Etheric** Energy-Element of the **Divine Light of Gold** and channel it to **enhance** the healing modalities of **All** healing work - whether it be with people, animals, or earth energies and grid work.

The Connection is done on an individual basis in conjunction with Li Lan's White Brotherhood Teams and the Upper Realm Healing Teams of the initiate involved. This is to establish the correct Channels in the Physical Body of the Healer and to be sure that the Healer's body is sufficiently in balance and harmony to be able to handle the flow of this Energy-Element so that as the Energy-Element flows, there is no transference of the personal energies of the Healer to the receiver of the **Divine Light of Gold** and that the Healer will not blow a fuse. Flower essences help to stabilize the Connection.

The connection to the **Divine Light of Gold** is a once only connection. It takes about 1 to 2 hours depending on the amount of preparatory work needed to establish the channels.

There are now other Divine Light Elements available. Ask for details...

## **V. Axiatonal Connection**

Axiatonal lines are vibratory lines that are the equivalent of acupuncture meridian lines that connect with resonating star systems. Our third dimensional physical bodies have meridians that connect our body's acupuncture points. In our fifth dimensional bodies, our axiatonal lines function as the meridians.

In her axiatonal connections work, Li Lan connects a person's meridians via the axiatonal lines to the vibratory grids of the earth. Since the Harmonic Convergence, the Earth has been reconnected to the Galactic Grids, which means that the Earth is receiving cosmic and light energies once again. When a person is connected to the vibratory grids of the earth, they have access to these energies and information without distortion, based on their degree of evolution.

This is a connection only for people who are called to serve. This is not a process to be taken lightly. When a person receives the energies and information, they then input this into the morphogenic field of humanity, thus helping humanity to reach the critical threshold which will springboard humanity onto the next higher level of evolution.

This is a once in a lifetime connection-- in any lifetime. Even if you chose not to stay on Earth, you remain connected. It is achieved in two sessions of about 1 hour each during daylight. Time must be allowed between sessions.

## **VI. Connecting to flower Essences - consultation**

Flower essences have been in use since they were first developed in ancient Lemuria. The infusion of pure water with the vibratory signature and energy of a flower creates a powerful catalyst which when applied, either internally or externally, can balance the human being on all the different levels- physical, emotional, mental, and spiritual.

Li Lan has been working with flower essences since 1984. She works with them in all her Connections and processes work. She offers in this consultation a wide variety of flower essences for the individual seeking to find balance and harmony in their life through the catalyst of flower essences .The essences offered are: the Bach Flower essences. The complete Perelandra essences; the Garden essences, the Rose essences I and II, the Soul Ray essences, and the Nature Program essences. From Star Flower Essence; the Andean

orchid flower essences, the Peruvian flower essences, and the Santa Barbara flower essences. And from Sananda Gardens, the Sananda Ascension Essences.

The consultation usually takes about half an hour to forty -five minutes, and includes the seeking out and mixing of flower essences that the individual then takes and takes home for continued use at home, the dosages depending on individual needs.

### **Readings and Channelings from Li Lan**

There are moments in life when we just need to have encouragement and confirmation that we are on the right track. Li Lan connects to your Higher Self and your highest guides to answers your questions with empowering techniques designed to help you help yourself. She is also able to channel messages from Divine Mother Mary, Lord Sananda, St. Germaine and other White Brotherhood guides for you. For those interested in readings and Channelings from Li Lan, This is now available over the phone. It is suggested that you prepare your list of questions, as the Masters and the White Brotherhood take the stand point that if you cannot even voice it, you are not ready to deal with it, and they do not have permission to go there.

(PS. I do not talk to dead relatives, or give predictions on the future ! )

### **Multi-dimensional Structural Synthesis Therapy (MSST) Training Program**

The MSST training program consists of individual sessions and workshops (may be in groups). The sessions are the foundation upon which the MSST training stands. The sessions allows us to experience these higher dimensions and connects us consciously to these our other bodies so we can experience them and the energy levels associated with them.

Because, in MSST, the therapist can only affect those levels and bodies that the therapist can reach themselves. For example: One cannot affect the Causal Body if one's energies are not able to reach and hold energy at that level. Likewise, the more knowledge one has of the

detailed workings of the different bodies, the more one can affect the workings of those bodies. The workshops are the framework, and teaches one how to use the Control Board- the etheric technology that allows the therapist to access the different bodies/ levels/ teams in a new, and energy /time efficient way. And the required reading and study the walls and rooms of the specific area of expertise of the Healer.

MSST can be used two fold.

1. As a way to learn how to be a medical Intuitive, that is, how to discern/ read the different bodies and levels using the Control Board and the feedback with the higher dimensional teams.

2. With the information gathered, then affect the balancing and harmonizing of the bodies to bring about wholeness/healing.

The proficient use of the MSST Control Board depends on the amount of time and energy one invests in learning about the bodies, how they function etc...

For beginners interested in accessing & developing their healing abilities, the MSST training is a comprehensive program designed to provide a firm foundation from which to build from.

For those who are already healers/ health practitioners, the MSST training provides a method which cuts down the time factor and maximizes the energy output and efficiency of the healing Energies.

Multi-dimensional Structural Synthesis Therapy (MSST) learning how to do it, should be considered a Path in its own right. And when one starts on a path, there are fundamental steps that need to be learned and mastered.

For detailed information on the MSST training program

Go to her website: <http://www.starorchid.net>

