

CLEARING CODEPENDENCY and OVER EMPATHIC PROGRAMS

I, in the ever-present moment of Now, call forth to my I AM presence, I sound My Heart Tone and my Heart Song out to the cosmos as I call forth to my ancestors past, present and future. I call to my Galactic Family, the Aurora Family, and my Soul Family. I ask to open, in this moment, a Spiritual Court of Equity in order to hold and bear witness to all that I bring forth in this very I AM present moment of now. I asked Earth mother to please bring forth my full Akashic records to be opened and examined before all in the Spiritual Court of Equity.

I ask now to bring forth all records of holding any place I've held any vibrations of codependency or giving my power away, I ask to open all records where the beliefs of ...

That in order to belong, I need to change who I am to fit in, to be loved, to belong, to be accepted by the tribe,

All vibrations of being less valuable than another, less important, that my life doesn't matter, or any beliefs that another person is more important than me.

All vibrations insecurity, fear, unloveability, scared, weak, insecure. All places where unhealthy empathy created hypersensitivity and unhealthy psychic precognition.

All places where I used any of the defense mechanisms of denial, repression, rationalization, manipulation, undoing, avoidance or procrastination.

Please open all records now.

To my ancestral lineage, To my mother and to my father and all of my ancestors before them, I love you, but the teachings that you have taught about how to deal with pain and trauma do not work for me any longer.

All the ancestral karmic debt of becoming a narcissist or codependent, Of needing to change who I am to be accepted, that being myself was wrong, unsafe, unacceptable or dangerous.

All teachings and debt of needing to do as I'm told, to listen, to stay out of the way, be seen but not heard.

That I'm loved but you don't have time for me.

The teachings of making myself small, not letting my creativity or spontaneity out, not being who I truly am.

All of the teachings that Love comes with violence, I love you I hate you, but you need me, so do as I say.

All of the teachings that children don't have a voice, are meant to do as they are told, should be punished, should be taught a lesson.

All of the teachings of domestic, violence, sexual abuse, passive aggressiveness, trapped, taunted, made fun of, bullying, made an example.

All the teachings of hell or horrible outcomes meant to scare for the purpose of a desired behavior. All the teaching of manipulation and reward, all the teaching of being a good little boy or girl and if you are you will get the present, the reward, or heaven.

All teachings that children are in the way, all the teachings of being unloved, detachment, you are a burden, I don't have time for you, you are not my favorite, you are my favorite, If I hit you or yell at you it's your fault, you are always wrong, do as I say not as I do.

All the teachings that it doesn't matter what you want, you get what you are dealt and deal with it.

All the teachings and debt of inability to bond, attach, be present, be genuine, value or love.

For whatever purpose this teaching and debt was created, it no longer applies to me and this generation of the great Dream time awakening.

Wherever these teachings came from, whom ever agreed to them or however they were decided, I am calling forth for all contracts, all agreements and all teachings to be brought forth now before the spiritual Court of equity. I am proclaiming to all ancestors past present and future I do not agree or consent to any of these teachings these teachings do not work for me. These teachings do not work for my generation, these teachings do not work for me and my dream time and that which I am. I am giving these back now I'm deleting them and canceling them from my reality. All debt that was ever created I asked for Prime Creator source of all that is to please return it all back to whomever created it so that it can be healed and rectified within all of the universe.

I call forth all teachings, all beliefs all contracts and agreements that have to do with inability to make decisions, putting myself second, taking on the feelings of others so much that I don't know my own feelings, holding my voice back and not knowing how to communicate my truth, seeking approval outside of myself, seeking validation, having expectations or needing to control my reality, lacking trust in my self, my guidance or my own inner voice, Jumping for the needs of others, depending on others for my feelings of safety, belonging or trusting my actions,

I am canceling and deleting within my genetics and my DNA now all contracts and agreements that have manipulated the basic human desire to belong and be loved.

The resentment for giving my power away, for being told what to do.

I am canceling and deleting within my DNA in my genetics all places of belief of domination and control, a victim victimizer, of sexual slavery, of male-female Discord, and all beliefs that where you are born determines who or what you can be, or have, or dreams.

I called all of these teachings, contracts and agreements before the spiritual Court of equity I Proclaim In This Very now I am moment that I am canceling and deleting all of these agreements I'm giving back all of the teachings, these teachings do not work for me, these teachings do not serve me or my generation in this Dreamtime, I I'm asking for all debt to be returned back to whom ever created it as God would have it be.

This emotion and vibration does not serve me any longer, I called forth the sacred ritual of Ho'oPonoPono to bless and release all blocked emotion, and miasm within my mind body and spirit complex. I acknowledge that I agreed to using jealousy to protect myself, to validate myself, to feel more special, to feel as though I belong, to justify why I felt so low and so hurt and so unloved and so underprivileged and is if I did not belong. I acknowledge that I use the vibration of jealousy as a cloak in order to justify why I felt left out in to place blame shame on others. I acknowledge that I utilized the vibration of being a victim in order to justify my forgetfulness of my God Sovereign being. I acknowledge that I made myself small, that I bought into the teachings and the beliefs of my ancestors, I acknowledge that I allowed myself to just go with the flow and be small, to just go with the teachings and write my life off as though it didn't matter, or it would never amount to anything.

Wherever I agreed to all of this wherever I bought into all of this wherever I signed consensual contracts with my energetic consent, I bring them all horse before the spiritual Court of equity to be fully witness now as I open my full akashic records and take full responsibility there's a sacred ritual of hoo Pono Pono I love and I bless and I said all of them three I cancel and delete all contracts and agreements I have ever made with any of these vibration stated I and the ever-present moment of now, stand in my truth, I have the right to be more I have the right to be happy I have the right to be free I have the right to create my life I have the right to be free of borders and free of stigma, and free of limitation, and free of race beliefs, and free of religion beliefs, and free of country beliefs, and free of gender beliefs, I have the right to be my full I AM presence now,

I cancel delete and revoke all of these contracts, agreements, debts and teachings. I call forth to the prime creator God source of all that is to please balance all as God would have it be. I am my true I M presents. I am the director and creator of my dream time now. I wash myself clean with The Celestine fire of light burning away all labels that I have ever held with these limitations.

To my previous I I am, from all previous lifetimes or soul incarnations, I call forth all Soul shards and any beliefs limitations or lower vibrations that were ever created during a soul review where a new decision was decided about how a life would be in the future, I call forth for the full healing of all Soul shards and to bring them home now back into my current moment of now. I am the creator of now, I am the one making the decisions in this lifetime free of all other beliefs of any other lifetimes. I do not consent to having any other lifetime or any other IM aspect of self influencing this current timeline of my present I am self. I stand Clean and Free as my permanent seed atom expressed through my Double Diamond Heart Center as a Christos being of light. I am that I am and I Proclaim this now to the spiritual Court of equity. I fully and completely sound my heart song and my heart wave to fully and completely cancel and delete all of these beliefs contract agreements teaching and debts. Across all time Dimension space and reality, I bring myself to the full zero point of Infiniti of now as a pillar of source light.

I Proclaim this now and so it is. I call forth to fully identify locate remove and repair all aspects of my soul Matrix field to my new permanent seed atom structure blueprint. I asked for Earth mother to please take note of all changes that have occurred within the spiritual Court of equity and please make record of all updates two contracts and agreements. I asked for God's or sleight of all that is to please return all energy and all that back to its place of origin and I asked for all portals to be anchor locked and sealed so that all energy that were creating any Mia's mm are completely and permanently locked out of this space, and our universe, irrevocably.

With great honor and love, I say thank you thank you thank you as I bring the sacred Court of equity to a close. Thank you and so it is.

(please revise to fit your personal soul speak)

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