

LESSON 11 - HOW TO REPROGRAM YOUR PSYCHE, REMOVE LAYERS OF THE PAST AND CLEANSE YOUR PALATE

In this lesson we have discussed the healing properties of the water and the fact that it can be programmed. We've talked about how our bodies consist of nearly 70% of water which means that we can program our very own selves and cells to act the way that want them to, simply with our very own thoughts. We've discussed how to do so with Muscle testing. And as promised here is a step by step of this exercise:

The first thing is to establish connection with your own body and your own higher self and here's a way to do just that (you might already be familiar with this, in which case it'll be that much easier for you to do).

So please stand up straight with your arms by your sides.

RELAX

Breathe in and out a few times and let your whole body just relax

Close your eyes and say to yourself "I am _____ (enter your name) and see what your body does. If your body leans forward that is a YES if your body leans back that is a NO. Try this a few times with things that you know for sure and establish that connection

Now, tell yourself the following "I deserve to be happy" See what happens. "I deserve to be me", "I deserve to have anything and everything that I want in life without having to work hard", "I am happy where I am today", and use any and all confirmations that you believe yourself to be.

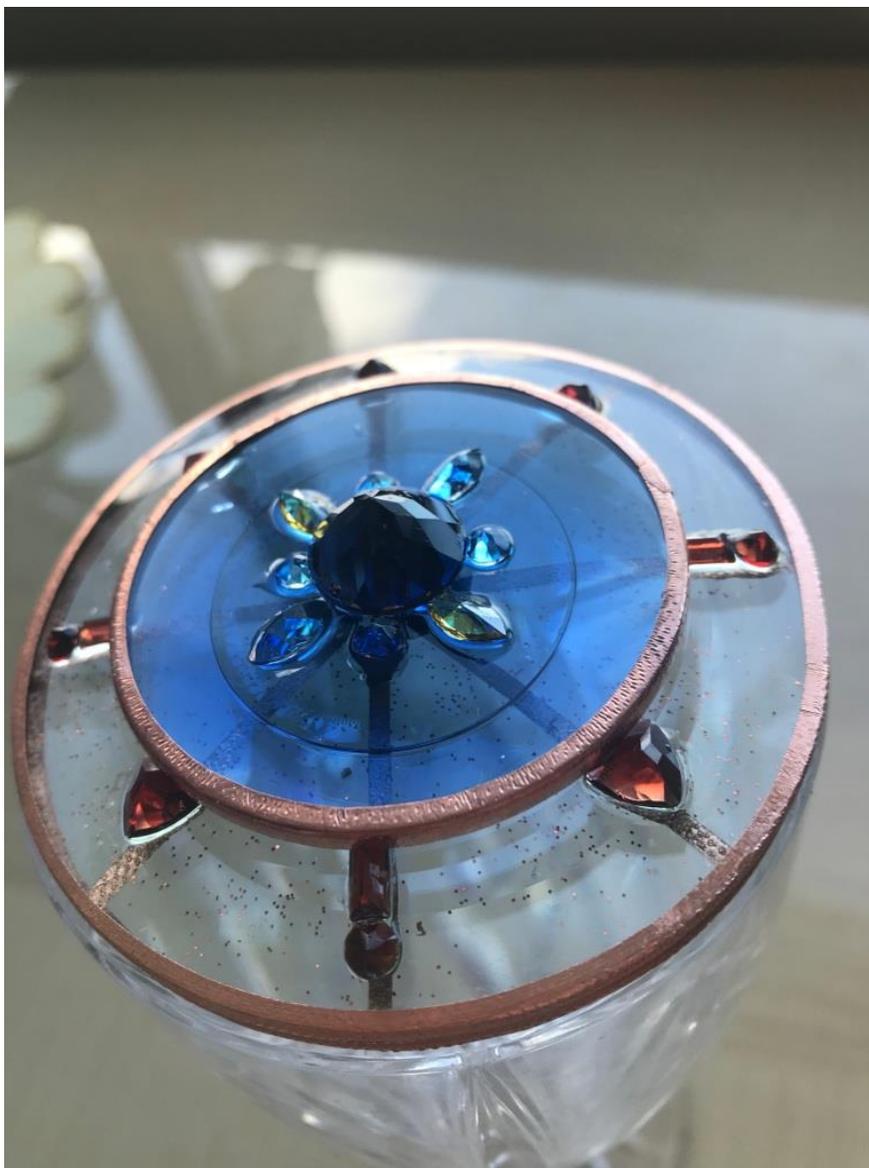
As you progress you will begin to see that there are many things on your list of feelings and emotions that are leaning your body back wards, stopping you from progressing.

Once you realize that these programs have been put into place by others, it's going to be THAT much easier to remove them.

So once again stand up straight relax and please repeat the following sentence:

"By the power of the creator, by the power of my own higher self, by the power invested in me through the source of all that is, for I am the source of all that is.

For I am GOD and GOD is me.



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For I am a powerful being, weaving what I wish to experience into my incarnation thereof.

I hereby ask and allow for all the programs that I am currently aware of and unaware of to be permanently deleted from my system which are running without my consent.

I hereby ask that all programs that interfere with my highest good to be transmuted into the light for healing and transmutation and new programs that will assist me in realizing my dreams and my mission here on earth to be instituted into my body as per the instructions from my higher self and the higher self of the creator of which I am part of.

I ask that all the programs from all of my previous incarnations and all of my previous experiences which interfere with serving my highest purpose to be permanently deleted from my system.

I ask that all the programs that have been acquired through my DNA, through the karmic representation of self, through those who have come before me, through my ancestors which interfere with my highest good and the mission of my highest self and the representation of my higher self to be promptly and permanently removed and those programs designed to uplift, harmonize, balance, assist, support, rejuvenate, escalate, my higher purpose to be integrated into my newly cleansed vehicle. It is so, and so it is.

With eternal gratitude to the source, to my angels, to my guides, to my higher self and to all that is I bow and rise anew from the ashes of my past self as a phoenix rebirthed, cleansed, fulfilled, uplifted, harmonized, balanced, supported, rejuvenated and loved unconditionally so by the universe and all that is forever and into infinity. Amen”

Now that you have said this, allow yourself to stand there, or you can lay down for better effect for a few moments as you allow your angels and guides and your own higher self to work on your behalf on removing these programs. Please note though, that if you are not yet ready to let go of certain programs as you have not learnt everything that there is to learn from some situation in your life, this program will not be removed, however, since all the others layers will be removed, this program that is running will make itself clearly known to you.

So for example if you are having various issues at the same time, you will begin to feel drawn to deal and analyze and contemplate on one issue in particular and as you begin to do so you will begin to feel compelled to address everything there is and release it once and for all.

So now it's time to get up and check yourself again. What's important here is to completely and fully integrate into yourself the idea and understanding that you DESERVE to have anything and everything in your life.

By understanding that it is so, you are removing the blocks of getting there. Of course this doesn't mean that you will simply sit there and expect things to fall into your lap, no of course not, you will still do something for it, but NOW when you do it, it will actually yield positive results.

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Remember to always think positive, to send positive vibrations into your body, and reprogram yourself daily. However, this is a different subject and I'll talk about that at some point in another article. For now, you are to focus on removing the acquired programs.

So once again stand up straight and ask yourself the very same questions you have asked yourself before and have gotten a negative response to. And see what your body responds to now. If you continue to get a "no" having your body move backwards, continue doing the exercise above, over and over again until you finally tune your body with the desired thought process in your mind.

And in time, you will begin to feel your energy shifting tremendously so, all blockages removed, everything dissolved and you ready to begin a new adventure, full of love, light and infinite potential.

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