

FREE YOURSELF FROM A NEMESIS



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The biggest issue that people seem to lament about is getting over a relationship with another person. That is because when you are intimate with someone, you swap energy freely. But when you part, you have left an energetic aspect of yourself with them. You walk around talking about them because you are trying to get your essence back from them. Here is the protocol to do just that.

Now you never have to suffer at the hands of a past lover and be left un-whole. Now you don't have to be hesitant to give all of yourself to the next person because now you have the means to energetically regain your empowerment. In fact, because these taps are preference; "in all moments" you are safe guarded from being fragmented in the future as well.

The *SFT Tapping* protocol is simply meant to put your fate back in your own hands where it should be. It is not merely words. Doing this protocol is you being the shaman. It is you being empowered. It is you taking back your energy and releasing the things that have been weighing you down. It is also repairing your energy field so that you are not susceptible in the future. It is you taking back your empowering and freeing you to love as unabashedly as your truly desire without the fear of being annihilated in the process.

It may feel so freeing to do these taps for past partners that you may want to do them regarding every person in your life. You may want to untangle yourself from every family member, co-worker, boss and friend. You may even want to do this protocol with every organization or idea that has held you back. Here is to you freeing yourself in a very profound way. Maybe in releasing all entanglements, you can finally get an understanding of who you really are unhindered and free.

You can make it a practice to do this once a day with a different person. You can even do it with groups, subjects, concepts, and anything else that limits your freedom.

Say each statement 3 times out loud while CONTINUOUSLY tapping on the top of your head at the crown chakra and say it a 4th time while tapping on your chest at the heart chakra.

"I release being with _____ out of habit; in all moments."

"I release feeling dependent on _____; in all moments."

"I release feeling beholden to _____; in all moments."

"I release being enslaved to _____; in all moments."

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"I remove all vivaxes between myself and _____; in all moments."

"I remove all tentacles between myself and _____; in all moments."

"I remove the claws of _____ from my beingness; in all moments."

"I remove all programming and conditioning that _____ has put on me; in all moments."

"I remove all engrams of _____ from my beingness; in all moments."

"I send all energy matrices into the Light and Sound that limit my freedom in regards to _____; in all moments."

"I command all complex energy matrices that limit my freedom in regards to _____; to be escorted into the Light and Sound by my Guides; in all moments."

"I strip all illusion off of my dynamics with _____; in all moments."

"I withdraw all my energy from _____; in all moments."

"I eliminate the first cause in regards to _____; in all moments."

"I remove all masks, walls and armor that I have worn because of _____; in all moments."

"I nullify all contracts with _____; in all moments."

"I recant all vows and agreements between myself and _____; in all moments."

"I remove all curses between myself and _____; in all moments."

"I sever all strings and cords between myself and _____; in all moments."

"I dissolve all karmic ties between myself and _____; in all moments."

"I remove all the pain, burden, limitations and engrams that _____ has put on me; in all moments."

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"I remove all the pain, burden, limitations and engrams that I have put on _____; in all moments."

"I take back all the Joy, Love, Abundance, Freedom, Health, Success, Security, Companionship, Creativity, Peace, Life, Wholeness, Beauty, Enthusiasm, Contentment, Spirituality, Enlightenment and Confidence that _____ has taken from me; in all moments."

"I give back all that I have taken from _____; in all moments."

"I release resonating with _____; in all moments."

"I release emanating with _____; in all moments."

"I remove all of _____ from my sound frequency; in all moments."

"I remove all of _____ from my light body; in all moments."

"I shift my paradigm from _____ to Joy, Love, Abundance, Freedom, Health, Success, Security, Companionship, Creativity, Peace, Life, Wholeness, Beauty, Enthusiasm, Contentment, Spirituality, Enlightenment and Confidence; in all moments."

"I strip all illusion off of _____ for myself; in all moments."

"I transcend _____; in all moments."

"I repair and fortify the Wei Chi on all my bodies; in all moments."

"I align all my bodies; in all moments."

"I am centered and empowered in Joy, Love, Abundance, Freedom, Health, Success, Security, Companionship, Creativity, Peace, Life, Wholeness, Beauty, Enthusiasm, Contentment, Spirituality, Enlightenment and Confidence; in all moments."

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"I resonate, emanate and am interconnected with all life in Joy, Love, Abundance, Freedom, Health, Success, Security, Companionship, Creativity, Peace, Life, Wholeness, Beauty, Enthusiasm, Contentment, Spirituality, Enlightenment and Confidence; in all moments."

This opportunity to free yourself is my gift to you. The gift that you can give yourself is to recognize its value and to take this technique seriously. Devotion to a true love is noble. But many of us have spiritually outgrown blind loyalty. It is important for everyone's empowerment, to know the difference.

It can also benefit you to give to your friends and family members who are dealing with a break up. When they lament about another person, they are begging the Universe for help. This worksheet is the Universe answering their call through you.

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