

RELEASING LIMITATIONS



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Think of someone, something or some group that has limited you in some way. Put that name in each line. After you name the issue, say each statement out-loud three times while tapping on the top of your head, and say it a fourth time while tapping on your chest.

"I release being limited by _____; in all moments."

"I release being lied to by _____; in all moments."

"I remove all blind loyalty to _____; in all moments."

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

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

"I release being cursed by _____; in all moments."

"I release the fear of repercussions of leaving _____; in all moments."

"I release confusing _____ for the highest truth; in all moments."

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

"I release giving our proxy to _____; in all moments."

"I release pinning all our hopes on _____; in all moments."

"I untangle all our energy from _____; in all moments."

"I extract all of _____ from our beingness; in all moments."

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

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

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

"I remove all masks, walls, and armor from _____; in all moments."

"I remove all masks, walls, and armor of _____ from our beingness; in all moments."

"I shatter all glass ceilings that _____ has put on me; in all moments."

"I shatter all illusion of superiority that _____ has put on me; in all moments."

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

"I release being deceived by _____; in all moments."

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

"I eliminate the first cause in moving off the path of love; in all moments."

"I eliminate the first cause in moving away from truth; in all moments."

"I eliminate the first cause in being programmed and conditioned; in all moments."

"I eliminate the first cause in ignoring the ancient ones; in all moments."

"I exonerate myself in all moments."

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

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

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

"I send all energy matrices of _____ into the light; in all moments."

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"I send all energy matrices of _____ into the sound; in all moments."

"I command all complex energy matrices of _____, to be escorted into the light and sound by our guides; in all moments."

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

"I release romanticizing _____; in all moments."

"I release being _____ to hide from truth; in all moments."

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

"I remove all curses that we have put on all others due to _____; in all moments."

"I release influencing others for _____; in all moments."

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

"I remove all blessings that we have put on all others for the sake of _____; in all moments."

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

"I sever all strings, cords, and wires between myself and all others due to _____; in all moments."

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

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

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

"I remove all the pain, burden, and limitations that we have put on all others due to _____; in all moments."

"I remove all the fear, futility, and unworthiness that _____ has put on me; in all moments."

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