

# RELEASING PAIN



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**Say this 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. Say each word deliberately. They are not just words but a vibration that you are initiating to shift energy. Pause after each word. Say it in a commanding but even tone.**

"I release being at the mercy of pain; in all moments."

"I release giving pain my power; in all moments."

"I release using pain to validate myself; in all moments."

"I release using pain as a crutch; in all moments."

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

"I release using pain as an excuse; in all moments."

"I release using pain to feel important; in all moments."

"I release using pain to punish myself; in all lifetimes"

"I release using pain to declare myself unworthy; in all moments."

"I release the belief that pain is omniscient; in all moments."

"I release the belief that pain is omnipresent; in all moments."

"I release the belief that pain is omnipotent; in all moments."

"I release worshiping pain; in all moments."

"I release being trapped in hell; in all moments."

AWAKEN TO YOUR OWN EMPOWERMENT

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"I release converting hell into pain; in all moments."

"I release using pain to express being in hell; in all moments."

"I release making a God out of Pain; in all moments."

"I release storing hell in my nerve endings; in all moments."

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

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

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

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

"I sever all strings and cords between myself and my pain body; in all moments."

"I step out of my pain body and disintegrate it; in all moments."

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

"I release being permeated in pain; in all moments."

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

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"I annihilate all concepts of pain; in all moments."

"I annihilate all memories of pain; in all moments."

"I annihilate all feelings of pain; in all moments."

"I annihilate all physical components of pain; in all moments."

"I convert all pain to a joyous expression of gratitude; in all moments."

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

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

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

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

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

"I transcend pain; in all moments."

"I am centered and empowered in divine Love; in all moments."

"I resonate and emanate divine Love; in all moments."

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