

**PROCLAIMING YOUR SOVEREIGNTY  
CLEARING ALL ENSLAVING MIND PROCESSES  
DISENGAGING FROM ENERGETIC ATTACKS**

**Connecting with your ‘Higher Self’ and developing Unity Consciousness**

**This involves:**

- Repairing your hologram and disengaging from the mirage of the imprisoning false one.
- Harmonising its energy frequency, its sacred geometry and divine architecture (DNA).
- Connecting with or becoming one with super consciousness and with the multidimensional Light Body or Ascended Human Energy-form.
- Establishing yours and recognise the sovereignty of all Beings in the harmony of personal freedom in one with God Source.
- Educating humans and other sentients and inviting them to connect with personal sovereignty and Universal Law.

**Exercise**

After relaxing and clearing your mind of all other thoughts, move your awareness into your heart and from therein ask yourself “Do I have:

- Enslaving belief systems
- Mind Control Scripts
- Drama Programmes
- Nightmares
- Inappropriate contracts
- Binding Obligations
- Attack receptors
- Influences

that entrap or harm me in any way me?

Listen for your answers from within the peace and quiet of the sacred space in your heart mind.

**IF YES, CONTINUE**

From within my heart/mind I now request my Higher Self to identify any or all of the above for complete and permanent removal from all areas and levels of my consciousness and my being.

**From within my heart mind I invite My Higher Self to:**

- Locate,
- Terminate
- Remove
- Repair and renew

the following and to fully re-establish my sovereignty:

**From within my heart mind I invite my Higher Self to:**

1. Terminate all belief systems that stand between me my inner truth and my sovereignty.
2. Terminate all Mind Control Programmes, processes and their triggers from every level of my being.
3. Terminate all distorting post-hypnotic suggestions, scripts, commands and their triggers from every level of my being.
4. Terminate Sleep distortion, deprivation, disturbance commands and distorting programmes so I may sleep restfully and function optimally.
5. Terminate all Script Identifiers, Locators, Triggers and Content from every level of my being.
6. Terminate All Script Time Codes and Script Duration Codes.
7. To align and harmonise the flow of energy to and from my chakras and have them spin as designed for optimum energetic flow and healing function.
8. Terminate all Karma and karmic contracts or obligations that I have accepted or in any taken responsibility for, or agreed to, at any time or for any reason.
9. Correct the energy flow to and through my spine; strengthen my coccyx, the energy flow from there through my Spinal Cord and realign my atlas or first cervical vertebra to free the energy leading to my Brain.
10. Cleanse and renew all systems and strengthen or renew my connections to the perfection of my Higher Self and to my contract in this and all lifetimes.
11. To create and maintain full connection and communication with my higher self.
12. To proclaim and enable me to maintain my sovereignty in all my thoughts, words and actions.

**Affirm the following three times from within your heart mind:  
I am Sovereign. I am free; I am one with Source/God.**

**To lock in ‘Repair Sequences’ state the following from within your heart/mind:**

1. I now keep my mind, my consciousness and my life clear and clean of the contaminating influences of all internal and external drama at every level of my being.
2. I repudiate and let go of all related miasmas, beliefs, memories, imprints and their influences on my mind, my central nervous system and my brain at every level of my being and so be it.  
(Repetition of this will free you from miasmas, beliefs, memory imprints, programmes, their residual influences and disconnect their source from your nervous system.)
3. I now reset the original perfection of my creation at all levels of my being.

*End of Session*

**Personal Protection**

To protect yourself from further outside intrusion, miasmatic infestation, crystallised beliefs, energy assault, mind assault, physical assault, thought forms, thought transmission and vampire energies.

You can protect yourself by building a Light Field Fortification around your personal field. As well as protecting you can also:

- Build a strong spiritual foundation of support.
- Work with the higher Harmonics to re-encrypt and protect your residence and your extended space.
- Seal and remove harmful portals.
- Clear karmic and primordial imprints of shock, rage, abandonment, unworthiness, betrayal and the primal fears of humanity.
- Heal psychic, mind and mental blocks in your own order of priority.

**Creating the protection fortification**

Before proceeding relax and clear your mind of all external thoughts. Then from within your heart/mind:

- Ask your God/Self for clarity of what is your life’s primary contract or the purpose of your present incarnation. Wait patiently in listening mode for the answer.
- Take the opportunity to practice listening patiently and learn the language or communication of your God/Self.
- Develop your inner listening ear through practicing making your connection to your God/Self.

- Take note of and then take appropriate action on the recommendation or guidance from your God/Self.
- Recognize and understand that your God/Self supersedes all reliance on external connections or perceptions of reality.
- Live in congruent harmony with your God Self and its purposes for your glory and as an example to others.

## **Group Unity Declaration**

**Move your energy, your thoughts and your consciousness into your heart/mind, connect with your God/Self and maintain it there during the following declaration:**

As defenders and protectors of truth, sovereignty and lovers of freedom we invite you to join us now.

We invite you to connect with your own inner all-knowing heart/mind and God/Self devoid of the deceit of all belief systems.

We invite you to join us in the glory of your Sovereignty and personal freedom to

- express your own truth,
- protect your free will choice,
- your personal sovereignty,

and in so doing strengthen our ‘Community of Sovereigns’, embrace our Sovereign mission for freedom of expression and the repudiation of the enslavement of all hierarchies. In so doing we embrace our mutual highest purposes and our connection with our God/Self, The Source/God, The Living Light Consciousness.

We invite you to embrace our community handshake for our mutual enhancement and to enrich and strengthen our spiritual union and with our Genesis the Source/God, Universal Zero Point Energy. (All present shake hands.)

We now invite you to connect with, embrace and become one with the infinite magnificence of That Which You/We Are, completely and totally.

We invite you to embrace your individuality, your mission, your purpose and our Mutual Purpose as One Power. (All present embrace each other.)

We invite you to join us in our Mutual and Collective Power as we now deconstruct all inorganic patterns and reconstruct them in harmony with the Living Organic Light.

**In the expression of our individuality and in our coming together we express our Sovereign Power in unity for we are ‘The Sovereign Living Cosmic Christ Consciousness’!**