

Basic Set of Commands

Very Important:

1. You must say your commands out loud...your Spirit responds to your hearing your harmonics, and saying them out loud takes you out of mind energy.
2. You must KNOW that the commands are going to work for you...not think, not believe, but KNOW all the way through your core.

Use this process for all commands:

repeat each command three times with strong intention, then count down: 10-9-8-7-6-5-4-3-2-1 and then Clap as you say NOW!
(as you count, envision the command being anchored into your heart space)

These are the most important to start with:

- * I command my spirit to take the thoughts in my head and put them into my heart, dissolve them there and make me real, NOW!
- * I command my spirit to remove anything in and around me that is not authentically me, NOW!
- * I command my spirit to bring all of me into me, NOW !
- * I command my spirit to increase my life force energy and to remove all restrictions from my DNA, NOW!

These are optional as you wish...

I command my spirit to increase my life force energy and to completely heal and balance my body, NOW!

I command my spirit to expand my light body, NOW!

I command my spirit to give me access to all of my capabilities, NOW!

I command my spirit to remove anything in and around me that is not authentically from source, NOW !

Best if you can do them **at least three times a day** to start...
morning, mid-day, and at night

Feel free to **create any commands** that will serve you best...
just remember to keep them as **short and broad** as possible...