



SPIRITUAL RE-PATTERNING EXERCISE



THE BREAKING OF OLD CONTRACTS AND VOWS

OVERVIEW

Sometimes, during a lifetime, the soul develops a pattern of dependency or a series of co-dependent habits that tend to get impressed inside of the extra-physical bodies. This can also sometimes be impressed inside of the physical one. Many times, they can be barriers to our personal expansion and even our need to change, grow and adapt to our new realities.

In cases such as these, we truly recommend the use of the affirmations below as energetic exercises to shift the vibration inside of your auric fields, thereby creating the optimum frequencies to naturally dissolve blockages, self-limiting thought forms and old vows that are no longer needed in our present reality.

In doing these exercises, you will gather strength to re-pattern your life according to your life purpose and rid yourself of energies and blockages that no longer have your best interest, highest good and welfare in the present time as a soul priority.



Most of the real work will be done at soul level, with the close assistance of your higher self, and with the support of your Solar Angel and Karmic Board. There may be elements or situations that may not be authorized to be removed from your life immediately, because they are part of a soul program or they are just steps to open different perspective and life lessons still to be learned. All your re-patterning requests will be submitted to your Solar Angel and the Masters of the Karmic Board, and will be evaluated through the Law of the Dispensation of Grace.

We would like to suggest that you chose a quiet time to perform these exercises, and perhaps chose to not implement them if your day was too trying and uneasy. If this is the case, simply skip the day and add another day to the end of your sequence of days. For example, if you had done the exercises on days 1-3, but it was impossible to repeat in day 4; just skip it and add one more day at the end of your scheduled time.

PRELIMINARY STEPS

Before starting any meditation where you are dealing with contracts, you will need clarity of mind, certainty of heart and a strong will to proceed with the process. The reason of these recommendations resides in the fact that most of the repetitive patterns that will be dealt with will follow the same procedure as one of a bad habit and sometimes even of an addiction. Therefore, once you start the deep cleansing and re-patterning, you may want to continue for at least 23 days; this being the amount of days necessary to break a habit.

5-D REPROGRAMMING PROCEDURE

I, (*state your name*), wish with the will of my heart to reach an agreement and consider the cancellation of contracts that are creating binds and impeding my whole being to reach spiritual freedom and reach the wisdom of the life lessons programmed for this lifetime and the accomplishment of my Soul Purpose.

I invoke my Presence I AM to enrich this declaration and request with its ageless wisdom, discernment, and loving intention. **And So It Is.**

I release and liberate myself of any expectation about my spiritual progress and the time required to reach my limit of perfection. I commit myself to live in the present moment, mindfully, one day at a time, concentrating in harmony, balance and cooperation with my higher self, in the physical, mental emotional dimensions of my being.

I release and liberate myself of all contracts, vows and pledges of allegiance with my parents, relatives, sons and daughters, step-sons and step-daughters, friends, husbands, ex-husbands, wives, ex-wives, or any other individual that is purposely trying to tie my energy down and into solely tridimensional reality.

I decree my ultimate liberation from all wrong concepts and thoughts-forms that have driven me to believe that I am not worthy of love, respect, happiness, joy, peace of heart and mind, creativity, health, vitality and prosperity.

I release myself of the eminent “need” to “save the world”, or any individual therein, especially when this is a attitude that comes from my lower Ego and tends to control others on their paths of learning. I understand that my role is to accept each individual as travelers on the same life journey in pursue of happiness and liberation. I am preparing myself to abolish judgments, agreeing to mainly interact with others with an attitude of “leading by example”; in a loving and liberating way, without creating expectations or false beliefs.

I decree my permanent release of all judgments, expectations and preconceived ideas about other people; fully recognizing that they are vibrating in accordance with their own level and frequency. I agree to send them love and to transmit information when requested, with the warning that my truth may not be their truth.

I release and liberate myself of all previous conditioning, and all the cellular memory residues, that involves my physical body. I decree and declare my Divine birthright to beauty, vitality, health and wellbeing. I trust in my Higher Self to guide me through the necessary aspects I

may need to realize in my immediate reality to manifest this “perfection” in my world.

I harmlessly release all expectations and doubts about my creativity and the competence in my work. From now on, I will create, work and manifest everything in my life with joy. Abundance will be created with full assistance and resource from spirit with the certainty that the Universe will always be my ultimate provider.

I declare and decree my inner liberation from any tridimensional system of government that may limit or constrain my abundance and my safety. I now declare myself as a sovereign being, and allow myself to manifest my life intentions and purpose with fully awareness that now I am responsible for all my actions. Mindfully, I will build forward my destiny in accordance with the Law of One and with alignment with Christ-consciousness vibrations.

I Will and Decree that I am now liberated of all karmic debt residues that may still pervade my energetic and vibratory fields; concluded Karmas, old Karmic programs and errors that may still remain in my holographic field, deteriorated energies that may still exist in my physical, mental and emotional bodies. From now on, I am able to resolve any problem and overcome obstacles with ease and grace, fully aligned with the plans of co-creation of the new Earth.

I release myself of any erroneous and limiting thoughts and thought-forms about my ability to attract knowledge, new ideas, wisdom and my inner soul experience that may be limiting the full blossoming of my soul purpose.

I seal this commitment in truth, honor and Light, with the assistance of my Higher Self and Council of my Soul. **And So It Is.**