

Exercise 1: Entity Release

Call for assistance. “Archangel Michael please bring down the tunnel of Light. Ariel, and Azrael, please assist.”

“I break any and all agreements or contracts, both conscious and unconscious, that I have made, anyone in my body has made, or anyone in my genetic lineage has made, with any astral entities, thought forms, demons, dark forces, elementals, aliens or boogies. Please go into the tunnel, we will take you home.”

From the moment you begin an entity release, assume that feelings or thoughts may not be your own. Boredom, spaciness, resistance, “this stuff never works”, anger, aches and pains, and grief may all be coming from entities. Identify them and send them on i.e. “entity holding resistance: go into the Light!” Toning is very helpful to ease their release. When you feel clear or lighter, ask Michael to take the tunnel back to the Fifth Dimension.

Exercise 2: Astral Parasite Removal

Astral parasites and ticks attach themselves to the astral body and feed off of its energy. Now that the physical body is vibrating ever closer to astral frequencies, the body many times treats these astral attachments as actual physical infestations. They can manifest as: extreme fatigue/tiredness, feeling “drained”, upsets in the respiratory, digestive, urinary, and endocrine systems. When in doubt, do an Astral Parasite Removal.

Call for assistance: “Michael, please bring down the tunnel of Light. Fifth-Dimensional Medical Corps, please assist. Grace and Purity Elohim, please assist. Circle Security, please seal the space and hold my fields in integrity.

“Medical Corps, please remove all astral parasites and ticks from my body and fields. Archangel Michael, please assist their movement into the Light.”

You may feel pulling sensations in your fields as the parasites are removed. When this feels complete, say, “Grace Elohim, please move through my fields and release any residual energy left by the parasites.” You should feel the energy of the Silver Ray moving through your body and fields. Then, “Purity Elohim, please seal my body and fields. Thank you for your assistance. Michael, please roll up the tunnel of Light.”

Exercise 3: Vow Break

We took many vows of control during the incarnational cycle. Most of the time, a person had an intense karmic experience, died, hit the lower astral plane, and vowed "I'm never going to do **that** again!" A situation or an expression that we vowed we would never experience again is essentially a place where we vowed to **not** follow Spirit without hesitation.

When a vow of control is taken, often the Forces of Condensation ("Dark Forces") place devices and matrix to ensure that the vow is kept. Many vow structures have boogies attached to them. Every time you hit a deep self-limitation, look for a vow. Pertinent devices and matrices disappear immediately or are easily removed.

The formula for vow breaking is similar to a Karmic Matrix Removal or Entity Release:

"I now rescind any and all vows that I, anyone in this body, and anyone in my genetic lineage has taken pertaining to_____. I now declare these vows null and void in this incarnation and all incarnations across space and time. All parallel realities, parallel universes, alternate realities, alternate universes, all planetary systems, all Source systems, all dimensions, and the Void. Please release all structures, devices, entities, or effects associated with these vows. NOW!"

COUNCIL OF ONE

in partnership with

SUSANNAH REDELFS

WWW.COUNCILOFONE.ORG

susannahredelfs@gmail.com

Santa Rosa, CA
(707) 774-5800