

# COMMANDS

Take 7 deep breaths in and out, one time to drop into your heart space - breath again any time you feel out of your heart while doing your commands.

After the seven breaths say the following sentence 3 times:

I command my Spirit to remove everything in and around me that is not authentically me NOW!

After saying the above sentence 3 times, count 5, 4, 3, 2,1, NOW. Snapping on NOW I add "and so it is" and take a deep breath.

Now that you are clear, feel free to choose whatever commands you need. You do not need to use all of these, just what you feel you need now.

-I command my spirit to bring my thoughts from my mind to my heart now.

-I command prime creation to give me all of me now.

-I command prime creator to increase my light body now.

-I command my spirit to heal and balance my body now.

-I command prime creator to increase my life force energy now.

-I command prime creation to remove all filters from my DNA now.

-I command prime creator to restore my legacy lessons now.

Remember to customize these as you wish. The universe receives the intention that comes from your heart. If you cannot stop thinking, it's not your higher self. When you're in a neutral state that's you. The more you exercise the practices above, the more it will become normal to be in a neutral state. Until the neutral state becomes constant, you are still involved in the matrix energy, which does not belong to you.

**And remember, you can create any commands that fit your needs - Q suggests, shorter and broader are best.**