

Toxic shame 6/3/2021

On behalf of ALL Humanity, we request all of our Higher Selves to step forward to assist us in healing our old, inorganic operating systems, core programs, life scripts and foundational beliefs including, but not limited to: Shame, guilt, lack of self worth and being "wrong". We now stop projecting our negative energies, emotions and beliefs of feelings of guilt, shame, fault and inadequacies of not being good enough onto others- externally, and ourselves- internally.

We now request our higher selves to assist us in recognizing, healing and releasing the aforementioned issues in a loving and caring manner. We are now protected and prevented from destructing, harming and sabotaging ourselves and others as we work to heal, remove and release those foundational, negative operating systems and programs on all levels, timelines and frequencies – past, present, future and out of time.

Anyone who is unable to safely and consciously address their issues are now working cooperatively with their Higher Selves in their sleep time to soften the impact, trauma and changes of this deep level healing in a safe and protected way.

From this time and point forward, we concurrently replace all inorganic, negative operating systems with organic, love-based principles of Self-Worth, Self-Love, Service-to-Others, Need not Greed, Cooperation not Competition and Caring and Sharing. These love-based values are now firmly and deeply instilled in us as foundational, core and unshakable truths, becoming fully integrated in us as our new, healthy and organic mandates.

We now thank all that have triggered us and given us the opportunity to recognize and heal our deepest issues and fears. We release them, as we realize they are teachers that have exposed our weaknesses and traumas to precipitate, identify and initiate the deep shadow work needed in which we are now engaging. We wish them light, love, peace, joy and healing as we progress in our personal healing journeys toward wholeness. We direct our Higher Self to surround them in a big bubble of love.

We continue our progression and ascension of becoming the crowns of creation that we truly ARE, as we reclaim our Higher calling. This is our will and so it is...