

Examples of possible Reality Statements

- I am in a tribe/community whose golden wet suits maintain an effective filtration system to keep what is not mine, out.
- We highly value and live protected, guided, in generosity, kindness, sharing support, service and compassion.
- Out matured wisdom is the foundation of our collaborative lifestyle.
- My spiritual guides and teacher come to me with stability, uplifting energy and reciprocal blessings as exchange for me work for the Greater.
- I function at the level of 100% of my Divine capacity within the roots of Sisterhood in Gaia, the Solar Plexus of belly wisdom, discernment, and authority with Sophia, and the full capacity of rooted love flows into the world with the heart power of Grace.
- I trust my brain, my view of reality, and my strong, clear spiritual women of authority in my conversations and interactions within life.
- My brain remains clear, strong, and focused, even in difficult situations.
- All doors to my new possibility, intention, and realities open and draw me through.
- All that I have saved is now in the hands of those ready to benefit from it.
- My contract to retain until a time of renewal is complete and all that I retained is handed on.
- My creations are now in the hands of those whose hearts need their touch.
- My understanding of causes work with spiritual teams to remove, change, and transform is all that is needed to free others.
- I know I hold command space for change. It is done in all space.
- My system of sensitivities is set at level 5.
- At the first signal of outsider presence, I bring in the PTO and TAG healers to DEEP SIX them back to their Originator Collective and Extinction to Light.
- I am clear about the need to bring the sensitivity of discernment to life adventures to remove all forms of Domination energies.

- My discernment is the power that brings me support, resources, communities, wellness, and safety for my life and Lief's life.
- Outsiders have NO IMPACT or way to 'hook' me as I am clear and powerful.
- I treat my physical body suit with the care it needs for the stable, healthy, loving home it is for my soul.
- All that comes into my physical body is coded and brings benefit and health for my body.
- Guardian circle teams surround my bodies: physical, mental, emotional, and spiritual with a vortex to secure, benefit, love, heal, and broadcast Good and Wellness into all cells, organs, tissues, and quanta.
- I have multiple ways to interpret energy . My physical body is released from being my message giver as I listen to and act on the subtle messages that come to me.
- My Galactic Collective family groups are souls who are respectful, gracious, joyful, creative, and appreciative in all interactive flow.
- Souls in male body suits in my world are cocooned n the vortex of the Guardian Circle protocol and restored to their Divine Heart Strength.
- My partners in Male Bodies respect my vision, design, and integrity to building Good. They bring great heart strength to nurture me and my design.
- In the face of escalating domination, I strength and expand all the power of Heaven and the domination dissolves
- With any sensation of danger, discounting, or power over, I sift to clarity, hold clear heavenly connections and declare NOT IN MY SPACE! (DEEP Six)
- The victims of violence in all times, spaces, lifetimes, dimensions, hold the sword of Sophia and are the Heroines that dissolve ALL OUTSIDERS! (Hair-oine)
- My life is safe because I set boundaries which are respected.
- I forgive myself for all hurts, real or imagined, that others have felt from me in this or any lifetime.
- I forgive.. (name or group) for all hurts, real or imagined, that I have felt from them/him/her in this or any lifetime.

- Souls in female bodies are functioning from their divine pattern: to root in unity, to design and create all forms of Good, and to hold each other in sacred respect and trust..
- Women in my world are safe as they play and create fearlessly because they hear all signals of dominating outsider influence and have zero tolerance for such presence.
- I forgive myself for all hurts and entrapments, real or imagined, that others have felt from me in this or any lifetime.
- I forgive.. (name or group) for all hurts and entrapments, real or imagined, that I have felt from them/him/her in this or any lifetime.
- Only energy I contracted to transform moves through my presence and space.
- My contracts to transform negative patterns are fulfilled, completed and celebration fills my presence and space.
- My younger aspects have fulfilled their contracts and are celebrated in the temple of Divine Good.
- I place myself and into the hands of those of Divine Good and ask that we each be moved into our next highest and best expression of Wholeness.
- With generosity, I eliminate any "label" I had placed on and call for the truth of Good to shine into life experiences.
- I am the Soul who owns/has stewardship over my body, space, home, land, creations.
- I step more fully and safely into an expansion of my life.
- In this new reformed Star family design door for me next highest expression open wide and draw me through.
- I place my mom into the hands of Divine Good and interact with that team in the love I have her.
- I am a part of a relay team who are all working for a Good Outcome. We take turns resting, and "racing". We are balanced.
- All those who kept me safe in the endless cultures of domination and dismissal are not freed to live in the safety , creatively and love that I have designed and activated.

- All doors and contracts no longer needed for limit and safety are fulfilled and dismantled. I love the life I am creating on this planet.
- My life plan has been updated to eliminate a specific time for leaving this physical bodysuit.
- I have unlimited time to experience all that the earth has to offer and I have to give.
- I have heard the cries of my circle of sisters through my physical body/hip.
- I have answered the cries with love and release.
- My movements through life are smooth, safe, and joy-filled.
- I let go of all that no longer serves me and walk through the new doors that expands my life of love, stability, and joy.
- I have built my life around generosity, honesty, compassion, healed thinking, and creative solutions.
- The expansive circles of Souls in Female bodies throughout all time now have the blueprint, wiring, power centers for designing and birthing Our Soul Star family's agenda into the world.
- All Female body suits have the program of authority voice, Sophia authority, downloaded and activated.
- My spiritual teachers reflect the qualities of my divine family which are:
- I am safe
- I am in a community of support and health
- Doors to the Good I want in my life are opening to me
- The Good of the world surrounds me
- I own my space, life, and gifts.
- The use of my spiritual gifts bring..... to those who come to me.
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- My spiritual teachers reflect the qualities of my divine family which are:....
- Reality Shifts for Racing Forward
- (I might suggest the word “equitably” vs “ equally” as equitability addresses that not all individuals are starting from the same place. I can explain this further if you like.

- The answers I committed to find in order to heal multiple past traumas have been found and accomplished.
- All contracts for healing have been fulfilled, celebrated and released.
- My physical bodysuit has quickly aligned to the resonance of stability, wellness, vibrancy, and long life on this planet.
- Erwin and I are living balanced, vibrant, long lives of meaning and joy.
- I am safe, protected, guided and stabilized as I move through the next steps of my life.
- I own my space, life, and gifts.
- I resonate and rest in the joy of all life forms of Light on this planet.
- I know and reflect my ancestral mothers in their strength, vision, magic, music and joy.
- The key in "My apron pocket" unlocks the door to my ancestral home of spirit and star families.
- I choose to know the strength, vision, magic, music, and joy of my ancestral mothers.
- I am seen as a competent, stable, steady mother and person.
- Mothers and grandmothers work with Gaia and the Golden Dragons to anchor their children's space to protect their Good.
- Mother's and grandmother's voices, vision are respected and honored.
- All contracts I made to manifest domination programs for their removal are identified and fulfilled. Those energy cords are transformed to Light.
- As a soul in a Female body suit, I have the program of authority voice, Sophia authority, downloaded and activated. All I love are held in Sacred Sovereignty of Good.
- I am a presence of curiosity, discernment and authority in a web of life emerging with all aspects of Good.
- Gaia, Sophia, and Grace are three guides I can rely on.
- I listen to my intuitive discernment and eliminate and heal what is, has, or would deceive and harm me and those I love. I am Safe.
- All of the heart energy of those in male bodysuits surround me in safe and guided travel.

- I am in a physical bodysuit which has the decree that it upgrade to the health and vitality of the Evolutionary Blueprint.
- I own my physical bodysuit, my entire energy field, the organs, systems, and structures of my bodies and they are vibrant.
- I take all the strength, gifts, joys, of my previous earth experiences into the next phase of a long life of wellness, meaning, and peace.
- The individuals and situations in my live easily shifted and transformed to create a culture of trust, integrity, mutual benefit, and loving stability for all, including myself and.....
- All of the components for my physical health and vitality present themselves to me.
- My healing team strengthens my tenacity and expands my energy.
- Women can speak truth and full information with hope and safety because we are brilliant enough to create solutions and have our Sophia voice of authority.
- My body, cells, organs, systems have the protection for the healthy cells with the strength to stand firm and recover vibrant energy supported by the Evolutionary Blueprint.
- My brain is strong, vibrant with brilliant reactions of sharp memory, effective filing and recall
- In this female bodysuit I have the authority to speak truth, be heard and cause freedom from all domination agendas.
- I am experiencing Joy, Freedom, Love, and Vibrancy as life in my Strong, Alert Earth bodysuit.
- My body efficiently and effectively sends and uses all of the nutrients in the appropriate places.
- My organs and systems absorb and use all nutrients, including calcium, and they bring strength and wellness to my physical bodysuit.
- My body adjusts easily to changes as the prescription drugs are removed from my protocol.
- The 90% of Negative Karma intended for transformation in my life plan is freeze framed until it is released as had been planned.

- I call to my (or client's) causal team and decree that all patterns marked marked for removal by age one, be appropriately removed.
- Energize those patterns based on Home to allow experiences which reflect this individual's greatest good to emerge in sovereignty.
- I place all to whom I made Sacred Contracts into the hands of Divine Good that they be moved to their next Highest and Best Place. Divine Good dissolves what seems impossible and opens doors where there were none
- All the parts required for a strong, healthy physical body and vibrant life came together with the help of my Spiritual and Physical teams.
- Our world is designed to value, respect and implement women's visions, voices and declaration for exclusive Good.
- I reclaim that authority in my life. It is restored, claimed and acted upon.
- The Male mission of nurturing sits firmly within the safety and Light of Female authority.
- I demand the removal of all Outsider energies back to their home. My space is Sovereign and Sacred.
- I exist in the energy of Sacred, Sovereign Ground within the Phoenix platform cocooned with the 3-layered cocoon, Guardian Circle, Red Rock Vortex, Hitch Hiker shield, and the Powerful HazMat field.
- I am connected and held within my Divine Soul Family of Leadership Power in its many forms.
- My world recognizes, values and embraces Soul's standing in their Power, Divine Nature and All Aspects of Good.
- I am Safe in a World that reflects the Mission and Agendas of the Galactic Divine Families.
- I am a Presence of: _____ . The patterns(what are the qualities and values that you bring/are determined to bring into your experiences
- My Sophia center of authority is activated and connected to Spiritual teams who hear and act in my behalf.
- My declaration, "This energy is NOT Acceptable in my life or family, DEEP Six it!" is answered by the PTO teams who remove it totally.

- Those who have been protecting my heart are now joined with the Sophia group who will remove all dominating, parasitic back to their Home/Source.
- I have touched 5, 000 lives who have impacted and changed one million lives
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- people pay me well because i bring information and clarity not available anywhere else and the are up to something big
- i hold space for them to create collaboratively, consciously, ferociously in a landscape of support and joy.
- I rejoice in, and accept my role in the power of women to create.
- I live in all possibilities of Good that greater field of life holds.
- What had been trauma transforms into energy for lives of stability, community, and all aspects of Good.

I am only safe when I acquiesce to the male voices in my life.

- In a female body, my presence assures secured guidance to restore my family to their nature of Love, Generosity, and Joy.
- Life knows my brilliance and whispers guidance to move me into the love, wisdom, joy and stability It has in abundance for me!
- All contracts with old ownership, damage and terror patterns are fulfilled, completed, and the celebrated blessings lift me into adventures of joy.
- My life is filled with the creativity and resources of ideas flowing to me in an amazing collaborative community and world.
- My sight triggers transformation, healing and blessings of joy.
- My presence heals to adventures to joy.
- Myself and women in my family and life hold each other in respect and support.
- Women united in commitment to each other and the visions of all good have shifted our world for all we love.
- I have all that I need to assure safety and health for myself and my family.
- I safely live my life in strength and balance.

- I am a presence of organized, efficient, quality work of integrity in alignment to my word and vision.
- I have a management system within my energy bodies that triages and prioritizes to easy step by step to accomplishment.
- Women are the power to design and build all Good here!
- Women are the creative power in our lives.
- My inner and outer visions safe bring clarity, joy, and safety.
- I live life as my partner opens doors to celebration and exclusive Divine Family Agendas
- My family lives safely in energies of love, joy, curiosity, adventure, and respect.
- Life is my partner and we are partners with Sophia, the voice of my authority
- With my ancestral grandmothers, wise women, Sophia, I take back all space and energies and move into Divine Good
- I have declared an end to the process of working/showing the 'negative' through the physical body, dimensions 1, 2, 3 or 4.
- My long life of health, vitality, resilience, vigor is assured.
- Everything that goes into my bodies is coded and works in partnership with Greater Life to bring benefit, health, stability, strength, and long life to each body regions.
- My 4 energy bodies are stabilized, in balance, wellness, vitality, and resilience.
- My 4 energy bodies are aligned nose to nose and toes to toes.
- Everything that goes into my bodies are coded to work in partnerships with Greater Life to bring benefit, health, stability, strength to each body region.
- I have completed all contracts to allow other's pain to flow into me/my space and or show up in my life. Ended, completed, unplugged
- I am moved into accomplished Divine Good and experience celebrations, rewards, and magnificent within Life!

- I am supported and guided in sovereign space in powerful resources, and in manifesting passion and abundance now! Galactic Landscape
- the Shiddea Mission is completed. Set all protocols, declarations, to automatic occasional checkins, strongest forces to carry on and declarations of extinction!
- I embrace the download and activation of the Evolutionary blueprint for my physical body with appreciate and joy.
- The codes of the Evolutionary blueprint has created structures of health, vitality, stability in my cells, tissues, organs, glands, systems, and symptoms.
- All those who are looking for the wisdom and experience I have, are lead to my door.
- I am a presence of in my mother's life and that is enough. She can relax in my presence of
- I am connected with those of integrity, ability, and authority in which I can honestly share the toxins in my experience in order that the cause be removed and generation of toxins stopped. The EV cosmic compost is now active in the system of energy use.
- The blueprint for my physical body suit is now the EV design with all the corrections bells and whistles.
- My body suit is even better than we had hoped.
- All old storage/toxins, have been routed through the new EV organic Cosmic Composting system until energy is clear, and restored to the Divine Family agenda.
- Once requested, it is done. We will let you know if there is something more to know and therefore to learn and then request.
- Health, wisdom, and wellness have been enhanced through this process
- I open my heart to the glorious creators of Good for me.
- The EV blueprint for my body suit contains codes and programs for an earth culture and life from which all Good emerges.
- My life expands into longevity with vibrancy of my physical, mental, emotional, and spiritual bodies.

- My life on earth opens to All Good that our Divine STar Family's energy contains.
- I am participating in creating beauty, joy and loving/generous forms.
- All gifts, visions, and insights held for my safety are released for use in this day.
- Doors have opened to opportunities to a new career with all that I have and more.
- An opportunity came to me to purchase land I could easily afford and I am flourishing with all the land offers.
- My life of stability and peace has attracted a partner who adores me and I have her back.
- The evolutionary blueprint for my body suit contains codes and programs for an earth culture and life from which all Good emerge
- My physical body suit is a sovereign form that provides stable, balanced, vibrant vehicle for my soul
- My physical body's job is to strong healthy, flexible, and to be vibrant to carry my star soul into adventures that Gaia offers
- All of my children and my children's ancestral lines are now in the sovereignty of wholeness, Divine Family Agenda in the safety of the Sophia Collective.
- My physical vehicle and soul presence each maintain harmonics of their perfect selves.
- All that I experienced growing up has transformed in the warmth of my love of life and self.
- I am blessed beyond measure.
- My blessings dissolve all imbalance.
- I am so blessed every day.
- I am a calm, confident leaders of my tribe.
- My tribe reflects my energy, values, integrity.
- I shine with brilliance to lift the world.
- My discernment and Sophia authority to the heavens keep me safe.

- I am a presence of stability, clear thinking, competent actions, and intra-dependent living.
- My strength in sovereignty fuels my life.
- I am guided by those who value respect, kindness, collaboration, integrity and truth-telling.
- Safe-loving heart mature men fill my life.
- I have embraced and developed my Sophia center and listen to the nudges I sense to move into places of love, and away from places of danger.
- I move safely and lightly through life as I design space and guard who is allowed in.
- My life reflects my love of earth and flows with the abundance 'she' offers.
- I have an active, fulfilling, financially successful career in the real estate field.
- The move from a medical career to a housing, real estate career was smooth with the magic of door openings beyond my wildest dream.
- I have embraced and developed my Sophia center.
- I listen to the nudges I sense to move into places of love and away from places of danger.
- I move safely and lightly through life as I design space and safeguard who is allowed in.
- My life reflects my love of earth and flows with the abundance 'she' offers.
- I have an active, fulfilling, financially successful career in the real estate field.
- The move from a medical career to a housing/real estate career was smooth with the magic of doors opening beyond my wildest dreams.
- My success ripples and others are inspired to lift themselves by embracing what brings light and total stability and abundance fills our tribe.

- I am fully present and experiencing the adventures of beauty and good that Life knows would be perfect for me.
- I am a presence of stability, clear thinking, competent actions and intra-dependent living.
- My strength in sovereignty fuels my life and I am guided by those whose values are respect, kindness, collaboration, integrity, and truth-telling.
- Safe, loving, heart mature men fill my life.
- My heart centered strength powers all I love and I co-partner in creating a world of delight and joy!
- My health has transformed and expanded to open my world to great experiences of vitality, adventure and incredible benefit.
- I am cocooned in every fields that guard my space, prevent targeted attacks and provides support and resources never before available.
- My co-parent and I have met in Sacred space of Sovereignty filled with spiritual beings to heal, build, and protect us in our conversation. We are cocooned in the 6-fold field of Divine Good and our presence is within the golden wet suit and secured, impenetrable boundaries preventing outsider presence or influence.
- Through respectful, gentle listening, good mind attention to 'be well', my co-parent and I have reached agreement and resolution on summer exchanges and shared interest/activities for our child's educational program. We have agreed to take the next steps in similar ways.
-