



CLEARING NEGATIVE THOUGHT FORMS

Humanity is constantly creating a collective negative thought-form matrix whenever negative thoughts are created and projected into the collective. We all participate in this at varying levels and can all be affected by this collective matrix at varying levels too. This collective influence also happens with positive thoughts and positive intentions.

During intense, negative, overwhelming or impactful global events or events in your community, family or groups you engage with, in person or online, collective thought forms can expand and influence us positively or negatively. This mostly happens unconsciously.

We can become more aware of it by tuning in to our own bodies, asking ourselves; how does my body feel? Is there tension? Contraction? Holding? we can tune in to our energy field and do the same thing. We can also tune in to our mind and observe, are we feeling and thinking negatively, do we have overwhelm, do we have racing thoughts, do we feel wired, headachy, out of sorts, confused or disoriented in any way. Do we feel disconnected to our guidance, are we anxious? These experiences may suggest we are tapped into negative thought-form matrix fields.

Clearing ourselves and unplugging from collective negative thought-form matrix fields regularly helps us learn to discern and naturally start to become aware of when we are off centre, disempowered or plugged into negativity. Disconnecting from this kind of negative influence is easy and gets easier every time you do it.

This activation prayer is a process designed to assist you to collapse fear-based negative thought-forms, limiting beliefs and other limiting mental constructs that are holding you in vibrations of negativity of any kind. Negative reality constructs contract us, restrict our clarity and can disconnect us from our intuition and empowerment.

If we feel out of sorts, unable to connect to our guidance, anxious, overwhelmed or disturbed it is often due to fear vibrations or negative thought-forms resonating through us.

Often using simple yet powerful commands and intending that negative thought-forms collapse, these limiting vibrations will actually neutralise.

The recommendation is to use this activation prayer at times that you think you might have become plugged into a negative thought-form matrix. So it's designed to be used ad-hoc on a one-off needs basis. Once you memorise the commands you can do this activation anywhere and anytime. Do it daily or several times a day while in heightened times of stress, grief, negativity or fear.

When using activation prayers like these, ideally speak out loud with strength and power taking your time so you feel really present and connected to each word and sentence.

If in public or with company you can use internal commands.



***“Beloved Higher Self Presence, be here now
Expand in, through and around every cell of my body
Expand through my light body, field, mind and consciousness
Expand through my whole being now, through my multi-dimensional self***

***Hold me in your presence and power
Open a vortex of transmutation above me now
(this will actually happen at your command, if you are energetically sensitive you may
see, sense or feel his happen, if not just trust that it is happening and be open to
whatever your own experience is here)***

***Instantaneously and simultaneously locate all negative-thoughts, negative Thought-
forms and negative thought projections
Currently resonating on any level of my being
Locate, dislodge and dissolve them up into this vortex of transmutation now (pause
and observe the shift)***

***Instantaneously and simultaneously locate any other negative energy, Dense energy
fields, projections, imprints, attachments or influences not in alignment to my highest
good currently resonating on any level of my being***

***Locate, dislodge and dissolve them into this vortex of transmutation now (pause and
observe the shift)***

***I release, I release, I release, into transmutation above for the good use of all beings and
life forms in this blessed universe***

***I release, I release, I release, into transmutation above for the good use of all beings and
life forms in this blessed universe***

***I release, I release, I release, into transmutation above for the good use of all beings and
life forms in this blessed universe***

***Beloved Divine Team, helper beings that love me unconditionally, be here now, form
circles of guardianship, light, power and protection around me
and assist me now in alignment to my highest good. Bring through blessings, guidance,
love, protection and insight at this time to assist me to stay empowered and fully
integrated within my being. I thank you and I honour you.***

***So it is
So it is
So it is”***