

Script for *Feelings Buried Alive Never Die* by Karol K Truman
Adapted by Glenn Molinari

This can be printed two sided

This is not a prayer. It is instruction to aspects of yourself including your subconscious.

You are also letting the subconscious know that it is ok and time to let go of and resolve your negative feelings/thoughts/thought forms and replace them with the appropriate loving counterparts.

You should notice a shift in yourself. If the feelings/emotions/thoughts are still there, even if they are weaker, you may need to repeat this clearing or reword it slightly.

Find a comfortable, quiet place where you can sit, relax and close your eyes. Say a short prayer if you wish. Take a deep breath through your nose and let it out slowly through your mouth. Take another deep breath the same way, only this time hold your breath at the top of the full inhalation for three counts, then let it out slowly through your mouth. (This accesses both sides of the brain.) You are now ready to begin.

Scripting for:

The text box below is where to list the negative feelings, problems and limitations you want to clear and heal.

Be specific if there is something specific you want to clear. For Example instead of “anger” you could say “Anger towards person, place, company”

***** SCRIPT *****

Spirit/Super-Conscious/Higher Self ... locate the origin of my feelings

Take each and every level, layer, area and aspect of my being to this origin. Analyze and resolve it perfectly with Great Spirit’s truth.

Come through all generations of time and eternity, clearing and healing every incident and its appendages based on the origin.

Do it according to Great Spirit’s preference until I am filled with light and truth, filled with Spirit’s peace and love, filled with forgiveness of myself for my incorrect perceptions, filled with forgiveness of every person, place, circumstance and event which contributed to these feelings and thoughts.

With total forgiveness and unconditional love, I allow every physical, mental, emotional and spiritual problem, and inappropriate behavior based on the negative origin recorded in my Entire Being, to transform.

OVER

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I CHOOSE



I FEEL



I AM



It is done. It is cleared and healed. It is accomplished now!
Thank you, Spirit, for coming to my aid and helping me attain the full measure of my creation.

Thank you! I love you.