

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

This can be printed two sided. You may want to read the free PDF titled “Soul Echoes”, Epigenetics, Feelings and Emotions” available at www.twochoices.net before doing this script.

This is not a prayer. It is instructions to higher aspects of yourself.

You are also letting the subconscious know that it is ok and time to clear, let go of and resolve the negative feelings, thoughts and “Soul Echoes” and replace them with the appropriate positive counterparts.

You should notice a shift in yourself. If the feelings, thoughts and “soul Echoes” 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

GUILTY WHEN I STAND UP FOR MYSELF

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(s) of my feelings, thoughts and “Soul Echoes”.

that cause me to feel guilty when I stand up for myself

Take each and every level, layer, area and aspect of my being to the origin(s). Analyze and resolve them 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, thoughts and “Soul Echoes”.

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

To stand up for myself.
To come to my own defense when appropriate.

I FEEL

perfectly within my rights when I stand up for myself.
it is my right to stand up for myself whenever necessary and appropriate
that I AM a worthwhile human Being and I deserve to stand up for myself.
peace of mind each time I stand up for myself.

I AM

standing up for myself.

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.