

## Tool 2 - Daily Check

This page is a daily check you can do to make sure you are connected to Great Spirit and Great Spirit's Helpers of Pure Divine LOVE and LIGHT only, and are getting everything from Great Spirit's LOVE and LIGHT. You may want to do the 'check' several times per day if you feel it is best. Use your own way of getting answers. Some ways of checking are by the use of a pendulum, muscle testing (kinesiology), a physical sensation, a visual sign or a knowingness/Awareness.

If you are new to this type of testing, you may want to say a few prayers. (see end of this tool for an example)

To begin, check to make sure you are getting 'yes', 'no', 'inappropriate to ask' and 'unable to answer' clearly

Great Spirit, show me "yes".

Great Spirit, show me "no".

Great Spirit, show me "inappropriate to ask."

Great Spirit, show me "unable to answer".

If you get a 'no' on any of the following questions, you have something to clear.

Great Spirit, I am connected to you and your helpers of pure Divine LOVE, LIGHT and VIOLET FLAME only.

Great Spirit, I am standing fully in your LOVE, LIGHT and VIOLET FLAME.

Great Spirit, I am completely filled by your LOVE, LIGHT and VIOLET FLAME as is best.

Great Spirit, I am completely and fully surrounded by your LOVE, LIGHT and VIOLET FLAME.

Great Spirit, I am clear, as is best.

Great Spirit, I am clear about myself, as is best.

Great Spirit, I am clear about (my full birth name), as is best.

Great Spirit, I am clear about (use any other name(s) you go by, one at a time), as is best.

Great Spirit, I am clear about all others, as is best.

Great Spirit, I am fully attuned to you, as is best.

(optional) Great Spirit, I am clear about (fill in the blank), as is best. Use this for someone or something specific if you are in doubt.

To end, double check as follows.

Great Spirit, show me "yes".

Great Spirit, show me "no".

Great Spirit, show me "inappropriate to ask."

Great Spirit, show me "unable to answer".

Great Spirit, you and your helpers of pure Divine LOVE and LIGHT have answered all my/our questions.

To clear and heal the above:

Great Spirit and Great Spirit Helpers, as are best,

Make it so and keep it so I am (fill in the blank), as is best. *Thank You.*

Then recheck, and do additional healing, transmuting, releasing and integrating, as needed.