

### Release & Renew (R & R)

Repeat R&R daily in your head & heart to interrupt emotional or physical pain imbalances.  
(This healing tool works best when it is repeated daily up to 2-3X per day. The intention to heal is the key to healing)

I ask Spirit to locate all known and unknown memories, feelings, beliefs, cellular memories and physical issues of \_\_\_\_\_ [your challenge or issue] at their original source.

Reveal each and every layer of this vibrational imbalance at its source. Review, open and heal it perfectly with Divine healing white light.

I allow it to be cleared through all directions of time and space, healing every aspect associated with it based on its origin at the cellular level. I forgive myself for every incorrect thought and forgive every person, place, circumstance, and event which contributed to this imbalanced thought process.

I give thanks for this awareness and now ask that every part of this energy be healed with unconditional love and forgiveness and ask the healing to be magnified by 100 times or more. I allow every layer of this vibrational pattern in physical, mental, emotional, spiritual or undesired behavior that is recorded poorly in any of my DNA blueprints to be released and transform to healthy state.

(Choose a new intention to replace old one & then hold a magnet or just your hand for convenience over your X Root of Spine, X Heart & X Crown of head while repeating empowered word(s) for 5 min.)

I give thanks that... I Feel [ ? (Empowered word(s)) ], I am [ ? ], I Deserve [ ? ]

