

# Court of Atonement

## EXPLAINED

*by*

*Amy Jo Ellis*

# The Court of Atonement

EXPLAINED



**FCOA**

**STANDARD STATEMENT**

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with \_\_\_\_\_ I ask to analyze our timelines and resolve any and all conflicts between us at their points of origin. I ask for amenable dissolution of this energy.**

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*Amy Jo Ellis*

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# THE COURT OF ATONEMENT EXPLAINED

I believe in the power of our words.

You have probably heard the saying, “Ask, and it is given.” Most of us have heard these words, but we didn’t understand how to ask.

The Court of Atonement is a technique that helps us ask for the things we would like to see happen in our lives.

If I were standing in a room full of people and I were to say, “Would someone please turn off the lights?” I fully believe that someone would turn off the lights.

Why? Because I asked for the lights to be turned off. It’s that simple.

The request was clear and concise. Others heard it and responded to the request. Probably many people responded, but only one person reached the switch first.

We use our words to communicate because our words have a tangible frequency and a meaning. When we use our words to communicate distinctly, and with intent, people respond. Just like that, so too, God and the Universe respond. (Feel free to pick any name for this power source that you are comfortable with)

When using the Court of Atonement, we are using our words to request desired outcomes, just like “Please turn off the lights.”

Look at the definition of the words “Court of Atonement.”

**Court:** A location where disputes are settled.

**Atonement:** Making amends or reparation for an injury or wrongdoing.

When we use the words, “I place myself into a Court of Atonement,” we are saying.... “I place my Soul into a space to settle disputes and make amends for wrongdoing.”

With the Court of Atonement, we use our words with deliberate intent.

Another reason the Court of Atonement works is because our Souls are expansive and exist beyond the pain and suffering of human emotion.

Even during conflicts and upsets, our Souls remain loving and joyful and willing to hear the other person out.

Once our Soul understands the other person's reasons and accepts those reasons or accepts an apology, (at the Soul level), all emotional discord is gone.

I recently saw a good example of how fast we can forgive in a movie. A woman had dinner on the table and was waiting for her husband to come home from work.

In the next scene, she blows out the candles and eats alone. She calls a friend and says, "I'm really worried about him; he's never done anything like this." A little more time passes, and she tells her friend how her past boyfriend was behaving like this, and then she caught him cheating on her!

In the next scene, four hours have passed, and she has gone from concerned for him to convinced he is being a jerk and is now shouting into the phone, "I will never forgive him for this!"

When her husband finally arrives, the wife snaps, "WHERE WERE YOU? And he says, "I just came from the hospital. My mother died."

In less than one second, this woman drops all anger and rushes to comfort her husband.

It's a great example of how understanding a situation stops the hurt and mental distress and allows us to forgive.

The reason that this woman could shift gears and forgive him so completely is because she understood his reason, and she accepted that reason.

That is the recipe to create forgiveness... UNDERSTANDING someone's reasons and ACCEPTING their reasons.

When we use "The Court of Atonement," we are asking our Souls to talk with each other and explain at the Soul level what caused the other person to act the way they behaved. Understanding the other person's perspective will rapidly resolve the conflict. (Just like in the movie.)

Our Souls are much more expansive than we think. Our conscious mind is limited to our life experiences, but a Soul has access to vast amounts of information, kind of like we do when we connect to the World Wide Web.

Souls understand things at a deeper level than we can comprehend, and they are not concerned with trivial things or burdened by heavy emotions.

Go back to the woman, waiting on her husband. Take the same scenario of the husband being late. But instead of a worthy reason, imagine a husband telling his wife. "I stopped off for a couple of drinks with the boys and lost track of time." This excuse might not stop the anger. She might not understand his reason. Instead, she may choose to think hurtful, derogatory thoughts. Such as, "If he really loved me, he would have come home." Or "He cares more about his friends than he does about me."

If we were to place the husband and his wife into a Court of Atonement, the woman's Soul could look at the events leading up to his decision. She sees and hears the conversations that happened when he was being encouraged to go to the bar. She might see that the husband had a really bad day at work, and in an attempt to cool down, he stopped at the bar so he wouldn't bring all of his anger home.

Meanwhile, the husband's Soul will see the events from his wife's perspective. He will live a moment of her life and feel the waves of emotions his actions put her through. He now fully understands that his actions caused her to suffer, and at the Soul level, the husband will offer a sincere apology.

Once the two Souls make amends, the negative energies and emotions will dissipate from their physical bodies.

Pardoning and or forgiveness has been achieved at the Soul level, and therefore in the physical world, things begin to resolve and feel better.

When you use the Court of Atonement, it is best to lay it out there without expectations. Don't look for an apology or hold any attachment to the outcome. Just put the issue into a Court of Atonement and let it

go. Letting it go is an important step, so hold a positive thought and then be patient and allow things to improve.

While I wait for results, I like to work on how I feel about the issue using the worksheet on the last page of this book.

## THE IMPORTANCE OF NAMES

Our names are extremely important in this process and must be used each time we make a Court of Atonement request.

Getting into alignment with our name is also important.

Some people do not like their names, which creates discord within them when they say their names.

To help us create a strong connection to our names, I recommend crossing your arms and patting your shoulders (Do this to indicate who is talking.) and repeating your name to yourself several times, saying it with conviction in your voice. **“I am, (Say your full name) \_\_\_\_\_ . I am, \_\_\_\_\_ . I am, \_\_\_\_\_ !**

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with my name \_\_\_\_\_. I ask to analyze my timelines and resolve any and all reasons I do not like my name. I ask to resolve any and all conflicts with my name. I ask for divine intervention to assist me in remaining connected to my name.**

Our names center us in who we are, so I often feel compelled to have us repeat our names two and even three times.

I know this feels repetitious, but there is great value in it.

When we start a Court of Atonement, we use our name to connect, I, \_\_\_\_\_, but then when we say, “place myself, \_\_\_\_\_,” indicating that our Soul is to take part in this Court of Atonement. It is telling my nervous system that I am expecting things to change!

I use the Court of Atonement all the time, and when I use it, I feel a large rush of energy and often yawn because of the changing frequencies.

I used the Court of Atonement for the first time in 2013. But only realized I could use it for other people in 2015. At some point in 2015, I noticed that there was no rush of energy if I failed to use my name while requesting a Court of Atonement for another person.

I was waiting for the familiar yawn (Not everyone has a noticeable reaction, but those that do mostly yawn. Some people burp, hiccup, sneeze. If you notice things are moving in an uncomfortable way, just ask to fix it.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement for the purpose of releasing energy in a way that is comfortable and pleasant while using the Court of Atonement.**

Recap: Our names are our sacred connection to who we are. To “launch” our requests in the Full Court of Atonement, we MUST first state our names.

### **ADDING THE WORD “FULL”**

I always use the words “Full Court of Atonement.”

The Universe is extremely literal. We get what we ask for, but it is limited to our requests.

When we add the word “Full” to the Court of Atonement, it creates an understanding with the Universe that we intend to bring into the Court of Atonement everyone and everything needed to create a “Full” resolution.

Adding the word “Full” amplifies the energy and greatly increases your chances of a successful resolution. I recommend you always use it too.”

## HOW TO USE THE FULL COURT OF ATONEMENT

There are only four steps to using the Court of Atonement, and they are simple!

- 1. Start with your name. “I, \_\_\_\_\_.”**  
Our names are our connection to our Soul, so in order to activate the Court of Atonement, we must state our names. It is best to use our whole name first, middle, and last!
- 2. Say the words “Full Court of Atonement.”**  
These words are the key! They are saying to the Universe, “I intend to resolve this!”
- 3. Bring in everyone involved in the conflict you are trying to resolve.**
- 4. Ask for what you want.**  
“I ask to analyze our timelines and resolve any and all conflicts between us at their points of origin.”

Below is the standard statement; put your name in the first space and the names of those you want to resolve the conflict with, in the other space. Add as many people as you'd like.

**I place myself, \_\_\_\_\_, into a Full Court of Atonement with \_\_\_\_\_ and, \_\_\_\_\_. I ask to have our timelines analyzed and resolve any and all conflicts between us at their points of origin.**

These steps are the basic formula that will easily resolve most conflicts and problems.

Some people take one look at some of the long-winded Courts of Atonement calls I have written, and they are afraid to try to write one for themselves. But there is no need to be afraid because the Court of Atonement takes place at the Soul level, and the Soul has free will, meaning it has the right to deny the request. You cannot do any harm attempting a Court of Atonement because our Souls can veto our requests.

People always write me and ask if the Full Court of Atonement will work for their problem, and my answer is always, “Try it!”

If you have the thought that perhaps the Court of Atonement could resolve a situation... You should always feel safe to try!

## **ADDITIONAL OPTIONAL PHRASES**

Anyone can easily create “Court of Atonement” statements for themselves without using the phrases that I am about to introduce. Just say what is on your mind and what benefits you wish to see come out of the Court of Atonement.

If you are arguing with your spouse and intend to resolve it, just say what you are thinking.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a full Court of Atonement with my spouse, \_\_\_\_\_. I ask to resolve the arguments between us and create love and peace in my family.**

Words like these spoken from the heart WILL WORK! You do not need to be versed in my “Sophisticated” phrasing for it to work for you.

However, I fully intend to teach you my weird terminologies and help you understand why I use them. This way, you too can reach for these tools.

The common phrases that I am about to introduce came about by trial and error. Things have been added and subtracted because they worked or didn't work.

**Points of Origin:** Energy flows in a stream. If you get in the negative mindset, the day continues to worsen unless you do something to break the negative pattern.

Requesting to resolve issues at their points of origin follows that stream of negativity back to where it started.

For instance, have you ever had a hard day and accidentally taken it out on an innocent person? Asking to resolve the conflict between you and the innocent person at the point of origin would go back to the moment of snapping at the innocent party, but it also goes further back to the hard day and resolve the conflicts at work and even further to the issues that caused the conflicts at work.

When I am asking to resolve things at their points of origin, this request allows the Universe to track the energy to the beginning. This request asks to evaluate our ancestors' lives and stop the energy from bleeding forward in our DNA.

### **Amenable Dissolution:**

After five years of working with the Court of Atonement, I have been inspired to end the Full Court of Atonement calls asking for amenable dissolution. The words seem strange, but they mean something even better than an “agreeable conclusion.” There is an amazing energy to the words, “amenable dissolution!” These words are so powerful that adding them to the end of the Full Court of Atonement statement creates a burst of energy that most energy practitioners like myself can palpably feel.

The statement isn't a necessary component of the request... But I feel that it makes the energy clear faster, so I have begun adding it to every call that asks to resolve negative situations.

*“I ask for amenable dissolution of this energy.”*

### **Any and All:**

I call this “Doubling down” instead of saying “any reasons” or “All reasons.” When I combine the two, it feels like it creates a “complete directive” and leaves nothing out.

### **Any and All Reasons:**

These words dig deep into the causes of events or illnesses. Instead of just going to the obvious reasons, the words any and all will include hidden or unconscious reasons too.

Suppose a person crashed their car and injured their leg. When they ask to resolve the reasons for the pain, their thoughts will take them to the car accident. But if they expand the search by saying, “I ask to resolve any and all reasons for the pain.” Their Soul will go back to the time of the car accident and clear not only the energy around the car accident it will also explore any negative energy that may have created the accident.

Perhaps there was an argument that had them upset and distracted. The statement will bring in everyone involved in the argument and clear the energy.

The Soul will also recognize that they had problems with the insurance company that left them feeling bitter and let down. Once these issues have been resolved at the Soul level, the energy causing stress connected to the pain will dissipate, making room for changes to take place.

I also use this doubling strategy “any place and every place” I can. I use statements of “anyone and everyone,” “each and every,” “anywhere and everywhere.” Although in high school English class, this activity was frowned upon by my teachers. When it comes to writing a Court of Atonement, it amplifies the power and should be reached for whenever it feels good to do so.

### **Each and Every Level of my Consciousness:**

Long ago, I figured out that my conscious mind and my subconscious mind didn't always agree on things.

I consciously decided to go on a diet. I announced to my family and friends, “No more sugar! I am going on a diet!” Then less than ten minutes later, I caught myself eating a donut!

I looked down at the donut in my hand and asked myself. “Why am I eating a donut?” I heard myself answer. “They are delicious, and I love them!”

It isn't that I had no willpower. Other parts of me had opinions that contradicted the idea of going on a diet.

My mouth wanted to taste the donut, and my throat wanted to swallow it. My stomach yearned for me to eat more of the donut. My hand must have chosen to listen to those other intentions because it betrayed my conscious declaration and carried that donut to my mouth!

I remember how hard it was to talk myself into putting the donut down!

Now, I have become an observer of my body's sensations. I no longer see myself as a singular mind with an all-powerful point of view. I see myself as a committee that goes along with the majority vote!

I use the Court of Atonement to overthrow the committee and create openness and willingness to do what my conscious mind intends.

**Example:**

**I, \_\_\_\_\_, place each and every level of my consciousness into a Full Court of Atonement for the purpose of creating openness and willingness to eat healthy foods. I ask to resolve any and all reasons I do not want to eat healthy foods at their points of origin.**

The above statement asks every part of us who has an opinion about the subject to determine why we do not want to eat healthy food and resolve those reasons.

When I said the statement, I suddenly remembered an aunt who was always on a health kick. She would make food that tasted terrible and tell us. Eat it! It's good for you! It's health food! It might have been "health food," but it wasn't "good tasting food."

Thank goodness, health food these days tastes like "good food" because I feel ready to try again.

**Closing statements:**

*I forbid this energy any further access to my body, my energy field, my timeline, or my family lineages. (This is SELF-TALK!)*

This is my way of making a demand that I intend for this to be over with. I use this statement predominantly when I am talking to the levels of my consciousness.

**I ask us all to redeem ourselves and make amends.**

**I ask us all to forgive and pardon each other.**

**I ask to resolve any and all reasons we have not yet forgiven and pardoned each other.**

## TROUBLESHOOTING

You are probably thinking. “Troubleshooting, I haven’t even tried it yet.” But I would like to start here because I believe, if we can resolve the most common problems first, you will have a better chance of making the Court of Atonement work for you!

### ALIGNING WITH THE NAME

The most common problem where the Court of Atonement doesn’t work properly is because we are disconnected from who we really are.

Oftentimes people don’t like their name, so they don’t feel comfortable using it. People with a broken connection to their name also have a busted connection to their Soul, and life is harder when this happens.

To get past this, it is a good idea to look in a mirror while you say this next statement, crossing your arms and patting your shoulders as you say, **“I am (State your name). And only (State Your Name).”**

I would like you to repeat the statements and imagine that your energy is returning to you as you say, **“I am, (state your name) \_\_\_\_\_.”** and imagine other people’s energy leaving as you say, **“And only, \_\_\_\_\_!”** (State your name again.)

Say the statement several times and feel the energy moving. Just this exercise alone can drastically change the way you feel. People begin to feel grounded, centered, and in control, headaches disappear, nervousness vanishes.

Give it a try.

**I am, \_\_\_\_\_, and only, \_\_\_\_\_.**

**I am, \_\_\_\_\_, and only, \_\_\_\_\_.**

**I am, \_\_\_\_\_, and only, \_\_\_\_\_.**

I was taught by the Shaman Gray Bear to make the statement. **“Only those who are filled with the light are allowed in my space.”**

In this next statement, place in the third space any other names you have called yourself.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with myself, *(name all your names)* \_\_\_\_\_. I ask to analyze my timeline analyzed and resolve any and all conflicts within myself and with my names. I ask to resolve any and all reasons for these conflicts at their points of origin.**

**I ask for amenable dissolution of this energy.**

**I ask to have the power of my birth name connected to any portion of my name I choose to use.**

### **FAMILY LINEAGES.**

Our Spirit Guides are very often our family members. The Spirit Guides are Spirits of our loved ones, and they pretty much have the same personality they had when they were alive.

If we had a grandmother who was a staunch Catholic, she is still a staunch Catholic. So, any energy work or mystical approaches might feel strange to her. Our grandmothers may feel like they should be protecting us from things like “Reiki, EFT, Body Code and even the Court of Atonement.”

To get around these issues, I recommend using this call.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with the entirety of my family lineages. I ask to bring in any and all of our Spiritual leaders, all of our Guides, and any and all deities our family has worshipped throughout our family lineages.**

**I ask for all of us to be educated in the value and usefulness of the Court of Atonement. I ask for those we have worshipped to evaluate the Court of Atonement process.**

**If this process is deemed beneficial to use, I ask for divine assistance to guide us and help us resolve discord. I ask to create peace in our bodies, our lives, and in the world.**

## UNWILLINGNESS TO FORGIVE

I have observed that when people do not see the results they are looking for, the problem often lies within the person calling the Court of Atonement. They feel as though someone needs to apologize; they need to make it right. Etc. So, I will add the statement. **I ask to resolve any and all “Needs for completion.”**

Sometimes we have said things like, “I will never forgive you for this.” Since our words create, having said, “I will never forgive.” blocks our ability to forgive.

To override those blocks, I add, “I ask to resolve any and all reasons we are not willing to forgive and pardon each other.

**I, \_\_\_\_\_, place myself into a Full Court of Atonement with \_\_\_\_\_.** I ask to bring in each and every level of our consciousness, God, and our Guides for the purpose of resolving any and all reasons we are not willing to forgive and or pardon each other. I ask to resolve these reasons at their points of origin. I ask to resolve any and all needs for completion. I ask for amenable dissolution of this energy.

## ABSORBED SIBLINGS

Absorbed Siblings is a subject that is intensely interesting and extremely important to clear. But for the sake of time, in this short pamphlet, I can only give you a brief introduction to this bizarre energy.

When I was a kid, my mother had a cyst removed comprising of hair, bone, and teeth. The Doctor told her the cyst was the remnants of her twin, and he also said that the cyst had a veining system that engulfed one of her ovaries.

I have met many people who have also had this same type of cyst removed and many others who had extra teeth, extra toes, two different colored eyes, etc.

It turns out that doctors are aware of this “Absorbed Sibling” phenomenon. They call it “Vanishing Twin.”

In a large percentage of single births, the doctors will find a second umbilical cord. It's small, like a piece of yarn, but it is noticeable.

Early ultrasounds will show two and even three fetuses, but a few weeks later, there will only be one.

Working with people to resolve emotional issues, those who had an absorbed sibling symptom (extra teeth, etc.) would complain to me that they felt "invisible, unwanted, unheard, etc."

Many people have two sets of DNA in their system. Sometimes the two sets do not get along, and the person will be plagued with autoimmune issues.

Using the Court of Atonement to resolve this energy is super easy. All you need to do is ask for "Absorbed Sibling Resolution."

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement for the purpose of Absorbed Sibling Resolution.**

*Absorbed Sibling Resolution is what I call a Speed Call. Much writing has gone into creating the simple statement that works like a speed dial on your phone. You will learn more about Speed Calls in a few pages. For now, this is all you need to know to start clearing this energy.*

## WAYS TO USE THE COURT OF ATONEMENT

### PAIN AND ILLNESSES

To work directly with pain or illness, here is my approach. Place yourself into a Full Court of Atonement with the illness or the body part that is in pain. Ask to resolve any and all reasons for this pain or illness.

Place your name in the first two spaces and the intended body part/organ in the last two spaces.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with my \_\_\_\_\_.** (Name affected body part.) **I ask to resolve any and all events that have caused damage to my \_\_\_\_\_.** (Name

affected body part.) **I ask to resolve these events at their points of origin. I ask for amenable dissolution of this energy.**

Illness: Name the illness in the last three spaces.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with \_\_\_\_\_. (illness) I ask to analyze our timelines and resolve any and all conflicts between us. I ask to resolve any and all detrimental energies between us. I ask to resolve any and all reasons I have \_\_\_\_\_. (illness) I ask to resolve these reasons at their points of origin. I ask for amenable dissolution of this energy.**

Because this is detrimental energy, we can get tough with it and make the statement, **“I forbid this energy any further access to my body, my energy field, or my timelines.”**

## **RESOLVING CONFLICTS**

This is what the Court of Atonement is all about.

Are you having problems with the kids? People at work, neighbors, friends, enemies??? It doesn't matter what the issues are. The answer is still to use the Court of Atonement in its simplest form, the standard statement.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with \_\_\_\_\_ for the purpose of analyzing our timelines and resolving any and all conflicts between us at their points of origin.**

For a little added oomph, you can add this next sentence.

**I ask to resolve any and all reasons for these conflicts at their points of origin. I ask for amenable dissolution of these energies.**

This statement is where all the power is. There is no reason to need to overcomplicate things. Just try using it and see what happens.

So many people believe that their issues are far too complicated for the simplicity of this standard statement, so they don't try it for themselves. **TRY IT! Miracles happen all the time!**

## USING THE FCOA FOR OTHERS

If you want to use the Court of Atonement for other people regarding disagreements that you yourself are not involved in, you will use the standard statement only without bringing yourself into the call.

**I, \_\_\_\_\_, place \_\_\_\_\_ into a Full Court of Atonement with \_\_\_\_\_ for the purpose of analyzing their timelines and resolving any and all conflicts between them.**

**I ask to resolve any and all reasons for these conflicts at their points of origin. I ask for amenable dissolution of these energies.**

## CLEARING YOUR ENERGY

After a long day of shopping, have you ever noticed that you feel wiped out and need to lay down? We feel this way because emotional energy is contagious. As we walk around with lots of other people, their energy gets tangled up in our energy. The stronger the emotions around us, the more “zapped” we can feel.

To keep this from bogging us down, we should be clearing our energy. When we amp up the feelings of “who we are,” we begin to radiate our energy which works as a shield against other people’s negativity, zapping our energy.

Our names are sacred, so why not use them to help our lives go easier. I teach my clients to say, “I am,” followed by their name several times.

**“I am, \_\_\_\_\_.”** (State your full name)

**“And only, \_\_\_\_\_!”** (Say your full name again.)

Saying I am, brings your energy back to you.

Saying “And only!” is telling all the energy you have been holding for other people that you will no longer carry it.

If you are thinking, “What does holding energy for others mean?” Let me ask you this, have you ever said, “I feel bad for him.” If you have, you are carrying their energy. It lowers our energy when we do it.

When we feel bad FOR someone, we absorb some of their burdens to try to assist them. It's a kind thing to do, but it isn't helping them or us. Instead of feeling bad for them, I put them in a Full Court of Atonement to resolve their issues. Then I dump their energy!

We can hold energy for others so often that we actually begin to identify ourselves as the other person or their issues. We feel like their problems are our problems!

I have developed a couple of Speed Calls to help us clear our energy and create that radiance boundary around us. The Speed Calls are called; "Developing and Maintaining Healthy Boundaries" and "Soul Recognition."

Here is how to request the Speed Calls.

**I, \_\_\_\_\_, place, \_\_\_\_\_, into a Full Court of Atonement for the purpose of Soul Recognition and Developing and Maintaining Healthy Boundaries.**

I have created Speed Calls for clearing the energy of your homes, work, and locations that you visit.

- Home Security
- Location Security
- Blessed Travels
- Jobsite Security.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement for the purpose of \_\_\_\_\_.**

Put the desired name of the Speed Call in the blank.

If you want more information about what is in each of these calls, it is described in the class "[Speed Clearing.](#)"

## REMOVING EMOTIONAL UPSET

The Court of Atonement is a wonderful emotional tonic. We can stop our emotions from running away with us by acknowledging that we feel a certain emotion and then ask to resolve the reasons we feel it.

For instance, you can say, "I am angry." And feel where you feel anger in your body. On a scale of one to ten, ten being the strongest, rate how angry you are.

Acknowledge that you feel angry.

I am angry. It's true I am angry.

**I, \_\_\_\_\_, place all of this anger into a Full Court of Atonement to be resolved at its points of origin. I ask to bring in the entirety of my family lineages and resolve any and all reasons we are angry at their points of origin. I ask for amenable dissolution of this energy.**

Now say, "I am angry." This time when you said, "I am angry." It should have felt different. If you still feel like you are angry, you would do well to look at other words that are similar to anger.

I am hostile, livid, pissed, outraged, enraged, furious, and or mad!  
It's true. I am really ticked off!

**I, \_\_\_\_\_, place all this hostility, livid, pissed, outraged, enraged, furious, mad, and or ticked off energy into a Full Court of Atonement. I ask to resolve any and all reasons I feel these energies at their points of origin. I ask to bring in the entirety of my family lineages and resolve any and all reasons for this energy at their points of origin. I ask for amenable dissolution of this energy.**

Now when you say, "I am angry." It should feel a whole lot better! If not, you might ask yourself, "What am I really feeling?" Then clear those emotions with the worksheet below.

## CLEARING EMOTIONS WORKSHEET

What am I feeling? \_\_\_\_\_.

How strong is this feeling? Rate it on a 1-10 scale. \_\_\_\_\_

I am feeling, \_\_\_\_\_.

It's true I am, \_\_\_\_\_.

I, \_\_\_\_\_, place all of this \_\_\_\_\_ energy into a Full Court of Atonement. I ask to resolve any and all reasons I feel \_\_\_\_\_ at their points of origin. I ask to bring in the entirety of my family lineages and resolve any and all reasons for this energy at their points of origin. I ask for amenable dissolution of this energy.

Now state the emotion again. I am, \_\_\_\_\_. How strong is it now? \_\_\_\_\_

If you are still feeling upset, go back and ask yourself, "What am I feeling?" and start again.

### HOW TO KNOW WHEN IT'S WORKING

We don't usually see results in the first few minutes of requesting a Full Court of Atonement, so it is hard to know if it is working.

It is best to make the statements and then give it some time to work. That being said, when you finish saying a Court of Atonement, you should feel a little bit better about the idea and be able to imagine the situation improving.

One way to help you see if it is working is to imagine the person you are having the upset with. Close your eyes and imagine them standing right in front of you. Look at them and see what expression they have on their face. Then say the Court of Atonement. Wait a few seconds and then close your eyes and look at them again and see if their expression has changed.

If they are still angry, that is a signal that you might try some of the Troubleshooting clearing statements for both you and the other person.

## **WE DON'T NEED TO ASK PERMISSION**

The Court of Atonement works at the Soul level, and the Soul always has the right to accept or deny the assistance we are requesting.

With some energy work modalities, we are adjusting a person's energy, so it is best to ask permission before implementing our choices on them. However, the Court of Atonement allows the Soul to choose, so there is never a breach of free will. It's not possible.

Court of Atonement requests are like prayers requesting blessings.

That being said, we should never try to manipulate our opinion over another person. We should always aim to be kind and generous and have the other person's best interests at heart.

It's also best to keep our requests as positive assistance and leave our personal agendas out of it.

If we would like to try to get a loved one to stop drinking or doing drugs, we should ask the Full Court of Atonement to resolve any and all reasons they are drinking

**I, \_\_\_\_\_, place, \_\_\_\_\_, into a Full Court of Atonement. I ask to analyze his/her timelines and resolve any and all reasons he/she is drinking alcohol in excess. I ask to resolve these reasons at their points of origin.**

But now, it is important to work on the way we feel about them drinking.

Remember, we get what we focus on. So, if we are focusing on "They should not be drinking." The result will focus on, "They should not be drinking." Which means they must keep drinking in order for you to fulfill your thought.

So, to stop thinking about this self-fulfilling statement, we need to work on how we feel about their drinking.

The next section will teach you how I clear mental statements and resolve the energy around upsetting issues.

# WORK ON OURSELVES FIRST

(Worksheet)

**1. Ask yourself, "What is upsetting me?"**

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**2. What am I saying to myself that is upsetting me about this?**

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**3. Place the statement above in the 2<sup>nd</sup> and 3<sup>rd</sup> space below.**

**I, \_\_\_\_\_, place each and every level of my consciousness that believes \_\_\_\_\_ into a Full Court of Atonement. I ask to resolve any and all reasons I believe \_\_\_\_\_ at their points of origin.**

**I ask for amenable dissolution of this energy.**

**I forbid this energy any further access to my body, my energy field, or my timelines.**

Go back to the first question and repeat the process until it feels like nothing is upsetting you.

*(There is a printable version of this worksheet on the last page of this booklet.)*

## USING THE FULL COURT OF ATONEMENT FOR HEALTH CONCERNS

I am often asked about using the Full Court of Atonement to restore health.

I have seen hundreds of people turn their healing crisis around using the Court of Atonement, but it doesn't usually come about because they said a couple of magic words.

Most of these people took a few minutes to reflect on their lives and used the Court of Atonement to resolve the hurts of the past.

Once the anger and upsets of the past are resolved, it stops the stress on the body.

I do not recommend using the Court of Atonement in place of medical attention! It works wonderfully to support the efforts of modern medicine or other healing modalities.

It speeds up recovery, and sometimes the reversal is fast and miraculous, but it can take a bit of digging to find the right memory that was causing the stress on the body.

To best utilize the Court of Atonement *(Along with other medical attention.)* Look back over your life and make a list of upsetting events.

Then, using the standard statement (on page 2), begin addressing the most upsetting events first.

I recommend using the "Work on Ourselves First" worksheet located at the end of this booklet to help resolve the way you feel about the events. Changing the way you feel will help things resolve much more rapidly.

Use the statement to resolve long-standing issues with ex's, parents, siblings, neighbors, bosses, etc.

One client had debilitating asthma. He said his breathing issues went back to his childhood to a time when the neighborhood kids buried him alive, and he ended up in the hospital.

I had him place himself into a Full Court of Atonement at the age of four with the neighborhood kids and resolve any and all conflicts between them at their points of origin.

I also told him to imagine going back in time as an adult and stopping the boys from burying him. I had him scare them off and rescue his four-year-old self. This method of changing the past is a process I call “Time Jumping.” I will talk more about Time Jumping in the next section.

This man had been struggling for breath for months! Yet, in the space of a few minutes, all his asthma symptoms stopped, and he was able to breathe freely.

Finding the source of the illness helps us stop the upset energies that are causing the illness.

## **Addressing Health**

Every doctor tells us that most health issues are caused because of stress in the body. Traumas, unforgiveness, and wanting things to be different are the major sources of stress.

When someone comes to me with an illness, I always look for what was going on in their life just prior to the first symptoms.

We might think that we are looking for a major event like a fire or a divorce, but sometimes what is causing the illnesses can seem almost stupid. Small trivial things can build up to cause the stress that ultimately causes the body to break down.

One of my client’s illnesses had roots in her sister continuously taking her toys. While doing this process, don’t discount anything that comes up for you. It might seem small now, but it can be a huge relief to clear it.

We can hide painful memories so well that we simply don’t remember them. That’s why they are called repressed memories.

Use the worksheet below to find the “Source of the Issue.”

## FINDING THE SOURCE WORKSHEET

To get started, put your focus right into the pain.

Ask yourself these questions about it.

**How strong is the pain right now on a scale of one to ten? (*Ten being horrible.*)**

**What size is it?**

**If it were a color, what color would it be?**

**If it were a shape, what shape would it be?**

**Is it heavy or light? Is it hard or soft?**

**How old were you the first year you felt anything like this?**

Just let an age come to mind.

Ask yourself, **“Who was involved? What was going on in my life back then?”**

*(If you have trouble finding the answer keep saying. “I know I don’t know, but if I did know, what happened?” Say it until your body is so sick of hearing it that it coughs up the answer!)* Then use the statement below to clear the issue.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with my \_\_\_\_\_ year old self, \_\_\_\_\_.** *(State the name used at that time.)* **I ask to bring in anyone and everyone associated with this event \_\_\_\_\_, \_\_\_\_\_.** *(Name anyone who comes to mind.)*

**I ask to analyze our timelines and resolve any and all conflicts between us at their points of origin. I ask to resolve any and all reasons this event took place.**

**I ask to resolve any and all reasons we have not been willing to forgive and pardon each other. I ask for amenable dissolution of this energy. I forbid this detrimental energy from any further access to my body, my energy field, or my timelines.**

Go back to the top and read through all the questions until you get to a 0 on the pain!

## TIME JUMPING

Time Jumping is a mental process where you imagine going back in time to correct mistakes by mentally stopping yourself before the mistake takes place and imagining yourself doing things differently.

I have used this technique successfully to stop the pain of fresh injuries.

For instance, I failed my first skiing lesson in January of 2020. My family was cross country skiing and came to a small downhill slope.

My daughter suggested that my husband and I take off our skis and walk down the little hill.

My husband didn't do as she suggested, and it worked out fine for him. Well, sort of. He crashed and rolled at the bottom but got up laughing. So, I figured if he could crash and laugh, so could I, and decided to try skiing down the little hill too. But instead of being upright at the bottom of the hill, I found myself face-first in a snowbank.

Once I crawled out, my husband asked me if I was okay, and trying not to induce panic in my horrified family, I squeaked out, "I've been better." I mentally calculated how many miles it was back to the car and thought to myself, "We need to call 911. I need a helicopter!"

Fortunately, I quickly remembered this Time Jumping technique. I closed my eyes and took myself back to the top of the hill. I heard my daughter recommend taking my skis off, and I watched and felt myself reach down and take off my skis.

I kept my focus on the scene and felt myself walking down the hill.

The intense pain in my shoulder was gone! The relief was incredible! On a scale of one to ten, ten being "Call the helicopter. I need my arm put back on," the pain had gone down to a three.

I had honestly thought we needed to call an ambulance, but with the use of the Time Jumping technique, I was not only able to walk out, I carried my own skis! We walked for about a mile, and then I felt well enough to get back on the skis and ski home.

I'm not saying it was a perfect recovery... there were some continuing issues, but the relief I received was nothing short of miraculous!

I also use Time Jumping to help people resolve heartbreak by having them go back in time and change things that happened. It doesn't put the relationship back together, but it softens the pain.

In my one-on-one groups, I use this process with people who have been molested, raped, or attacked. I have them go back in their minds and bring in someone big to help them. I have them imagine themselves preventing the atrocity from happening.

The relief that they receive from a Time Jump is obvious to everyone in the group.

Before I do the process, I sometimes start with a Court of Atonement statement to resolve any and all reasons the event happened.

You can try it for yourself. Think of an event that is still causing you issues. Once you have it, make the statement below.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement for the purpose of going back in time and resolving any and all reasons, \_\_\_\_\_.** *(Name the event you are trying to resolve.)*

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement for the purpose of re-writing the past.**

Now sit quietly and allow your mind to go back to a time just before the event. Step into the event like a Spirit and say to yourself, "I have seen the future, do not do this!"

If you do not feel strong enough, bring someone big like Jesus or Archangel Michael with you and watch them stop it from happening.

## **SPIRITUAL 911**

If you believe in God, Angels, and Spirit Guides, or at least have an understanding that the Universe conspires for you. It is helpful to ask for this energy to assist you.

We had a horrible car accident in front of my home. I grabbed my phone and dialed 911! (Emergency services). As I dialed the phone, I placed the cars involved and their occupants into a Full Court of Atonement for divine intervention. I asked for the situation to be analyzed and bring in anyone and anything beneficial to help resolve this situation for its highest and best.

In that moment of crisis, I realized that having the mental capacity to remember and recite everything I was asking was not easy. I could do it because I had not raced toward the accident. I realized my assistance of asking for divine intervention would do more for the people in the accident than I could do for them alone, but it took a great deal of focus to remember what to ask for.

My first instinct had been to run to the scene, I saw the two cars, and how badly damaged they were, and I saw other people on the block running toward the cars.

When I remembered I could use the Full Court of Atonement, I stopped myself and looked away for a second. I knew I needed to have my wits about me in order to speak clearly and concisely about the assistance I was requesting. I forced myself to hold my ground and take thirty seconds to say the prayer and place God and all divine assistance into action.

I watched as one miracle after another unfolded.

I would list the miracles, but the story is not a fun read, so I am leaving it out.

Needless to say, everyone survived the wreck, and those who were injured made remarkable recoveries. Everyone who helped kept saying it was a miracle the way it all unfolded.

This miraculous energy is here to assist us, but we need to ask for it.

Having the presence of mind to stop physically helping long enough to request divine assistance is not easy. I began looking for a way to set the Universe into action, and I recognized that when I call 911, I want the person I'm calling to assess the situation and send the appropriate people to resolve the issue.

Asking for Spiritual 911 is doing the same thing, except it asks the Universe to look at the situation and send in the most appropriate people and energies to best resolve what is happening.

**I, \_\_\_\_\_, place this situation into a Full Court of Atonement for the purpose of Spiritual 911.**

## **RESOLVING UNWILLINGNESS TO FORGIVE**

Unwillingness to forgive is at the root of most of our problems.

I have created a process to help us to find the source of our unwillingness to forgive and release the energy.

Think of someone you know you have not forgiven and notice how thinking about them feels in your body.

If just thinking about someone can change our emotional state, then we have within us a negative association with them. This negativity that is locked inside our cells will cause us to attract negative situations and events.

Resolving the negativity will stop the discord in our energy broadcast, making it easier to see and create a loving and joyful future.

Some people are concerned that resolving the past will attract a person back into their life. Quite the opposite happens when we disconnect our hatred of a person, these people stop living in our thoughts.

Sometimes, people we work on do show up, but we no longer feel negative toward them, and they casually apologize for their part.

So, let's get started. Think of a person you have not yet forgiven.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with \_\_\_\_\_ for the purpose of resolving any and all reasons we have not forgiven and pardoned each other.**

**I, \_\_\_\_\_, have not forgiven you, \_\_\_\_\_, please forgive me for that. *(Repeat until it feels light)***

**I, \_\_\_\_\_, have not forgiven you, \_\_\_\_\_, I ask each and every level of my consciousness to forgive myself for that. *(Repeat until it feels light)***

**You, \_\_\_\_\_, have not forgiven me, \_\_\_\_\_, I ask myself to forgive you for that. *(Repeat until it feels light)***

**I, \_\_\_\_\_, ask myself to forgive myself for not forgiving you. *(Repeat until it feels light.)***

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with \_\_\_\_\_ and the entirety of our family lineages as well as anyone and everyone else involved. I ask to analyze our timelines and resolve any and all reasons these events took place. I ask to resolve any and all reasons we have not yet forgiven and or pardoned each other. I ask for amenable dissolution of this detrimental energy.**

If other people are involved in something that happened between you, bring those people (or things, i.e., jobs, pets, cars, etc.) into the Court of Atonement now.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with \_\_\_\_\_ I bring in anyone and everyone involved in our discord, *(name them)* \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.**  
**I ask to analyze our timelines and resolve any and all reasons these events have taken place in our lives. I ask to resolve any and all reasons we have not yet forgiven and or pardoned each other. I ask for amenable dissolution of any and all detrimental energies.**

## **CLUES ABOUT THE PAIN!**

We can use clues to help us find where the pain might begin.

In energy work, the right side of the body is known to be masculine, while the left side is feminine.

If the pain is on the right side, think about the men in your life. Ask yourself. “Who could I still be upset with?” Work with everyone who comes up. It will just take a couple of minutes, and the rewards are huge.

If the pain is on the left side, think about the women in your life. Are you upset with any women?

Even little girls and boys will have this right to left effect on us.

Arms and hands are known to be fear of letting go of something. We might be holding tight to someone or something past or present.

Legs and feet can be fear of moving forward.

Back pain often holds the fear of lack of support.

## **CLUES FROM WORDS**

Look at the words that you use to describe the pain.

Is there something happening in your life that you would describe using the same words.

“Hurt.” Did somebody hurt you?

“Stabbing.” Do you feel like somebody stabbed you?

“Annoying.” Who’s being annoying?

Look at the way you are feeling things and allow them to be clues to help you figure out what is causing the stress behind the symptom.

Afterward

It took me a long time to figure out that telling the negative stories of the past, and remaining angry about them, caused me to experience more of the same sort of event.

I have been on a search for ways to resolve the anger and upset that not only I felt, but my family and friends have been holding on to.

The Court of Atonement came to me as an answer to prayer, and this work has the power to transform our lives.

All we need to do is remember to use it.

On the four final pages of this booklet are worksheets. I created these in hopes that you may print them and put them someplace to help you remember to use this work daily and transform your life.

I use these worksheets myself and have them standing (laminated) in an easel on my desk.

It is my deepest wish that others use this powerful tool to ease their lives, improve their relationships, prosper, and help others to do the same.

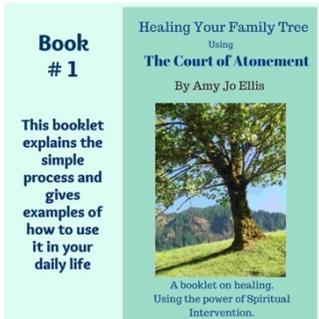
Big hugs to you all

Amy Jo

PS I have bi-weekly one on one classes where you can ask questions and have me help you find the source of some of your problems. These classes are only advertised through emails. Sign up for [email updates](#).

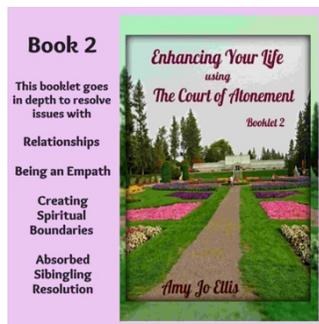
# Other Court of Atonement Booklets

available at [www.courtofatonement.com](http://www.courtofatonement.com)



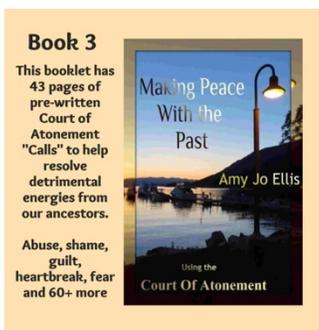
## Book 1 ~ Healing Your Family Tree

This booklet tells the stories of how Amy Jo came to understand the Court of Atonement and gives written samples of using it.



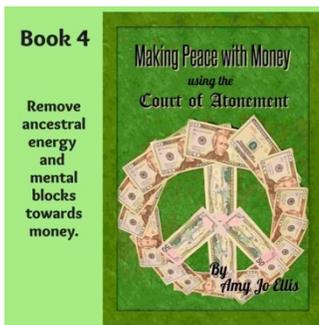
## Book 2 ~ Enhancing Your Life

This booklet guides you to work in-depth on healing issues in relationships. It helps you to understand what an empath is and how to control it. And talks about “Absorbed Sibling Resolution.”



## Book 3 ~ Making Peace with The Past.

This booklet helps to resolve ancestral energies that can be inherited.



## Book 4 ~ Making Peace with Money.

This book takes an in-depth look at the reasons we struggle financially. There are 60 pages of prewritten Full Court of Atonement statements aimed to remove the detrimental energies and beliefs about money that can prevent us from becoming wealthy.

## GLOSSARY:

### Definition of Terminology

**Absorbed Sibling:** When a mother first conceives, there are often two embryos. One baby most often dies, and the material creating the embryo is absorbed by the placenta and used to create the surviving baby, leaving behind levels of consciousness of the failed sibling stuck in our energy field and even our bodies.

These levels of consciousness that were denied life have thoughts that feed into our subconscious saying things like. “Nobody sees me; nobody loves me, I don’t belong in this family... etc.”

**Absorbed Sibling Resolution:** This speed call goes back in time and disconnects the embryo prior to conception. Works to let the body know that all the DNA belongs to itself and recognizes it as its own. This helps to reconnect the consciousness of the person named to their mother and father and helps them feel like they belong with their family.

**Alignment:** getting things into the optimal position to create the desired movement. (Used in this work speaking about the levels of consciousness)

**Amenable:** Agreeable, Controlled, easily persuaded.

**Amenable Dissolution:** An agreeable conclusion of the issue or detrimental energies.

**Astral Fragments:** Lingering packets of emotional energy that linger in the air in locations where heavy emotions have been spent. They are simply emotional energy that lingers that is devoid of the story of their origin. (Anger, rage, violence, sadness, sorrow, grief, etc.)

**Astral Plane:** “Everywhere at once” There is no time or space beyond our earthly perception. When we ask for the effects to take place on the astral plane, we are asking for it to take place everywhere at once.

**Atonement:** “At-ONE-ment” bringing things back to oneness. Forgiving, pardoning, and removing all repelling energies.

**Balance:** equalizing, normalizing, creating harmony.

**Blessing:** To infuse a person or object with divine love. To actively bestow a gift of benevolence for the purpose of assisting one with their endeavors.

**Clearing:** intending to restore your authority over your energy by moving off the thoughts, ideas, and negative impact of external influences.

**Correct Genetic Connection:** Recognizes Genetic coding of the “Real” parent.

**Corrected:** To put right.

**Curses:** Words or thoughts uttered with the intent to inflict suffering. Most often used in haste as a response to personal harm. “Damn \_\_\_ to hell.”

**Denied Aspect:** Lifeforce energy connection to the negative past. These are the thoughts, ideas, and memories that we deny about ourselves or do not choose to remember. Repressed memories are Denied Aspects. Being a raging alcoholic and thinking, “I only take an occasional drink.” would be a Denied Aspect. These thoughts, ideas, and unhealed memories are stored in an Earth-level connection. When we die, we do not take the memories stored at this level with us when we go. They are passed on to our next of kin, especially our children and grandchildren, to try to resolve.

**Discordant Energy:** When an argument or dispute occurs, the energy is now out of harmony and moves in rough, jagged motions. (Like waves caused by storms on the ocean vs. normal tide.) Correcting discordant energy aims to restore smooth harmonic resonance.

**Dissolution:** The process of separation, conclusion, termination, end.

**Embryonic Energy Interference:** Embryos from miscarriages, stillborn babies, and aborted embryos.

**Energy Bodies:** Layers of energy around the physical body that are held separate by our energy encasements. Virtual representations of the body and organs are held in these energy bodies. Even when the physical body part is removed, it can still be sensed in these energy bodies.

There are seven basic bodies. The Physical Body, Emotional Body, Astral Body, Celestial Body, Casual Body, Mental Body, Etheric Body.

**Energy Encasements:** A divider that separates the energy between our energy bodies. These energy bodies surround our physical bodies. (IE: emotional, mental, astral, etc.)

**Family Lineages:** This statement is plural because we always have two sets of parental lines, and some people have stepparents and adopted parents as well as their birth parents. Making the statement plural allows the energy to trace back as far as it can in as many family lines as you have.

**Forgive:** A restoration of peace caused by understanding why something happened and accepting that reason.

**Full:** Brings in relatives and others who are involved in the issues. Asks to align people with their name and the use of the Full Court of Atonement.

**Healing:** A term to describe the regeneration or restoration of a physical injury or emotional trauma.

**Heart Center Optimization:** Speed call that will temporarily correct the energetic flow of energy surrounding the heart to create a clear open broadcast of creative energy. (When the heart is blocked, our thoughts can create the opposite of our intentions. It helps to get the correct message to the Court of Atonement.)

**Hexes:** Words or intentions aimed at another intending to have lasting damning effects. “\_\_\_\_\_ will never work in this town again!”

**Life Force Energy:** According to Abraham, three electrical sources work together to keep the body alive and thriving. The Universal connection (the Soul), the mental connection (the Spirit), and the Earth source connection. (Denied Aspects)

Optimally, all three should connect in the heart. Yet, at times, I find the Denied Aspects are connected in the brain, and the person feels inundated with negative thoughts.

**Life Force Energy Correction:** A “Speed Call” that reconnects the Soul, the Spirit, and the Denied Aspects to their most appropriate connection to the body. I think of it like electrical currents. The live wire is the neutral and the ground. It turns out that I am not alone with this concept. I googled it and found that the Hawaiian Kahunas also believe in a “Light Soul, a Grey Soul, and an Earth Soul. Socrates also believed there were three parts to the Soul. He called them, “The Reason, the Spirit, and the Appetite.”

**Litigation:** Refers to the process of resolving disputes by filing or answering a complaint through the public court system.

**Litigation of statute derogatory statements:** A court process that resolves derogatory statements that have been written into our subconscious as law. Such as: “I am not good enough.”

**Optimization:** To strengthen the function of a system to make it as perfect or as effective as possible.

**Pain:** A signal from the body that something is irritating it.

**Parasitic Sibling:** Commonly known as a dermoid cyst. These cysts can contain material such as hair, skin, sweat glands, fat, bone, nails, teeth, cartilage, and on rare occasions, thyroid tissue.

**Points of Origin:** The location where the first upset took place. Asking to correct energy at its points of origin asks the Court of Atonement to investigate what happened to cause the current event.

The Court will quickly reveal if there were Denied Aspects (like repressed Memories) activated that caused a repeat in the energy.

It then detects where the “Denied Aspect” came from. It places everyone involved in the original event into a Full Court of Atonement to resolve the energy back in time and stop the pattern at its moments of creation.

The point of origin can be an argument you had with your brother 30 years ago. It can go back through the family lineage and see where your father had an argument with his father, as well as where your grandfather had a similar argument with his father. Once it finds the original source of the discontented energy, it places those people who

created it into a Full Court of Atonement to correct it. Doing so resolves the discontented memory so that it ceases to exist. The Denied Aspect that caused the disturbance is now accepted back into the life force energy of the people who started it all.

The conflict you originally were discussing is resolved easily without heavy emotional attachment.

**Polarity:** The rotation of the energy field emitted by the body or the heart. When there is energy barricading the heart, not only does the person feel blocked from love and support, but the broadcast of the heart center also hits the barricade, and the energy “backfires.” The opposite of the intention is received. To prevent this, use “Heart Center Optimization prior to working with energy.”

**Proper position in the family dynamic:** I asked Abraham what this meant, and he said, “That will put the monkeys back on their correct branch of the family tree.”

I see this call helping parents whose children think that they know more than the parent, and try to pretend that they are the parent, and act like the adults are the ones who need to grow up.

Also, one sibling will try to change its position by dominating its older siblings and pretending that they are the “Most important” and act like they are older than the others. The opposite is also true; older siblings can act helpless and behave younger than their younger siblings. This call puts them back in their proper energy position at the Soul level.

**Purge:** To fill them with so much light and love that there is no room left for anger or upset. If you have a bucket of paint and you wish to clean it. You can put a hose in it and leave it running until the bucket is left with only water in it. To purge our energy with light and love is to flush out all of the dark thoughts.

**Purify:** To cleanse impurities (such as guilt.)

**Reason:** The cause. To resolve the reason for something is to look at the timeline and have the Court of Atonement determine what events caused the perpetuation of energy to this point. It then brings in all the people involved and resolves the conflicts that lead up to it.

**Recovery:** Return to a normal state of health, mind, or strength.

**Relinquish:** To hand it over with faith and trust for a positive result,

**Renegotiation of Soul contracts:** This is not yet a speed call.

I, \_\_\_\_\_ place, \_\_\_\_\_ into a Full Court of Atonement. I ask to search for any and all Soul contracts and re-evaluate the purpose of a Soul contract that is deemed detrimental to the health and wellbeing of this life. I ask that the reason for this Soul contract be corrected at its points of origin and for the contract to be nullified or renegotiated when it is appropriate to do so, for the purpose of creating vibrant health and wellbeing for the named party in this lifetime.

**Resolution:** When we ask for resolution in the Full Court of Atonement, we are asking for everything that can possibly be done to put an end to a situation

**Resolved:** To settle or solve.

**Sanctify:** To make sacred. (Helps to hold the boundaries longer when we request this.)

**Soul:** The life force energy connection to the divine realms, with the knowledge of its many incarnations on Earth. The Soul can see the future. The Soul communicates with Divine guides, angels, ascended masters, Ancestors, God, etc., and brings this information into our cells.

The Soul has almost no “emotional” attachment to our choices in life. Its job is to guide us toward our life mission. (The reason we ourselves chose to come back.) Yet, it easily remains amused by our issues and continues to give loving advice.

There is no “Death” to the Soul, so there are never any life and death issues for the Soul.

**Soul Contract:** Prior to our birth, our Souls can promise to come back and endure an illness or an event to help resolve a long-standing issue that has been in the family.

**Soul Recognition:** This is a speed call that looks for any oppressive or possessive energies, removes them in the most appropriate manner, and

restores the Soul and Spirit of origin. It asks the Soul to evaluate its Denied Aspects and correct as many as it is willing to correct.

**Speed Call:** A speed call is a phrase of three or four words that I have asked God (*Source, Universe*) to program so that they activate many processes at once.

Think of it like it's an icon on your computer for your antivirus/disc cleaning software. With one click of the icon, the computer begins analyzing files, removing harmful information, defragmenting the system, updating drivers, isolating infected files, etc.

All we need to do is hit the "Start" button, and off it goes.

Just like that, these phrases of words are programmed to ask for the highest and best possible resolutions of the issues they address.

If you would like to know more about speed calls, I have three classes that tell you everything that is in these speed calls. [Speed Calls 2019](#). [Speed Calls 2020](#) [Speed Clearing \(2021\)](#)

**Spell:** Words uttered with the intention to create, using pontification and or ceremony.

**Spirit:** Is one of the three life force connections that keep the body alive. Spirit is connected to the present moment and has knowledge limited to life experiences in this lifetime. It is most similar to our conscious mind, yet it understands the subconscious thoughts as well.

**Spiritual 911:** A Speed Call to get the Universe to evaluate a situation and bring in the most appropriate energies, people, and supplies to resolve an emergency situation.

**Statute:** A written law. Words following "I am" An example of a statue derogatory statement, "I am always late."

**Surrender:** To stop opposing deeds, thoughts, and actions. To surrender your desires is to let go of your fear that you will fail and expect that whatever comes forward is in your highest and best.

**Time Jumping:** Mentally going back in time and changing the way things happened. ([Time Jumping Class \\$25](#))

**Trust:** Expecting positive results and expecting everything to be okay.

**Vanquish:** To overcome, to gain mastery over.

**Why do we repeat our names?** The power to create the Court of Atonement request lies in our names. The connection to our name needs to be strong and vibrant. Repeating our names strengthens the connection and amplifies the energy, assisting the request to be recognized.

# Court of Atonement



## WAYS TO USE THE FCOA

### STANDARD STATEMENT

I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with \_\_\_\_\_ I ask to analyze our timelines and resolve any and all conflicts between us at their points of origin. I ask for amenable dissolution of this energy.

### ADDITIONAL RESOLUTION STATEMENTS

1. I ask to resolve any and all reasons for needs for completion.
2. I ask us all to redeem ourselves and make amends.
3. I ask us all to forgive and pardon each other.
4. I ask to resolve any and all reasons we are unwilling to forgive and pardon each other.

### CLEARING DETRIMENTAL BELIEFS

I, \_\_\_\_\_, place each and every level of my consciousness that believes \_\_\_\_\_ into a Full Court of Atonement I ask to resolve any and all reasons I believe \_\_\_\_\_ at their points of origin. I ask for amenable dissolution of this energy. I forbid this energy any further access to my body, my energy field, or my timelines.



# Court of Atonement



## FINDING THE SOURCE WORKSHEET

To get started, put your focus right into the pain.

Ask yourself these questions about it.

**How strong is the pain right now on a scale of one to ten? (*Ten being horrible.*)**

**What size is it?**

**If it were a color, what color would it be?**

**If it were a shape, what shape would it be?**

**Is it heavy or light? Is it hard or soft?**

**How old were you the first year you felt anything like this?**

Just let an age come to mind.

**Who was involved? What was going on in my life back then?"**

*(If you have trouble finding the answer keep saying. "I know I don't know, but if I did know, what happened?" Say it until your body is so sick of hearing it that it coughs up the answer!)* Then use the statement below to clear the issue.

**I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with my \_\_\_\_\_ year old self, \_\_\_\_\_.** *(State the name used at that time.)* **I ask to bring in anyone and everyone associated with this event \_\_\_\_\_, \_\_\_\_\_.** *(Name anyone who comes to mind.)*

**I ask to analyze our timelines and resolve any and all conflicts between us at their points of origin. I ask to resolve any and all reasons this event took place.**

**I ask to resolve any and all reasons we have not been willing to forgive and pardon each other. I ask for amenable dissolution of this energy. I forbid this detrimental energy from any further access to my body, my energy field, or my timelines.**

*Go back to the top and read through all the questions until you get to a 0 on the pain!*

*Amy Jo Ellis*

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# Court of Atonement



## TROUBLESHOOTING

### ALIGN NAME

I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with myself, *(name all your names)* \_\_\_\_\_. I ask to analyze my timeline analyzed and resolve any and all conflicts within myself and with my names. I ask to resolve any and all reasons for these conflicts at their points of origin. I ask for amenable dissolution of this energy.

I ask to have the power of my birth name connected to any portion of my name I choose to use.

I ask for Soul Recognition, Absorbed Sibling Resolution, Developing and Maintaining Healthy Boundaries and Correction of Life Force Energy Connections.

### ALIGN WITH FCOA

I, \_\_\_\_\_, place myself, \_\_\_\_\_, into a Full Court of Atonement with the entirety of my family lineages. I ask to bring in any and all of our spiritual leaders, all of our Guides, and any and all deities our family has worshipped throughout our family lineages.

I ask for all of us to be educated in the value and usefulness of the Court of Atonement. I ask for those we have worshipped to evaluate the Court of Atonement process.

If this process is deemed beneficial to use, I ask for divine assistance to guide us and help us resolve discord. I ask to create peace in our bodies, our lives, and in the world.

*Amy Jo Ellis* © 2022

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# Court of Atonement®



## WORK ON OURSELVES FIRST

(Worksheet)

**1. Ask yourself, “What is upsetting me?”**

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**2. What am I saying to myself that is upsetting me about this?**

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**3. Place the statement above in the 2<sup>nd</sup> and 3<sup>rd</sup> space below.**

**I, \_\_\_\_\_, place each and every level of my consciousness that believes \_\_\_\_\_ into a Full Court of Atonement. I ask to resolve any and all reasons I believe \_\_\_\_\_ at their points of origin.**

**I ask for amenable dissolution of this energy.**

**I forbid this energy any further access to my body, my energy field, or my timelines.**

Go back to the first question and repeat the process until it feels like nothing is upsetting you.