



# 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!*