



Court of Atonement

Understanding What Drains Our Energy (And How to Stop It.)

When I ask my Guides. “What is the biggest drain on our energy their answers below are in order of the biggest drains on our energy.

1. Worrying about how other people see us.
2. Worrying about things that might happen.
3. We worry about other people.
4. Reliving Negative Events
5. Hating Current Conditions

When I first asked God. “What is the biggest thing we worry about?” The answer that came through surprised me.

“You might believe it is money, but it isn’t. The biggest thing humans worry about is how they appear to others.

If you want to understand this behavior, look at the animal kingdom. Any animal that is not accepted into its herd or pack lives a solitary and miserable existence, depending solely on its own abilities to survive. Many do not.

There is safety in numbers. Humans have the same basic need to be a part of a group for their survival.

How do we stop worrying about what other people think?

First, you can rationalize. Animals cannot rationalize. Take your ability to rationalize and recognize that you can and will be okay without other people’s approval. If someone doesn’t like you, they are not able to kick you out of your ability to take care of yourself.

Repeat to yourself. “I am worried about what other people think.”

Keep repeating it until it feels STRONG before using the statement to clear it.

“I am worried about what other people think.”

I, _____, place myself, _____, into a Full Court of Atonement for the purpose of resolving any and all reasons I am worried about

what other people think. I ask to resolve those reasons at their points of origin.

I ask to bring in anyone and everyone I feel desperate to have like me. I ask to analyze our timelines and resolve any and all reasons I feel so desperate to be loved or accepted.

I ask to bring in the entirety of my family lineages, God, and our Guides for the purpose of resolving any and all reasons I am worried about what other people think about me. I ask to resolve those reasons 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. Get out. Get OUT! GET OUT!!! And STAY OUT!!!

I ask for divine intervention to help me recognize that I do not need other people's approval.

I ask God to bless me and keep me safe. (added during class)

Below is the wording that came through, making the shortcut worksheet.

Repeat, **"I am worried about what other people think."** Repeat 3xs

I, _____, place myself, _____, into a Full Court of Atonement for the purpose of resolving any and all reasons I am worried about what other people think. I ask to analyze my timeline and resolve those reasons at their points of origin.

I ask God to resolve any and all reasons I am worried about what other people think. (x3)

I ask God to bestow blessings upon me and keep me safe. (Repeat 3 Xs min.)

2. WORRYING ABOUT THINGS THAT MIGHT HAPPEN

When we worry about things like medical conditions, our children when they are not home, or events like politics and undesired outcomes, we are not only wasting our time; we are draining our energy and sending it in a negative direction.

Raymon Grace quotes Einstein, saying. “Energy follows thought,” so when we are thinking about things that we do not want, we are sending our energy to create the very thing we would wish to avoid.

We can take our energy out of resentment and direct our thoughts on more positive outcomes by using the Full Court of Atonement on those people and events that upset us, asking God, (the Universe, Divine Creator, Ganesh, pick your favorite word for Source energy) to fix it.

During the process of calling a Full Court of Atonement, we begin to visualize the improved situation, and our energy starts to flow peacefully to a more positive solution.

The energy begins to change immediately, but the results may take a bit longer to show up. Think about putting your hand in a barrel of water and turning the water counterclockwise. The moment you take your hand out of the barrel, the water doesn’t stop immediately, but a change has been made and it slows down and settles in.

Same thing with our lives, make the statement and immediately the momentum we created with our “stinkin’ thinkin” starts slowing down. Once it wears itself out, things begin to improve.

I’ve added. “I ask God to bless _____. (name the situation).” At the end of each call, to help stop the momentum and turn the tide toward a positive outcome more quickly. Yet it complicates the call, because it feels awkward to add blessings to the negative.

Let’s say we are working on our fear of “high prices.” It doesn’t feel good to say. “I ask God to bestow blessings upon high prices.” So we will have to tweak it at times to say. “I ask God to bestow blessings and lower the prices.” Or “I ask God to bestow blessings and resolve this situation.”

I recognize that it’s a little tricky, but it isn’t rocket science, so I know we can all figure this out.

Time to get started.

Think about something you’ve been worrying about and give it a name.

If we are looking at the problem with inflation and the economy, I would simply call it “The economics in this country.”

For this statement, we are not thinking about people and their illnesses; we are thinking about “Fear of the future.” Jobs, economy, war. What are you worrying about?

THINGS THAT MIGHT HAPPEN

I, _____, place myself, _____, into a Full Court of Atonement with _____. I ask to bring in anyone, and everyone involved in this energy. 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. I ask to resolve any and all reasons for _____. I ask for divine intervention to resolve the reasons for this energy totally and completely. I ask for Optimization of Divine Life Force Energy Connections for everyone involved. I ask for Restoration of Peace.

I ask God to bestow blessings upon _____.

I ask God to bestow blessings upon _____.

I ask God to bestow blessings upon _____.

WORRYING ABOUT OTHER PEOPLE.

In the blog post, “Help I’m Out of Control.” I talk about taking on other people’s energy to the point of diluting our own ability to manipulate energy or even connect to the Full Court of Atonement.

When we are worried about someone, it really disrupts our balance and ease of life. Worrying creates a connection to the person and lowers the energy we have available to us.

Ask yourself. “Who am I worried about...?”

Take the first person that comes to mind and repeat the statement a couple of times to strengthen the connection.

I am worried about _____.

I am worried about _____.

I am worried about _____.

I, _____, place myself, _____, into a Full Court of Atonement with _____ God and our guides. 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 I am worried about _____.

I ask to resolve any and all reasons I am worried about _____.

I ask to resolve any and all reasons I am worried about _____.

I ask God to bestow blessings upon _____.

I ask God to bestow blessings upon _____.

I ask God to bestow blessings upon _____.

I ask for Renegotiation of Same Soul Connections.

STATING YOUR GRIEVANCES

I asked my Guides if we might be missing something. Is there another way to use the Full Court of Atonement and help enhance the results? Their answer was to state your grievances.

When I asked them what they meant, they said to “Explain to the Court of Atonement what is upsetting you. VENT! Let it out! Allow both parties to speak their minds at the Soul level, and it will help everyone to understand what needs to be cleared.

I asked if we needed to be polite, and I was told, “*No, there are no hard feelings at the Soul level, just say it anyway that feels good and get it off your chest. It is, however, important to move into the positive direction with the current of energy by asking God to bless the situation and resolve it.*

Venting releases pent-up emotions and feels good while it is happening yet manifests in the same negative energy.

Blessing lifts the energy and moves future manifestations with happier, healthier results.”

4 RELIVING PAST NEGATIVE EVENTS

For some dumb reason, people love to share stories of how horrible things were for them.

When we retell stories of traumatic experiences, such as accidents, injuries, assaults, abuse, etc, it drains us. We feel depleted and unhappy.

Regret often keeps us awake at night, remembering events that trigger feelings of embarrassment, guilt, and remorse. Make a list of traumas,

and any of the kinds of things that keep you awake at night. And one at a time put them through the statement below to help take the negative charge out of them.

I, _____, place myself, _____, into a Full Court of Atonement with everyone involved in the memory of _____ for the purpose of stating our grievances _____. (*Vent! I'm upset about _____*)

I ask to bring in anyone and everyone connected to this energy. I ask to analyze our timelines and resolve any and all conflicts between us at their points of origin. I ask for Optimization of Divine Life Force Energy Connections for all of us.

I ask to resolve any and all reasons for this energy at its points of origin.

I ask God to resolve any and all reasons this event still upsets me. Repeat 3x minimum.

I ask God to bestow blessings upon me to neutralize the negative effects of this event. Repeat 3x minimum.

Remember, you can change the wording any way you need to make it fit.

5. HATING CURRENT CONDITIONS.

When we hate what is going on around us, it's like having an arching electric line burning up energy.

So instead of naming a person, we will be naming the current conditions that are upsetting us, and then asking God (Universe, Source, Angels, whatever) to resolve the reasons for it, asking to bless the situation and resolve it.

The statement says. "For the purpose of stating my grievances _____. When it comes to the blank, don't hold back, VENT! Tell the Court of Atonement everything that's upsetting you about the topic.

Pick a topic that is upsetting you and then place it in the third space below and VENT about it.

Example: I'm upset about the honeybees dying off.

I, _____, place myself, _____, into a Full Court of Atonement for the purpose of stating my grievances. "I am very upset that the

honeybees are dying off. People are using so many pesticides and fungicides that it's killing off the honeybees. Without the honeybees, the food crops suffer." *(I could keep going, but I won't for your protection)*

I ask to bring in anyone, and everyone involved in _____
(the honeybees dying off.) I ask to analyze our timelines and resolve any and all conflicts between us at their points of origin. I ask for Optimization of Divine Life Force Energy Connections for all of us. I ask God to resolve any and all reasons The honeybees are dying. I ask God to resolve any and all reasons The honeybees are dying. I ask God to resolve any and all reasons The honeybees are dying.

I ask God to bless this situation and resolve it.
I ask God to bless this situation and resolve it.
I ask God to bless this situation and resolve it.

Now it's your turn. Pick a current event that is upsetting you and place yourself into a Full Court of Atonement with it and state your grievances. Let everyone know why you are upset.

I, _____, place myself, _____, into a Full Court of Atonement for the purpose of stating my grievances.
_____ *(vent!)*

I ask to bring in anyone, everyone, and everything involved.

I ask to analyze our timelines and resolve any and all conflicts between us. I ask for Optimization of Divine Life Force Energy Connections for all of us.

I ask to resolve any and all reasons for this energy at its points of origin.

I ask God to resolve any and all reasons for this energy at its points of origin.

I ask God to bless this situation and resolve it.

I ask God to bless this situation and resolve it.

I ask God to bless this situation and resolve it.

6. OTHERS THINKING NEGATIVELY OF US.

While working with these issues, I have found different energies involved in this. Not only does our energy drop when people are

unhappy with us, angry with us, or hurt by us. But also, when someone feels guilty about what they did to us. When they remember what they did and think about us while feeling guilty, it negatively affects our energy!

I wish I could give you a quick fix on this one. And we will try one, but I believe the best thing to do is make a list of people who we believe hate us, are jealous of us, disappointed in us, or have harmed us, and may feel guilty about what they did.

Clear one at a time, the people on the list.

I, _____, place myself, _____, into a Full Court of Atonement with anyone and everyone who is thinking negatively towards me for the purpose of understanding what is wrong by stating our grievances. _____ (vent)

(I am upset because...)

I ask to analyze our timelines and resolve any and all conflicts between us at their points of origin. I ask for Optimization of Divine Life Force Energy Connections for all of us.

I ask God to resolve any and all reasons we are upset with each other. Repeat 3 Xs

I ask God to bless this situation. Repeat 3 Xs

You can also use the statement below to clear the air between you and an individual.

I, _____, place myself, _____, into a Full Court of Atonement with _____, for the purpose of stating our grievances. (vent)

I ask to bring in anyone, and everyone involved in this energy. I ask to analyze our timelines and resolve any and all conflicts between us. I ask for Optimization of Divine Life Force Energy Connections for all of us.

I ask God to resolve any and all reasons for this energy. Repeat 3x minimum.

I ask God to bestow blessings upon me to neutralize the negative effects of this event. Repeat 3x minimum.

