

# Discreation Process

## TAG, Galactic System of Transformation



When any emotion pops up that diminishes your energy or positive view of yourself, you can use the simple Dis-creation Process.

### Here are the Steps:

1. Get a sense of the feelings and the words that are involved, ie. "I am not good enough" or "I don't matter."
2. Ask the intelligence behind the feelings, "Are you of my/the Light?" Ask three times, pausing to hear a "yes" or "no". If the answer is, "no" or there is no answer, think or speak, "Deep Six" to those in the unseen who guide and teach you. They will remove any energies that were not of your creations back to their original Source. (This question is asked because You cannot heal/change what you did not create. Sending to it original beginning is the best gift you can give that energy field.)
3. When you hear a 'Yes' in answer to the question, "Are You of My Light", you are ready to move on.
4. In your imagination, let the feeling be like helium and your body become a balloon. Breathe the feelings into your body letting them attract any similar feelings that are held in any part of the bodies, physical, mental, emotional

or spiritual. Let the energy feelings fill your balloon body, even pushing on the skin.

5. Once you have had enough of the feelings, reverse your breathing and breathe the energy out to create a form that is in front of you. Breathe the feelings feelings until there is none left inside.
6. In your imagination, create a label and marker. With the marker, write the feeling's words, i.e. "I don't matter" on the label. Then, reach out to place the label on the form.
7. Take a breath, step back. Sense the small distance between you and the form. Read the label. That is the name of that feelings from those words. Remember, Those words will always manifest as those feelings.

Ask yourself, "Have I had enough of these feelings?"

When you can answer, "Yes, I am complete with the experiences from these words", continue.

1. Notice any energy cords, like octopus tentacles, that run from the form into your body. Do whatever you have to do to disconnect the cords from your fields. All of the cords will roll quickly into the form. Some may have a hook to be straightened, bolts to be unscrewed. Do not cut them. Create ways and help to remove each from your bodies.
2. Now, step back, take a breath.
3. You are ready to 'camay' the energy field, to clear the form back to Light. Do this by clapping your hands, snapping your fingers, tapping your body, stamping your feet, etc. These actions will cause the "manifested" form to dissipate back into energy.
4. Blow and sweep the area with your hands to clear the energy fields.

5. Notice how you feel. What is left:
6. If there is another feeling that emerges, repeat the process.
7. 11. When the field is stabilized, feel neutral or you have a sense of Good, ask the TAG Healing Collective, and your Spiritual teams, to 'Deep Six'\* the energy.
8. Write a Reality Statement to claim what you now choose, i.e. "I recognize myself as a presence of value, vitality and worth."
9. Take the Statement through the Reality Shift Process.

## Resources:

### \* *Reality Statement and Reality Shift:*

This is the tool you can use to redesign and expand your life. Unlike an Affirmation which impacts the lower 3-Dimensions, the Reality Shift brings in Spiritual teams who can impact 64 Dimensions, which includes the higher Galactic realms. All that is done is under the direction of at the level of Soul consciousness.

Sometimes you choose something new because an old repeating situation becomes unbearable. Other times, you just have the urge to open the door to something new.

Ideas for Reality Statements:

- I am rediscovering who I am and who I am not. I choose joy, love, and beauty.
- I own my space, life, and gifts.
- All contracts I made to manifest domination programs for their removal are identified and fulfilled. Those energy cords are transformed to Light.
- As a soul in a Female body suit, I have the program of authority voice, Sophia authority, downloaded and activated. All I love are held in Sacred Sovereignty of Good.
- I am a presence of curiosity, discernment and authority in a web of life emerging with all aspects of Good.
- Gaia, Sophia, and Grace are three guides I can rely on.
- I listen to my intuitive discernment and eliminate and heal what is, has, or would deceive and harm me and those I love. I am Safe.

### *Reality Shift:*

Here are the steps that take a Reality Statement from the level of affirmation work into the 64 dimensions of our entire Galactic and Gaia bio-field.

Step 1. Writing the Reality Statement: Describe your ideal world as if you are experiencing it now. This is similar to an affirmation but need not be specific. Write a sentence using personal and present tense, i.e., "I now am...." You are choosing your next experience and in the process old patterns can be transformed.

Step 2. Say to your Causal Spiritual team, "Please align every aspect of my consciousness and the consciousness and all to whom I am loving connected to this chosen reality and experience." pause

Step 3. Next, ask your Causal, PTO, and TAG teams, to "DEEP SIX every energy imprint that would sabotage or prevent this reality and experience, whether the beginning was, Galactic, Group, Genetic, Personal, Inherited, Contractual, Outsider or Other created." pause

Step 4. I call to the my Spiritual teams of all in this field. "I and all the Galactic Council Collective, declare all contracts made to manifest Outsider's energy for its identification and removal is complete. The Shift to Outsider extinction in our Living Bio-Field is complete." pause

Step 5. Ask your Causal Design team, "Create the programs for the Highest Expression of this Reality and download the codes into the 1st Dimension of my Earth fields, anchor them into the 5th Dimension, and Activate their resonance into the entire 64 dimensional energy fields our Galactic Families." pause  
Then you can know That It Is So!

Step 6. Feeling

Now that you, as the commander for your life, have chosen a change, a new possibility, it is up to you to feed it. You can begin by taking just 5 minutes periodically, but especially as you drift into sleep, to imagine yourself in this Reality and FEEL all aspects of it. How does it feel in your body? What colors and shapes are there? Who is in that Reality with you?

Step 7. Remain aware of any contrary thoughts, feelings, or actions and use your tools beginning with DEEP SIX to declare that these imprints for such emerging forms be cleared and healed.

A Reality Shift can be repeated three to four times for the first three days. Treat this energy field like you are building the fire to keep your seed alive and well. Imagine the outcome. Give thanks for the new experience, etc. You can also create a card with your reality statement to post on your mirror, refrigerator, in your office, etc.

**Adding a Brain Balance is very valuable.**

**Brain Balance - video: [LINK](#)**

**Build the Fire of your values and ideas - video: [LINK](#)**

*\*Deep Six*

A process/declaration that gives Spiritual healing teams permission to deepen the healing and transformation you have asked without you having to discover all that has been problematic. It also brings in the PTO teams who will identify 'foreign/outsider' energies from those who have agendas to control and dominate.