

STEPS FOR TRANSFORMING WITH TAG



Early in the morning, ask that your bodies: physical, mental, emotional and spiritual, be aligned "nose to nose and toes to toes" and cocooned in the energy of Sacred Ground Space within the Extraction Hazmat Suit. We live in a very toxic world and as we strengthen our own fields, we live in the world and not of the world's contaminated energy.

****Set aside time for regular and consistent re-creation meditations**

Here are the Six Steps:

Step 1. Creating 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.

**movement: close your eyes and imagine the feelings of this experience. Breathe it through your self.*

Step 2. Say to your 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 and breath

**movement: Bring the fingers and thumbs of both hands together to "points". Place the "points" on the center of your collar bones and hold there, plugging the cords of the new energy flow into the circular flow of the body.*

Step 3. Next, ask your Spiritual team, to "TAG, Transform and Remove 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 and breath

**movement: imagine that a powerful waterfall of all colors is pulsing through you from the top of your head down your midline, out your fingers, out your toes. It is flushing out the old and moving it back to be restored to Light.*

Step 4. Ask your Spiritual team, "Design the program and codes for the Highest Expression of this Reality. Download the program into the 1st Dimension of my Earth fields and

**movement: Cook's Hookup from Edu-K. laying down, cross your ankles noticing if right or left ankle is on top. Then, place your hands back to back and cross them hands using the opposite hand from the ankle cross as the top. The palms will now be facing each other. Link the fingers and roll them up and under the chin. Place your tongue on the top of your mouth and breathe as you lay in this position imagining your statement.*

Step 5. Activate its resonance into the entire 64 dimensional energy fields of my life field and within our Galactic Families." pause and breath

**movement: Bring your the thumb, first and middle finger of your right hand together. Circle them clockwise against your skin just above heart and then add, "I Love and Accept Myself and My Soul's Expression in this reality.*

Step 6. Then claim this choice. "I place myself into the hands of Divine Good which dissolves what seems impossible and opens doors where there were none. And It Is So!

**movement: March in place with several cross crawl movements and then with several puppet movements. see Brain Balance in TAG Processes*

When you plant the new seeds, old limits that have or would stop you will surface. Remain aware of any contrary thoughts, feelings, or actions. List them and use your tools, such as TAG and Transform, or the cleansing waterfall from step #3 to place these imprints to be cleared and healed. You may find it necessary to take them into deeper healing processes.

You, as the commander for your life, have chosen a change, a new possibility, it is up to you to feed it. This is the value of the two to three weeks of daily steps.

Especially as you drift into sleep, 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? Build the fire!

*****Set aside time for regular and consistent re-reaction meditation.***

*If you have other movements in your personal toolbox, feel free to substitute them for those that I have recommended.

Simplified Steps Outline:

I am aligned nose to toes in all my bodies and cocooned in Sacred Space and Hazmat Suit.

Step 1. Read or think your statement as you close your eyes and imagine the feelings of this experience. Breathe it through your self.

Step 2. Integrating the new by saying or thinking "Please align every aspect of my consciousness and the consciousness and all to whom I am loving connected to this chosen reality and experience as you hold the "points" on the center of you collar bones with the "plugs" created with the thumb, forefinger and middle finger of each hand.

Step 3. Clear and heal old with "TAG and Transform and Remove all old as you imagine that a powerful waterfall of all colors is pulsing through you from the top of your head down your midline, out your fingers, out your toes.

Step 4. Ask that the design and codes for the Highest Expression of this Reality be downloaded into your 1st Dimension as you hold Cook's Hookup from Edu-K. laying down, cross your ankles noticing if right or left ankle is on top. Then, place your hands back to back and cross them hands using the opposite hand from the ankle cross as the top. The palms will now be facing each other. Link the fingers and roll them up and under the chin. Place your tongue on the top of your mouth and breathe as you lay in this position imagining your statement.

Step 5. Activate your new program into the entire 64 dimensional energy fields of my life field as you circle your right hand thumb, first and middle finger clockwise against your skin just above heart and then add, "I Love and Accept Myself and My Soul's Expression in this reality. (you could read or think the Reality Statement)

Step 6. Then claim, "I place myself into the hands of Divine Good which dissolves what seems impossible and opens doors where there were none as you anchor with several cross crawl movements and then with several puppet movements
"It is anchored, activated and so IT IS!"

TAG Process explained: <https://www.restored2yoursoul.com/tag-processes.html>

Introduction video: Why what TAG presents is powerful. <https://youtu.be/RcsYgXldJto>