

Here are some Reality Statements that others have used.



Writing your own is most powerful for you. You will notice that the words used are unique to a variety of individuals.

Describe your ideal world as if you are experiencing it now. You are declaring the "outcome". You are not claiming 'what is now'.

Write each sentence using personal and present tense, i.e., "I am," or "I now am...."

- I am experiencing life in my authenticity of light-hearted, playful, creative space.
- I connect with others in playful, joyful and generous ways.
- I am security, strong, compassion and able to pursue my interests in confidence.
- I have a team of strong, loving, clear and joyfilled Beings of Light that are totally committed to my experience of sovereignty and Good/Love.
- I am in the hands of Divine Love where that which seems impossible is dissolved and doors open where there were none.
- I give great thanks for my opportunities on this physical planet.

- The commitment and focus of my Spiritual teachers and guides are based on our greater family's agenda which is to experience all aspects of our Divine Nature of Good.
- The information from the unseen worlds comes with clarity, sovereignty, wisdom, balance, Good, joy and accuracy for my Highest Good.
- From this moment, I am directly experiencing the support of balanced, generous, whole energy fields. I sense the clarity of our Divine Home frequency and the messages come to me untainted by past imbalance, disease or danger.
- I place the energy world of chaos, fear and upheaval into the hands of Divine Love and ask that those involved to moved to a space in which they can be awakened, reminded and restored to their true nature of Good.
- I forgive myself of all labels and judgments that have or would keep me tied to a world that is dis-eased. My journey with dark is ended.
- I move easily and gracefully through the change from my life of service with heavy burdens into a life that is an example of wellness, joy and generosity.
- I am in a world that encourages and values the female vision, experience and voice.
- Women keep each other and all life safe as is their right and mission.
- All forms of control and usury are not from our Greater Family's agenda and are returned to their home of origin.
- I forgive..... for all hurts, real or imagined and dissolve cords of anger, fear or victim. We are all placed into the space of Divine Good /Love where what seems impossible is transformed and doors open where there were none.
- Women in my world are in the excitement of reconnecting to their original Self of Good.
- As women stand in authentic Presences of Good and design our world in their image, men are free to self-correct to their original power of love and nurturing.
- I am a team member in causing safety and good to prevail.
- My spiritual guides and teacher come to me with stability, uplifting energy and reciprocal blessings as exchange for me work for the Greater.

- All doors to my new possibility, intention, and realities open and draw me through.
- I know I hold command space for change. It is done in all space.
- I am clear about the need to bring the sensitivity of discernment to life adventures to remove all forms of Domination energies.
- I treat my physical body suit with the care it needs for the stable, healthy, loving home it is for my soul.
- In the face of escalating domination, I strength and expand all the power of Heaven and the domination dissolves
- With any sensation of danger, discounting, or power over, I sift to clarity, hold clear heavenly connections and declare NOT IN MY SPACE! (DEEP Six)
- My life is safe because I set boundaries which are respected.
- I forgive myself for all hurts, real or imagined, that others have felt from me in this or any lifetime.
- I forgive.. (name or group) for all hurts, real or imagined, that I have felt from them/him/her in this or any lifetime.
- Women in my world are safe as they play and create fearlessly because they hear all signals of dominating outsider influence and have zero tolerance for such presence.
- I forgive myself for all hurts and entrapments, real or imagined, that others have felt from me in this or any lifetime.
- I forgive.. (name or group) for all hurts and entrapments, real or imagined, that I have felt from them/him/her in this or any lifetime.
- I place myself and into the hands of those of Divine Good and ask that we each be moved into our next highest and best expression of Wholeness.
- With generosity, I eliminate any "label" I had placed on and call for the truth of Good to shine into life experiences.
- I am the Soul who owns/has stewardship over my body, space, home, land, creations.
- I step more fully and safely into an expansion of my life.
- In this new reformed Star family design door for me next highest expression open wide and draw me through.

- I place my mom into the hands of Divine Good and interact with that team in the love I have her.
- I am a part of a relay team who are all working for a Good Outcome. We take turns resting, and "racing". We are balanced.
- All those who kept me safe in the endless cultures of domination and dismissal are not freed to live in the safety , creatively and love that I have designed and activated.
- All doors and contracts no longer needed for limit and safety are fulfilled and dismantled. I love the life I am creating on this planet.
- My life plan has been updated to eliminate a specific time for leaving this physical bodysuit.
- I have unlimited time to experience all that the earth has to offer and I have to give.
- I have heard the cries of my circle of sisters through my physical body / hip.
- I have answered the cries with love and release.
- My movements through life are smooth, safe, and joy-filled.
- I let go of all that no longer serves me and walk through the new doors that expands my life of love, stability, and joy.
- I have built my life around generosity, honesty, compassion, healed thinking, and creative solutions.
- My spiritual teachers reflect the qualities of my divine family which are:
- I am safe
- I am in a community of support and health
- Doors to the Good I want in my life are opening to me
- The Good of the world surrounds me
- I own my space, life, and gifts.
- All Female body suits have the program of authority voice for change downloaded and activated.
- I own my space, life, and gifts.
- I resonate and rest in the joy of all life forms of Light on this planet.
- I know and reflect my ancestral mothers in their strength, vision, magic, music and joy.

- I choose to know the strength, vision, magic, music, and joy of my ancestral mothers.
- I am seen as a competent, stable, steady mother and person.
- Mother's and grandmother's voices, vision are respected and honored.
- 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.
- All of the heart energy of those healthy males surround me in safe and guided travel.
- The individuals and situations in my live easily shifted and transformed to create a culture of trust, integrity, mutual benefit, and loving stability for all, including myself and.....
- All of the components for my physical health and vitality present themselves to me.
- My healing team strengthens my tenacity and expands my energy.
- Women can speak truth and full information with hope and safety because we are brilliant enough to create solutions with others of like mind.
- My body, cells, organs, systems have the protection for the healthy cells with the strength to stand firm and recover vibrant energy supported by the Evolutionary Blueprint.
- My brain is strong, vibrant with brilliant reactions of sharp memory, effective filing and recall
- My body efficiently and effectively sends and uses all of the nutrients in the appropriate places.
- My organs and systems absorb and use all nutrients, including calcium, and they bring strength and wellness to my physical bodysuit.
- Our world is designed to value, respect and implement women's visions, voices and declaration for exclusive Good.
- I am a Presence of: _____. The patterns (what are the qualities and values that you bring / are determined to bring into your experiences.

- My spiritual guides and teacher come to me with stability, uplifting energy and reciprocal blessings as exchange for me work for the Greater.
- I function at the level of 100% of my Divine capacity within the roots of Sisterhood in Gaia, the Solar Plexus of belly wisdom, discernment, and authority with Sophia, and the full capacity of rooted love flows into the world with the heart power of Grace.
- All doors to my new possibility, intention, and realities open and draw me through.
- All that I have saved is now in the hands of those ready to benefit from it.
- My contract to retain until a time of renewal is complete and all that I retained is handed on.
- My creations are now in the hands of those whose hearts need their touch.
- My understanding of causes work with spiritual teams to remove, change, and transform is all that is needed to free others.
- I know I hold command space for change. It is done in all space.
- My system of sensitivities is set at level 5.
- At the first signal of outsider presence, I bring in the PTO and TAG healers to DEEP SIX them back to their home of origin.
- I am clear about the need to bring the sensitivity of discernment to life adventures to remove all forms of Domination energies.
- My discernment is the power that brings me support, resources, communities, wellness, and safety for my life and Lief's life.
- Outsiders have NO IMPACT or way to 'hook' me as I am clear and powerful.
- I treat my physical body suit with the care it needs for the stable, healthy, loving home it is for my soul.
- All that comes into my physical body is coded and brings benefit and health for my body.
- Guardian circle teams surround my bodies: physical, mental, emotional, and spiritual with a vortex to secure, benefit, love, heal, and broadcast Good and Wellness into all cells, organs, tissues, and quanta.
- I have multiple ways to interpret energy . My physical body is released from being my message giver as I listen to and act on the subtle messages that come to me.

- My Galactic Collective family groups are souls who are respectful, gracious, joyful, creative, and appreciative in all interactive flow.
- Souls in male body suits in my world are cocooned in the vortex of the Guardian Circle protocol and restored to their Divine Heart Strength.
- My partners in Male Bodies respect my vision, design, and integrity to building Good. They bring great heart strength to nurture me and my design.
- In the face of escalating domination, I strength and expand all the power of Heaven and the domination dissolves
- With any sensation of danger, discounting, or power over, I sift to clarity, hold clear heavenly connections and declare NOT IN MY SPACE! (DEEP Six)
- The victims of violence in all times, spaces, lifetimes, dimensions, hold the sword of Sophia and are the Heroines that dissolve ALL OUTSIDERS! (Hair-oine)
- My life is safe because I set boundaries which are respected.
- I forgive myself for all hurts, real or imagined, that others have felt from me in this or any lifetime.
- I forgive.. (name or group) for all hurts, real or imagined, that I have felt from them/him/her in this or any lifetime.
- Souls in female bodies are functioning from their divine pattern: to root in unity, to design and create all forms of Good, and to hold each other in sacred respect and trust..
- Women in my world are safe as they play and create fearlessly because they hear all signals of dominating outsider influence and have zero tolerance for such presence.
- I forgive myself for all hurts and entrapments, real or imagined, that others have felt from me in this or any lifetime.
- I forgive.. (name or group) for all hurts and entrapments, real or imagined, that I have felt from them/him/her in this or any lifetime.
- I place myself and into the hands of those of Divine Good and ask that we each be moved into our next highest and best expression of Wholeness.
- With generosity, I eliminate any "label" I had placed on and call for the truth of Good to shine into life experiences.

- I am the Soul who owns / has stewardship over my body, space, home, land, creations.
- I step more fully and safely into an expansion of my life.
- In this new reformed Star family design door for me next highest expression open wide and draw me through.
- I place my mom into the hands of Divine Good and interact with that team in the love I have her.
- I am a part of a relay team who are all working for a Good Outcome. We take turns resting, and "racing". We are balanced.
- All those who kept me safe in the endless cultures of domination and dismissal are not freed to live in the safety , creatively and love that I have designed and activated.
- All doors and contracts no longer needed for limit and safety are fulfilled and dismantled. I love the life I am creating on this planet.
- My life plan has been updated to eliminate a specific time for leaving this physical bodysuit.
- I have unlimited time to experience all that the earth has to offer and I have to give.
- I have heard the cries of my circle of sisters through my physical body / hip.
- I have answered the cries with love and release.
- My movements through life are smooth, safe, and joy-filled.
- I let go of all that no longer serves me and walk through the new doors that expands my life of love, stability, and joy.
- I have built my life around generosity, honesty, compassion, healed thinking, and creative solutions.
- The expansive circles of Souls in Female bodies throughout all time now have the blueprint, wiring, power centers for designing and birthing Our Soul Star family's agenda into the world.
- All Female body suits have the program of authority voice, Sophia authority, downloaded and activated.
- My spiritual teachers reflect the qualities of my divine family which are:
 - I am safe
 - I am in a community of support and health

- Doors to the Good I want in my life are opening to me
- The Good of the world surrounds me
- I own my space, life, and gifts.
- The use of my spiritual gifts bring..... to those who come to me.
- All Female body suits have the program of authority voice, Sophia authority, downloaded and activated.
- My spiritual teachers reflect the qualities of my divine family which are:....
- Reality Shifts for Racing Forward
- (I might suggest the word "equitably" vs " equally" as equitability addresses that not all individuals are starting from the same place. I can explain this further if you like.
- The answers I committed to find in order to heal multiple past traumas have been found and accomplished.
- All contracts for healing have been fulfilled, celebrated and released.
- My physical bodysuit has quickly aligned to the resonance of stability, wellness, vibrancy, and long life on this planet.
- Erwin and I are living balanced, vibrant, long lives of meaning and joy.
- I am safe, protected, guided and stabilized as I move through the next steps of my life.
- I own my space, life, and gifts.
- I resonate and rest in the joy of all life forms of Light on this planet.
- I know and reflect my ancestral mothers in their strength, vision, magic, music and joy.
- The key in "My apron pocket" unlocks the door to my ancestral home of spirit and star families.
- I choose to know the strength, vision, magic, music, and joy of my ancestral mothers.
- I am seen as a competent, stable, steady mother and person.
- Mothers and grandmothers work with Gaia and the Golden Dragons to anchor their children;s space to protect their Good.
- Mother's and grandmother's voices, vision are respected and honored.
- 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.
- All of the heart energy of those in male bodysuits surround me in safe and guided travel.
- I am in a physical bodysuit which has the decree that it upgrade to the health and vitality of the Evolutionary Blueprint.
- I own my physical bodysuit, my entire energy field, the organs, systems, and structures of my bodies and they are vibrant.
- I take all the strength, gifts, joys, of my previous earth experiences into the next phase of a long life of wellness, meaning, and peace.
- The individuals and situations in my live easily shifted and transformed to create a culture of trust, integrity, mutual benefit, and loving stability for all, including myself and.....
- All of the components for my physical health and vitality present themselves to me.
- My healing team strengthens my tenacity and expands my energy.
- Women can speak truth and full information with hope and safety because we are brilliant enough to create solutions and have our Sophia voice of authority.
- My body, cells, organs, systems have the protection for the healthy cells with the strength to stand firm and recover vibrant energy supported by the Evolutionary Blueprint.
- My brain is strong, vibrant with brilliant reactions of sharp memory, effective filing and recall
- In this female bodysuit I have the authority to speak truth, be heard and cause freedom from all domination agendas.
- I am experiencing Joy, Freedom, Love, and Vibrancy as life in my Strong, Alert Earth bodysuit.

- My body efficiently and effectively sends and uses all of the nutrients in the appropriate places.
- My organs and systems absorb and use all nutrients, including calcium, and they bring strength and wellness to my physical bodysuit.
- My body adjusts easily to changes as the prescription drugs are removed from my protocol.
- The 90% of Negative Karma intended for transformation in my life plan is freeze framed until it is released as had been planned.
- I call to my (or client's) causal team and decree that all patterns marked marked for removal by age one, be appropriately removed.
- Energize those patterns based on Home to allow experiences which reflect this individual's greatest good to emerge in sovereignty.
- I place all to whom I made Sacred Contracts into the hands of Divine Good that they be moved to their next Highest and Best Place. Divine Good dissolves what seems impossible and opens doors where there were none
- All the parts required for a strong, healthy physical body and vibrant life came together with the help of my Spiritual and Physical teams.
- Our world is designed to value, respect and implement women's visions, voices and declaration for exclusive Good.
- I reclaim that authority in my life. It is restored, claimed and acted upon.
- The Male mission of nurturing sits firmly within the safety and Light of Female authority.
- I demand the removal of all Outsider energies back to their home. My space is Sovereign and Sacred.
- I exist in the energy of Sacred, Sovereign Ground within the Phoenix platform cocooned with the 3-layered cocoon, Guardian Circle, Red Rock Vortex, Hitch Hiker shield, and the Powerful HazMat field.
- I am connected and held within my Divine Soul Family of Leadership Power in its many forms.
- My world recognizes, values and embraces Soul's standing in their Power, Divine Nature and All Aspects of Good.
- I am Safe in a World that reflects the Mission and Agendas of the Galactic Divine Families.

- I am a Presence of: _____. The patterns(what are the qualities and values that you bring/ are determined to bring into your experiences
- My Sophia center of authority is activated and connected to Spiritual teams who hear and act in my behalf.
- My declaration, "This energy is NOT Acceptable in my life or family, DEEP Six it!" is answered by the PTO teams who remove it totally.
- Those who have been protecting my heart are now joined with the Sophia group who will remove all dominating, parasitic back to their Home/ Source.
- I have touched 5, 000 lives who have impacted and changed one million lives
- people pay me well because i bring information and clarity not available anywhere else and the are up to something big
- i hold space for them to create collaboratively, consciously, ferociously in a landscape of support and joy
- All aspects of my Soul's energy is identified and returned to its rightful place in my harmonics of Soul.
- I hold my presence of strength as my energy fields are healed to align to clarity of strength and Soul.
- The codes of So[hia authority are activated and my word of clearing, creating, safety, and Joy are heard and answered from beyond.
-