

The Ascension Reclamations

I Reclaim my Innocence

I've never done anything wrong and neither has anyone else. I forgive myself for thinking otherwise, and I let go of my guilt and self-condemnation forever.
I reclaim my innocence now.

I Reclaim my Perfection

I am perfect and so is everyone else. I see all of us getting exactly what we most need for our soul's growth in every moment. Everything is right on schedule.
No judgments or comparisons are required on my part.
I reclaim my perfection and the perfection of all things now.

I Reclaim my Power

The mainstream reality doesn't affect me unless I allow it to do so.
I am thinking whatever I want and thus creating whatever I want.
By envisioning only positive outcomes, I reclaim my power now.

I Reclaim my True Identity

I am much more than I've been led to believe.
No longer identified with my name, my story or my body, I am the Essence embedded within this body. I am Spirit, connected with my Creator forever, unlimited and all knowing, immortal, whole and holy.
I am part and parcel of God, and I reclaim my true identity now.

I Reclaim my Freedom

I am deliberately fulfilling my desires or letting them go.
I maintain my health, my abundance and my peace of mind,
no matter what is going on around me.
Attached to nothing and no one, and yet playful with everything and everyone,
I reclaim my freedom now.

I Reclaim the Atonement

I'm projecting the world I see, like a movie, from deep within my mind.
I've been seeing the world as separate images that appear to be outside of me, but now I've shifted my perception inward and I see it all, including my body, as One.
I let my worldly projection go and I reclaim the Atonement for myself now.

I Turn It All Over

"Holy Spirit, I turn all of my challenges, problems, issues, desires, dreams, dramas, wants and needs over to you. I know you love me and keep me from harm, and I trust you to watch over me while my prayers and intentions are being manifested.
I am grateful to you for all that you do on my behalf. I turn it all over to you now.
For the Highest Good of All and Everyone. So be it and so it is."