

Ask and Let Go(d)

Identifying the issue as either “fear of...” or “history of...” works better.

1. Is there a genetic cause?
2. Is there a contract?
3. Is there a contract with a person?
4. Is forgiveness needed?
5. Is release of anger needed?
6. Is there a mental disorder?
7. Is there a spiritual issue?
8. Is a chakra out of alignment?
9. Is a professional needed?
10. Is a homeopathic remedy needed?
11. Is there a stone that would help?
12. Are there entities?
13. Are there entities with foundations?
14. Is there a foundation?
15. Is there an emotion?
16. Is there an organ to be aligned?
17. Is there a gland to be aligned?
18. Is there a system to be aligned?
19. Is there a meridian to be aligned?
20. Is there a combination to be aligned?
21. Is there a combination with foundation?
22. Is there a past life effect on an organ?
23. Is there a past life effect on a gland?
24. Is there a past life effect on a system?
25. Is there a past life effect on a combination?
26. Is healing of a DNA layer needed?
27. Is correction of the Akash DNA needed?
28. Is there a person?
29. Is there an event?
30. Is there a source?
31. Is the Master Healer needed?
32. Are there soul pieces to be retrieved?
33. Is balancing needed of body, mind, and spirit?
34. Are there thought forms?
35. Are there past life effects?
36. Is there a seed?
37. Is there a grid?
38. Is there a grid on a body part?
39. Are there energetic hierarchies to be aligned?
40. Are there fragments left in energetic hierarchies?
41. Are there twisted energetic hierarchies?
42. Are there intersecting energetic hierarchies?
43. Are beings spread across energetic hierarchies?
44. Are body parts at lower energetic hierarchies?
45. Is color needed on a body part?
46. Is a cross involved?
47. Is a body part entangled?
48. Are there strictures?
49. Is energetic hierarchy movement involved?
50. Is a ray involved?

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51. Is there a recursive holographic thought form involved?
52. Is there a sacred geometry object needed?

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1. Is there a genetic cause?

I ask God to neutralize the genetic cause that affects [client's] [issue]. Thank you, Spirit (while placing hand on heart).

2. Is there a contract?

I ask God to cancel the contract that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

3. Is there a contract with a person?

I ask God to cancel the contract with the person that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

4. Is forgiveness needed?

I ask God to forgive [person] for [person] knows not what [person] does/did in relation to [client].

I ask God to forgive [client] for [client] knows not what [client] does/did in relations to [person].

I thank you, [person].

I love you, [person].

Thank you, Spirit (while placing hand on heart).

5. Is release of anger needed?

I ask God to release the anger held by [person] toward [client/me].

I ask God to release the anger held by [client/me] toward [person].

Thank you, Spirit (while placing hand on heart).

6. Is there a mental disorder?

agoraphobia

Insomnia

phobias

I ask God to neutralize [client's] [mental disorder] that causes [client's] [issue].

Thank you, Spirit (while placing hand on heart).

7. Is there a spiritual issue?

fear of being God's truth

fear of creating personal form of God's truth

fear of doing God's work

fear of feeling God's presence

fear of hearing God's truth

fear of seeing God's truth

fear of singing God's truth

fear of speaking God's truth

fear of standing for God's truth

fear of trusting God for abundance

fear of writing God's truth

I ask God to neutralize [client's] [spiritual issue] that causes [client's] [issue].

Thank you, Spirit (while placing hand on heart).

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8. Is a chakra out of alignment?

Center Below
Root
Sex/Creative
Solar Plexus
Heart
Throat
Third Eye
Crown
Center Above

I ask God to align [client's] [chakra] that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

9. Is a professional needed?

Acupuncturist
Chiropractor
Homeopathist
Internist
Naturapath

I ask God to direct [client] to the correct [professional] to help with [client's] [issue]. Thank you, Spirit (while placing hand on heart).

10. Is a homeopathic remedy needed?

See the list at www.askandletgod.com/remedies.pdf or in the appendices.

Buy this [remedy]. Thank you, Spirit (while placing hand on heart).

11. Is there a stone that would help?

See the list at www.askandletgod.com/stones.pdf or in the appendices.

I ask God to imbue the essence of the stone, [stone], to address [client's] [issue] (until the actual stone can be purchased). Thank you, Spirit (while placing hand on heart).

12. Are there entities?

aliens attacking
aliens in
attachments on
ghosts in
negative Entities around
negative Entities in
people in
possessions in
spirits around

I ask God to take [client's] [number] [negative entity type] that cause [client's] [issue] to the Other Side where they will be given the appropriate treatment and moved onto the proper realm. Thank you, Spirit (while placing hand on heart).

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13. Are there entities with foundations?

Negative Entity Type	Foundations
aliens attacking	ancestors
aliens in	animals
attachments on	beliefs
ghosts in	emotions
negative entities around	future lives
negative entities in	Inherited
people in	memories
possessions in	past lives
spirits around	persons
	programs
	spiritual
	thoughts

I ask God to neutralize the [client's] [number foundations] that creates [client's] [number] [negative entity type] that cause [client's] [issue] and to take them to the Other Side where they will be given the appropriate treatment and moved onto the proper realm. Thank you, Spirit (while placing hand on heart).

14. Is there a foundation?

ancestors
animals
beliefs
emotions
future lives
inherited
memories
past lives
persons
programs
spiritual
thoughts

I ask God to neutralize the [number] [foundations] that cause [client's] [issue]. Thank you, Spirit (while placing hand on heart).

15. Is there an emotion?

See the list at www.askandletgod.com/emotions.pdf or in the appendices.

I ask God to neutralize the [emotion] that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

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16. Is there an organ to be aligned?

- bladder
- brain
- colon
- heart
- ileocecal valve
- kidneys
- liver
- small intestine
- spleen
- stomach
- uterus

I ask God to align [client's] [organ] that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

17. Is there a gland to be aligned?

- adrenals
- hypothalamus
- ovaries
- pancreas
- pineal gland
- pituitary gland
- prostate
- testicles
- thyroid gland

I ask God to align [client's] [gland] that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

18. Is there a system to be aligned?

- circulatory system
- digestive system
- elimination system
- ligaments
- lymphatic system
- muscles
- muscles and skeletal system
- muscles and tendons
- muscles, tendons, and nerves
- nerves and nervous system
- nerves and skeletal system
- nerves and tendons
- respiratory system

I ask God to align [client's] [system] that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

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19. Is there a meridian to be aligned?

gall bladder
heart
kidney
large intestine
liver
lung
pericardium
small intestine
spleen
stomach
triple heater
urinary and bladder

I ask God to align the [client's] [meridian] meridian that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

20. Is there a combination to be aligned?

Glands	Organs	Systems	Meridians
adrenals	bladder	circulatory system	gall bladder
hypothalamus	brain	digestive system	heart
ovaries	colon	elimination system	kidney
pancreas	heart	ligaments	large intestine
pineal gland	ileocecal valve	lymphatic system	liver
pituitary gland	kidneys	muscles	lung
prostate	liver	muscles and skeletal system	pericardium
testicles	small intestine	muscles and tendons	small intestine
thyroid gland	spleen	muscles, tendons, and nerves	spleen
	stomach	nerves and nervous system	stomach
	uterus	nerves and skeletal system	triple heater
		nerves and tendons	urinary and bladder
		respiratory system	

I ask God to align [client's] [organ], [gland], [system] and/or [meridian] that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

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21. Is there a combination with foundation?

Glands	Organs	Systems	Meridian	Foundation
adrenals	bladder	circulatory system	gall bladder	animal
hypothalamus	brain	digestive system	heart	beliefs
ovaries	colon	elimination system	kidney	emotions
pancreas	heart	ligaments	large intestine	inherited
pineal gland	ileocecal valve	lymphatic system	liver	memories
pituitary gland	kidneys	muscles	lung	past life
prostate	liver	muscles and skeletal system	pericardium	person
testicles	small intestine	muscles and tendons	small intestine	programs
thyroid gland	spleen	muscles, tendons, and nerves	spleen	thoughts
	stomach	nerves and nervous system	stomach	
	uterus	nerves and skeletal system	triple heater	
		nerves and tendons	urinary and bladder	
		respiratory system		

I ask God to neutralize the [number] [Foundations] and to align [client's] [organ], [gland], [system] and/or [meridian] that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

22. Is there a past life effect on an organ?

bladder
brain
colon
heart
ileocecal valve
kidneys
liver
small intestine
spleen
stomach
uterus

I ask God to neutralize the past life effect on [client's] [organ] that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

23. Is there a past life effect on a gland?

adrenals
hypothalamus
ovaries
pancreas
pineal gland
pituitary gland
prostate
testicles
thyroid gland

I ask God to neutralize the past life effect on [client's] [gland] that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

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24. Is there a past life effect on a system?

circulatory system
digestive system
elimination system
ligaments
lymphatic system
muscles
muscles and skeletal system
muscles and tendons
muscles, tendons, and nerves
nerves and nervous system
nerves and skeletal system
nerves and tendons
respiratory system

I ask God to neutralize the past life effect on [client's] [system] that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

25. Is there a past life effect on a combination?

Glands	Organs	Systems	Meridian
adrenals	bladder	circulatory system	gall bladder
hypothalamus	brain	digestive system	heart
ovaries	colon	elimination system	kidney
pancreas	heart	ligaments	large intestine
pineal gland	ileocecal valve	lymphatic system	liver
pituitary gland	kidneys	muscles	lung
prostate	liver	muscles and skeletal system	pericardium
testicles	small intestine	muscles and tendons	small intestine
thyroid gland	spleen	muscles, tendons, and nerves	spleen
	stomach	nerves and nervous system	stomach
	uterus	nerves and skeletal system	triple heater
		nerves and tendons	urinary and bladder
		respiratory system	

I ask God to neutralize the past life effect on [client's] [organ], [gland], and/or [system] that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

26. Is healing of a DNA layer needed?

The Twelve Layers of DNA by Lee Carroll with Kryon is the source of this information.

I ask God to heal the DNA Layer that causes [client's] [issue]. Thank you, Spirit (while placing hand on heart).

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27. Is correction of the Akash DNA needed?

The Recalibration of Humanity by Lee Carroll and *The Human Akash* by Monika Moranyi with Kryon is the source of this information.

I ask for [client] that [client] has the attributes that [client] has earned in what [client] calls [client's] past that will enhance the ability for [client] to live [client's] current life with more ease and grace. I ask for [client] to recall those things that will allow [client] to live longer, do [client's] work better, and give [client] peace over things that [client] desires to do. I wish to mine the Akash for [client's] issue, [issue], which is in [client's] DNA. Thank you, Spirit (while placing hand on heart).

28. Is there a person? Use your family history and determine the person and their message.

Person

Man or Woman

Mom's side or Dad's side or partner

Foundation Emotion

animal

beliefs

emotions

inherited

memories

past life

person

programs

thoughts

I ask God to neutralize the [number] [foundation] of [person] to free [client] of [issue]. Thank you, Spirit (while placing hand on heart).

I ask God to neutralize the person's emotion, [emotion], to free [client] of [issue]. Thank you, Spirit (while placing hand on heart).

29. Is there an event?

Age of Event Foundation Emotion

I ask God to neutralize the [number] [foundation] of [person] to free [client] of [issue] at the age of [age]. Thank you, Spirit (while placing hand on heart).

I ask God to neutralize the person's emotion, [emotion], to free [client] of [issue] at the age of [age]. Thank you, Spirit (while placing hand on heart).

30. Is there a source?

Age of Event Person Body Part Foundation Emotion

I ask God to neutralize [client] of emotion, [emotion], to free [client's] [body part] of effect of [person] at age [age of event] of [issue]. Thank you, Spirit (while placing hand on heart).

I ask God to neutralize the [number] [foundation] of [person] to free [client's] [organ] of [issue] at the age of [age]. Thank you, Spirit (while placing hand on heart).

I ask God to neutralize the [number] [foundations] of [person] to free [client's] [organ] of [issue]. Thank you, Spirit (while placing hand on heart).

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31. Is the Master Healer needed?

I accept the Atonement for [client] which means [client's] [issue] no longer exists, bringing [client] to inner peace. Thank you, Spirit (while placing hand on heart).

32. Are there soul pieces to be retrieved?

I ask God to retrieve the [number] pieces of [client's] soul that had to go somewhere else because of traumatic events in [client's] life and return them and integrate them gently into [client's] soul essence. Thank you, Spirit (while placing hand on heart).

33. Is balancing needed of body, mind, and spirit?

I ask God to balance the body, mind, and spirit of [client], making [client] whole energetically within the Oneness. Thank you, Spirit (while placing hand on heart).

34. Are there thought forms?

Thought Forms

spheres
gauze
oil cloth
weight
blindfold
hood
shroud
rope
barb wire
scarf
sand
rock
people
noose
twine
burr
hooks

I ask God to remove the [thought form] placed on, or within, [client's] [body part] by [# people]. Thank you, Spirit (while placing hand on heart).

35. Are there past life effects?

I ask God to neutralize the effects of [number] past lives that cause [client's] [issue]. Thank you, Spirit (while placing hand on heart).

36. Is there a seed?

Seeds

fear of not being worthy
fear of not living purpose
fear of not being present
other

I ask God to remove the [seed] that cause [client's] [issue] and heal the damage. Thank you, Spirit (while placing hand on heart).

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37. Is there a grid?

Colors

red
orange
yellow
pink
green
blue
purple
gold
white
black

I ask God to remove the grid placed over [client] by [number] people and ask God to infuse [client's] body with [color] healing light through all [client's] cells. Thank you, Spirit (while placing hand on heart).

38. Is there a grid on a body part?

Colors

red
orange
yellow
pink
green
blue
purple
gold
white
black

I ask God to remove the grid over [client's] [body part] by [# people] and ask God to infuse [pronoun] body with [color] healing light through all [pronoun] cells. Thank you, Spirit (while placing hand on heart).

39. Are there energetic hierarchies to be aligned?

I ask God to align [client's] energetic hierarchies. Thank you, Spirit (while placing hand on heart).

40. Are there fragments left in energetic hierarchies?

I ask God to gather [client's] [number] fragments from the energetic hierarchies where they were left and place them on the highest energetic hierarchy possible. Thank you, Spirit (while placing hand on heart).

41. Are there twisted energetic hierarchies?

I ask God to untwist [client's] energetic hierarchies. Thank you, Spirit (while placing hand on heart).

42. Are there intersecting energetic hierarchies?

I ask God to move the [client's] intersecting energetic hierarchies into congruency. Thank you, Spirit (while placing hand on heart).

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43. Are beings spread across energetic hierarchies?

I ask God to gather the full beings of [client] existing on different energetic hierarchies and place them on the highest energetic hierarchy possible. Thank you, Spirit (while placing hand on heart).

44. Are body parts at lower energetic hierarchy?

I ask God to take the [body parts] of [client] existing on lower energetic hierarchies and place [body parts] on the highest energetic hierarchy possible. Thank you, Spirit (while placing hand on heart).

45. Is color needed on a body part?

I ask God to send [color] healing light to [client's] [body part]. Thank you, Spirit (while placing hand on heart).

46. Is a cross involved?

I ask God to neutralize the [number] [foundation] that causes [client] to place [pronoun] body on a cross and to remove [client] from the cross for [client's] [issue]. Thank you, Spirit (while placing hand on heart).

47. Is a body part entangled?

I ask God to neutralize the [number] [foundation] that causes [client] to place [pronoun] body on a cross and to remove [client] from the cross for [client's] [issue] from [client's] [body part] being entangled in the spiral at the [energetic hierarchy] energetic hierarchy. Thank you, Spirit (while placing hand on heart).

48. Are there strictures?

I ask God to remove the strictures that affect the mobility causing [client's] [issue] history of being attacked. Thank you, Spirit (while placing hand on heart).

49. Is energetic hierarchy movement involved?

I ask God to neutralize the [number] [foundation] that causes [client's] [issue] from traveling from the 3rd dimension, to and from the [energetic hierarchy] energetic hierarchy. Thank you, Spirit (while placing hand on heart).

50. Is there a ray involved?

I ask God to neutralize the [number] [foundation] that causes [client's] [issue] and infuse [client's] [body part] with the [color] ray. Thank you, Spirit (while placing hand on heart).

51. Is there a recursive holographic thought form involved?

I ask God to neutralize the [number] [foundation] that causes a [thought form] for [client's] [issue]. Thank you, Spirit (while placing hand on heart).

Thought Forms

recursive thought form

holographic thought form

recursive holographic thought form

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52. Is there a sacred geometry object needed?

I ask God to place a [sacred geometry object] into [client's] [body part] for [client's] [issue]. Thank you, Spirit (while placing hand on heart).

Sacred Geometry Object

circle
dodecahedron
earth grid
flower of life
fruit of life
golden spiral
heptagon
hexagon
hexahedron
icosahedron
infinity
labyrinth
merkaba
Metatron's cube
nonagon
octagon
octahedron
pentagon
pentagram
point
pyramid
quadrant of air
quadrant of earth
quadrant of earth, water, fire, and air
quadrant of fire
quadrant of water
seed of life
square
sri yantra
tetrahedron
tree of life
torus
triangle
vesica piscis
yin/yang