

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 DNA layer needed?
27. Is correction of 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 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 a recursive holographic thought form involved?
52. Is a sacred geometry object needed?
53. Is a Key of Enoch needed?
54. Are there damaged coding triplet(s)?
55. Is a codon ring enhancement needed?
56. Is alignment of body with grid needed?
57. Are energetic hierarchies separated?
58. Is alignment of light body needed?
59. Is an essential oil needed?
60. Is a sound needed?
61. Are there blocks to ascension?
62. Is self repair needed?
63. Are there blocks to manifesting the totality of life purpose?
64. Are there blocks to miracles?
65. Is there a magnetic polarity issue?
66. Is there a block to the flow of energy?
67. Is magnetic energy needed?
68. Is braiding of body part(s) needed?
69. Is braiding of past lives needed?
70. Is the next energetic enhancement needed?
71. Is braiding of I Ching patterns needed?
72. Is braiding of mandalas into body part(s) needed?
73. Are stem cells in body part(s) needed?
74. Is braiding of future lives needed?
75. Is braiding of current lives needed?

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1. Is there a genetic cause?

I ask God to neutralize the genetic cause. Thank you, Spirit (while placing hand on heart).

2. Is there a contract?

I ask God to cancel the contract. 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. 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]. 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]. 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]. 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]. 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] (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
demons attacking
demons in
ghosts in
illuminati attacking
illuminati in
nano beings in
negative entities around
negative entities in
people in
possessions in
spirits around
vampires attacking
vampires in

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I ask God to take [client's] [number] [negative entity type] 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).

13. Are there entities with foundations?

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

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]. 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]. 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]. 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]. 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]. 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. 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]. 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]. 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]. 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]. 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]. 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]. 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. 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 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].

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

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

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

49. Is energetic hierarchy movement involved?

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

50. Is a ray involved?

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

51. Is a recursive holographic thought form involved?

I ask God to neutralize the [number] [foundation] that causes a [thought form]. 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 a sacred geometry object needed?

I ask God to place a [sacred geometry object] into [client's] [body part]. 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
Major arcana
Qabalah Sephirot

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53. Is a Key of Enoch needed?

I ask God to infuse Key [key number] of the Keys of Enoch in [client's] body. Thank you, Spirit (while placing hand on heart).

54. Are there damaged coding triplet(s)?

I ask God to repair the damaged coding triplet(s). Thank you, Spirit (while placing hand on heart).

55. Is a codon ring enhancement needed?

I ask God to enhance [client's] [codon ring]. Thank you, Spirit (while placing hand on heart).

Codon Ring	Gene Keys
Alchemy	(6, 40, 47, 64)
Destiny	(34, 43)
Divinity	(22, 36, 37, 63)
Fire	(1, 14)
Gaia	(19, 60, 61)
Humanity	(10, 17, 21, 25, 38, 51)
Illuminati	(44, 50)
Illusions	(28, 32)
Life and Death	(3, 20, 23, 24, 27, 42)
Light	(5, 9, 11, 26)
Matter	(18, 46, 48, 57)
Miracles	(35)
No Return	(31, 62)
Origin	(41)
Prosperity	(16, 45)
Purification	(13, 30)
Secrets	(12)
Seeking	(15, 39, 52, 53, 54, 58)
Trials	(12, 33, 56)
Union	(4, 7, 29, 59)
Water	(2, 8)
Whirlwind	(40, 55)

56. Is alignment of body with grid needed?

I ask God to align the body of [client] with the [Grid Type]. Thank you, Spirit (while placing hand on heart).

Grid Types

Crystalline grid
Gaia grid
Magnetic grid

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57. Are the energetic hierarchies separated?

I ask God to join the energetic hierarchies. Thank you, Spirit (while placing hand on heart).

58. Is alignment of light body needed?

I ask God to align the [light body type] light body of [client]. Thank you, Spirit (while placing hand on heart).

Light Body Types

Eka

Epi-Kinetic

Electromagnetic

Gematria

Zohar

59. Is an essential oil needed?

See the list here [Essential Oils](#) or in the appendices.

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

60. Is a sound needed?

Play [sound chord]. Thank you, Spirit (while placing hand on heart).

Sound Chord

A flat major

A flat minor

A major

A minor

A sharp major

A sharp minor

64B flat major

B flat minor

B major

B minor

C major

C minor

C sharp major

C sharp minor

D major

D minor

D sharp major

D sharp minor

E flat major

E flat minor

E major

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E minor
F major
F minor
F sharp major
F sharp minor
G major
G minor
G sharp major
G sharp minor

61. Are there blocks to ascension?

I ask God to infuse the body of [client] with the five Bodies of Light to remove the blocks. Thank you, Spirit (while placing hand on heart).

Bodies of Light

Eka
Epi-Kinetic
Electromagnetic
Gematria
Zohar

62. Is self repair needed?

I ask God to do self repair. Thank you, Spirit (while placing hand on heart).

Client may experience twinges for a time indicating the structural repair is ongoing.

63. Are there blocks to manifesting the totality of life purpose?

I ask God to remove the blocks to [Client] manifesting the totality of [Client's] life purpose. Thank you, Spirit (while placing hand on heart).

64. Are there blocks to miracles?

I ask God to remove the blocks to miracles. Thank you, Spirit (while placing hand on heart).

65. Is there a magnetic polarity issue?

I ask God to move the [number] [positive/negative] Tesla's to the [negative/positive] side of the magnetic pole. Thank you, Spirit (while placing hand on heart).

66. Is there a block to the flow of energy?

I ask God to remove the blocks to the smooth flow of energy in the body of [Client]. Thank you, Spirit (while placing hand on heart).

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67. Is magnetic energy needed?

Place both hands on the body part where the magnetic energy needs to be infused and say, **I ask God to infuse the magnetic energy into both sides of the magnetic core of [Client's] [body part]. Thank you, Spirit** (while placing hand on heart).

68. Is braiding of body part(s) needed?

I ask God to braid the structures of [Client's] [body part] into perfection. Thank you, Spirit (while placing hand on heart).

69. Is braiding of past lives needed?

I ask God to braid the structures of [Client's] [# Past Lives] past lives into perfection. Thank you, Spirit (while placing hand on heart).

70. Is the next energetic enhancement needed?

I ask God to introduce the next energetic enhancement to [Client]. Thank you, Spirit (while placing hand on heart).

71. Is braiding of I Ching patterns needed?

I ask God to braid the patterns of I Ching found and recognize the perfection of [Client's] [body part]. Thank you, Spirit (while placing hand on heart).

72. Is braiding of mandalas into body part(s) needed?

I ask God to braid the [number] mandalas into [body part] and recognize the perfection of [Client]. Thank you, Spirit (while placing hand on heart).

73. Are stem cells in body part(s) needed?

I ask God to infuse stem cells into [body part] and recognize the perfection of [Client]. Thank you, Spirit (while placing hand on heart).

74. Is braiding of future lives needed?

I ask God to braid the structures of [Client's] [# Future Lives] future lives into perfection. Thank you, Spirit (while placing hand on heart).

75. Is braiding of current lives needed?

I ask God to braid the structures of [Client's] [# Current Lives] present lives into perfection. Thank you, Spirit (while placing hand on heart).