

## 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?
76. Is a tone needed?
77. Is a codon, Solfeggio frequency, and Hebrew letter needed?
78. Is polarity adjustment of body part(s) needed?

# Ask and Let Go(d)

## 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](http://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](http://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](http://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?

<b>Glands</b>	<b>Organs</b>	<b>Systems</b>	<b>Meridians</b>
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?

<b>Glands</b>	<b>Organs</b>	<b>Systems</b>	<b>Meridian</b>
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).

<b>Codon Ring</b>	<b>Gene Keys</b>
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).

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## 76. Is a tone needed?

**Play [tone]. Thank you, Spirit** (while placing hand on heart).

### Tone

A

A sharp (B flat)

B

C

C sharp (D flat)

D

D sharp (E flat)

E

F

F sharp (G flat)

G

G sharp (A flat)

## 77. Is a codon, Solfeggio frequency, and Hebrew letter needed?

**Play Solfeggio frequency, [frequency], and repeat [Hebrew letter] several times to infuse the energy into the codon's amino acid, [codon]. Thank you, Spirit** (while placing hand on heart).

I've been using a YouTube video at [https://youtu.be/goyZbut\\_KFY](https://youtu.be/goyZbut_KFY) from Meditative Mind for the Solfeggio frequency. Each of the nine are ten minutes long. The color changes with each one.

### Codon

TTT	Phe	Phenylalanine
TTC	Phe	Phenylalanine
TTA	Leu	Leucine
TTG	Leu	Leucine
CTT	Leu	Leucine
CTC	Leu	Leucine
CTA	Leu	Leucine
CTG	Leu	Leucine
ATT	Ile	Isoleucine
ATC	Ile	Isoleucine
ATA	Ile	Isoleucine
ATG	Met	Methionine
GTT	Val	Valine
GTC	Val	Valine
GTA	Val	Valine
GTG	Val	Valine

## Ask and Let Go(d)

TCT	Ser	Serine
TCC	Ser	Serine
TCA	Ser	Serine
TCG	Ser	Serine
CCT	Pro	Proline
CCC	Pro	Proline
CCA	Pro	Proline
CCG	Pro	Proline
ACT	Thr	Threonine
ACC	Thr	Threonine
ACA	Thr	Threonine
ACG	Thr	Threonine
GCT	Ala	Alanine
GCC	Ala	Alanine
GCA	Ala	Alanine
GCG	Ala	Alanine
TXT	Tyr	Tyrosine
TAC	Tyr	Tyrosine
TAA	STOP	Tyrosine
TAG	STOP	Tyrosine
CAT	His	Histidine
CAC	His	Histidine
CAA	Gln	Glutamine
CAG	Gln	Glutamine
AAT	Asn	Asparagine
AAC	Asn	Asparagine
AAA	Lys	Lysine
AAG	Lys	Lysine
GAT	Asp	Aspartic acid
GAC	Asp	Aspartic acid
GAA	Glu	Glutamic acid
GAG	Glu	Glutamic acid
TGT	Cys	Cysteine
TGC	Cys	Cysteine
TGA	STOP	Cysteine
TGG	Trp	Trptonphan
CGT	Arg	Arginine
CGC	Arg	Arginine
CGA	Arg	Arginine
CGG	Arg	Arginine
AGT	Ser	Serine
AGC	Ser	Serine
AGA	Arg	Arginine

## Ask and Let Go(d)

AGG	Arg	Arginine
GGT	Gly	Glycine
GGC	Gly	Glycine
GGA	Gly	Glycine
GGG	Gly	Glycine

### Frequency Description

174 Hz	Relieves Pain & Stress
285 Hz	Heals Tissues & Organs
396 Hz	Eliminates Fear
417 Hz	Undoing Situations and Facilitating Change
528 Hz	Transformation, Love and Miracles (DNA Repair)
639 Hz	Connecting and Balancing Relationships
741 Hz	Solving Problems and Awakening Intuition
852 Hz	Returning to Spiritual Order
963 Hz	Experience Oneness

### Hebrew letter

Alef  
Bet  
Gimel  
Dalet  
He  
Vav  
Zayin  
Chet  
Tit  
Yod  
Kaf  
Lamed  
Mem  
Nun  
Samech  
Ayin  
Pay  
Tsade  
Qof  
Resh  
Shin  
Tav

**78. Is polarity adjustment of body part(s) needed?**

## Ask and Let Go(d)

**I ask God to adjust the polarity of [client's] [body part(s)]. Thank you, Spirit (while placing hand on heart).**