

Releasing the SHADOW

Embracing the LIGHT

# **Advanced Declarations**



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## Advanced Declarations

### Transformational Declarations

The purpose of these Declarations is to change energy.

Specifically, the Declarations are intended (and will) remove the four Shadows and strengthen the four Lights, from yourself and from our society.

The energy of these Declarations is strengthened by:

- Repeating them.
- Repeating out loud.
- Repeating with others.

As you repeat these statements, note where you feel internal stuckness, resistance or objection. These will be the places where more attention/ mindfulness is needed.

**INSTRUCTIONS:** Repeat all Declarations, at least once a day. Try to choose the same time of day and the same conditions, where possible.



## **Beginning Acknowledgments:**

1. I act for myself personally, and I act as a representative of all Humanity.
2. I honor the Divine, serve Life, and catalyze the Divine Plan.
3. I am creating a world that works for all beings.
4. I am no longer a carrier of the Shadows.
5. I have forgiven myself and I have forgiven all others for creating, maintaining, and/or carrying the Shadows.
6. I am transforming the status quo, changing the Shadows to Light.
7. My identity is clear of the Shadows. My identity embraces the Light.
8. I act with compassion, ease, grace and Spirit.
9. All stories, systems and structures transmute, for the good of all beings.

AND SO IT IS...

# The Shadows:

I release, end and transmute the Shadows.

All beings release, end and transmute the Shadows.

The Shadows transmute to their highest possible energy, for the good of all beings.

<b>The Main Shadows</b>
<b>VIOLENCE</b>
<b>LACK</b> [which includes Poverty, Greed & Hoarding]
<b>THE OTHER</b>
<b>DESPAIR</b> [which includes Depression & Suicide]

May I be free from the Shadow of

- Violence
- Lack
- The Other
- Despair

May you be free from the Shadow of

- Violence
- Lack
- The Other
- Despair

May all beings be free from the Shadow of

- Violence
- Lack
- The Other
- Despair

# The Lights:

I embrace, shine, strengthen and intensify the Lights.

All beings embrace, shine, strengthen and intensify the Lights.

The LIGHT shines at its highest possible energy, in all human societies and the world, for the good of all beings.

All stories, systems and structures transmute, for the good of all beings.

May I embrace the Light of

May you embrace the Light of

May all beings embrace the Light of

<b>The Essential Lights</b>
<b>PEACE &amp; SECURITY</b> [Pax Humana]
<b>ABUNDANCE &amp; ENOUGHNESS</b>
<b>INCLUSIVE COMMUNITY</b>
<b>DEEP FULFILLMENT</b>

- Peace & Security
  - Abundance and Enoughness
  - Inclusive Community
  - Deep Fulfillment
- Peace & Security
  - Abundance and Enoughness
  - Inclusive Community
  - Deep Fulfillment
- Peace & Security
  - Abundance and Enoughness
  - Inclusive Community
  - Deep Fulfillment





## THE INCLUSIVITY PRAYER

I honor and pray for all beings.

*Facing East: [Form]*

I honor all beings, regardless of form.

- I honor all beings who have my form.
- I honor all beings who have all other forms.
- I honor all beings who are beyond form.

*Facing South: [Place]*

I honor all beings, regardless of place.

- I honor all beings of this place.
- I honor all beings in all other places.
- I honor all beings who are beyond place.

*Facing West: [Time]*

I honor all beings, regardless of time.

- I honor all beings of this time.
- I honor all beings of all other times.
- I honor all beings who are beyond time.

*Facing North: [Consciousness]*

I honor all beings, regardless of consciousness.

- I honor all beings who share this consciousness.
- I honor all beings with all other forms of consciousness.
- I honor all beings despite any differences or limitations of consciousness.
- All energy, every molecule of the Universe, has consciousness.

<i>Facing Without:</i> I honor all beings as I honor myself.	<i>Facing Within:</i> I honor myself as I honor all beings
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MAY ALL BEINGS BE WELL.

MAY ALL BEINGS BE SECURE.

MAY ALL BEINGS BE HAPPY.

*And so it is.*

