

Distractor Implants:
"All the mobius strips, quantum particulates & SHICUUUU implants underneath that"
pod/poc



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"How much excitement can I have here?"

"What possibilities are now available that I haven't yet considered or created?"

"What possibilities are now available that I am trying to refuse?"

"What change is now available that I haven't yet created or acknowledged?"

"I feel..." often generates suffering. When you say, "I feel" you are owning something that is likely not yours. Saying, "I am sensing this..." creates the space for awareness & lightness. "What awareness am I sensing here?"

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with Pain or intensity...
"If I wasn't feeling this, what awareness would I be having?"
and/or
"What capacity am I not acknowledging here?"

"What potency is showing up that I'm not acknowledging?"

"How much excitement can I embody?"

"Would an infinite being be overwhelmed?"

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pod/poc

"All the oaths, vows, swearings, fealties, comealties & commitments that hold this in place"
pod/poc

"Interesting point of view, I have that point of view."
*-sense for an energy shift
-repeat till gone*

"Everywhere I've been there, done that, I destroy & uncreate it..."
pod/poc

"What potency am I not acknowledging here?"

"What part is truth & what part lie, spoken or unspoken?"

Any emotion that keeps looping & building is likely a distractor implant.

Anger, Rage, Fury, Hate

"What additional information do I need here?"

"What else is possible here?"

"What excitement & change is now occurring?"

Hopeless or Despair

Anxiety or Nervous

Strange

Wrong

Fear

Overwhelm

Blame, Shame, Regret, Guilt, Jealousy

Doubt

Judgmental of Self of others

Frustration

What am I sensing?
What awareness am I sensing? Is this mine?

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Ask: "Is there a LIE here?"

Ask: Anger or Potency?

Ask: Fear or excitement ?

No
Yes

Anger
Potency

Fear
Excitement