

Thank you for purchasing

The Light Alignment Book: A Guide to Personal Sovereignty

**May it serve you well in the next chapter of your healing
practice. Bless you and your practice,**

Chris Chimbers and Jordan Korte Coulter

LAHM PROTOCOL OVERVIEW CHART

(Clickable)

	Column A	Column B	Column C
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LAHM DARK ATTACHMENT REMOVAL-PROTOCOL

1. Ask: "Is there a dark attachment to my energy field?"
2. "How strong is the attachment?" / "How much of the field does it control?" * 1–100%
3. "Which chakra has the dark attachment?"
4. "When did this attachment occur?"
5. Clear your Will to be free of dark attachments to 100%.
6. Ask: if there are any obstacles to releasing the dark attachment. If yes, clear them entirely.
7. "Are we ready to proceed with clearing this dark attachment?"
8. Declare "I now clear, dissolve, release, remove, nullify, uncreate, and unexist this dark attachment to——across all time, space and dimensions. If possible, I ask that this attachment be returned to the Light. In the name of Jesus Christ, it is done. "
9. "Is there a portal here?"
 - a. If so, "I ask Divine Light to completely unexist this portal from the dark side to——. In the name of Jesus Christ, it is done."
 - b. "I bless my field and affirm protection from any further dark side attachments and portals in the name of Jesus Christ."
10. "Is there any more clearing of the affected chakra needed?"— Clear the chakra to 100% Light Alignment.
11. "Are there any other offensive energies in the field to be cleared?"
12. Check that the client is 100% aligned with living and remaining fully in the Light.

***If the dark attachment % is less than 5%, it is relatively minor. Higher percentages are of greater concern. Naturally our goal is to have zero dark attachment to our field.**

ALIGNING WITH A GOAL-PROTOCOL

- 1. Request the assistance of the Light in this session**
 - 2. Clear any dark attachments / portals**
 - 3. Clear and optimize Life Force, Light Alignment, and Free Will to 100% aligned with the Light**
 - 4. Check for and clear any resistance you may have to your goal**
 - 5. Clear your Will to reach your goal to 100% Light Alignment. Be very specific in the wording of your goal**
 - 6. Clear your Intention to realize your goal to 100% Light Alignment**
 - 7. Clear your Will to take action in association with this Intention to 100% Light Alignment**
 - 8. Clear your Will to be open to new opportunities to 100% Light Alignment**
 - 9. Create a plan, and align it 100% with the Divine Plan**
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BRAIN ALIGNMENT PROTOCOL

Mental function can be improved through Light Alignment of the brain. The Body Code is an excellent resource for this protocol, the first areas on the checklist correspond to the Body Code category of the brain, the rest are other areas our research has shown to be related.

1. Request the assistance of the Light in this session
2. Clear any dark attachments / portals
3. Clear and optimize Life Force, Light Alignment, and Free Will to 100% aligned with the Light
4. Clear client's Will to align their brain 100% with the Light
5. Clear brain's Will to align with the Light to 100%
6. Clear each of the areas on the checklist to 100% Light Alignment.

LAHM Brain Alignment Checklist:

Areas Listed in Body Code:

Deep structures
Cerebrum
Cranial nerves (12)–test if they can be cleared as a group or individually.
Cerebellum
Vestibular system
Brain Stem
Cerebrospinal fluid

Additional Areas:

Hippocampus
Blood brain barrier
Gut/ brain/ heart connection
Brain waves
Reticular activating system
Glymphatic system
Psychobiome
Pituitary Gland

7. Affirm: “My brain is fully aligned with Divine Light and functions optimally as it was created to serve.”
8. Finish by saying a prayer of gratitude and blessing.

CLEARING PROTOCOL FOR A HEALING PRACTICE

- 1. Check if there are any dark attachments to the practice. If so, be sure to clear those, also check for and clear any portals**
- 2. Clear and optimize the Life Force of the practice, and clear it to 100% aligned with the Light**
- 3. Check your heart connection to your practice, clear until 100% connected**
- 4. Bless your practice**
- 5. Optional, but recommended: Ask, “*Is there a particular Archangel guiding my practice?*” – Once you know who the Archangel in charge is, call on them often to support you in your work.**



CLEARING THE ENERGY FIELD OF LAND/ PROPERTY

1. Check for any dark attachments and/or portals
 2. Check the Light Alignment of the land
 3. Determine which negative energies are associated with the land and clear them.
 4. When the land tests at 100% aligned with the Light, say a blessing and move on to clearing the house.
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CLEARING THE ENERGY FIELD OF A HOUSE

1. Check for any dark attachments and/or portals
2. Check the Light Alignment of the house
3. Determine which negative energies are associated with the house and clear them.
4. When the house tests at 100% aligned with the Light, bless the house.

You may wish to clear any other buildings on the property in the same way.

CLEARING THE ENERGY FIELD OF A VEHICLE - (car, truck, boat)

1. Check for any dark attachments and/or portals
 2. Check the Light Alignment of the vehicle
 3. Determine which negative energies are associated with the vehicle and clear them.
 4. When the vehicle tests at 100% aligned with the Light, say a blessing. It is a good practice to keep a spiritual book inside your vehicle to help maintain a high vibration.
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DEEP FIFTEEN CHAKRA CLEARING PROTOCOL

Clear each chakra to 100% Light Alignment:

- 1. Request the assistance of the Light in this session**
- 2. Clear and optimize Life Force, Light Alignment, and Free Will to 100% aligned with the Light**
- 3. Is there any dark energy attached to this chakra? – If yes, clear completely.**
- 4. Is there a portal for dark energy attached to this chakra? – If yes, clear completely.**
- 5. How aligned is this chakra to the Light? – Clear to 100% Light Alignment.**
- 6. *Are all chakras are aligned vertically?* – If no, align them vertically through intention.**
- 7. Ask for a blessing for all chakras.**



DIAPHRAGM Light Alignment PROTOCOL

1. Request the assistance of the Light in this session
2. Clear any dark attachments / portals
3. Clear and optimize Life Force, Light Alignment, and Free Will to 100% aligned with the Light
4. *Does the diaphragm feel safe enough to heal?* Rate how safe it feels, 0–10, 10 being 100% safe. Anything less than 10, clear any associated imbalances until it does feel safe enough
5. *Do I have a diaphragm wall?* If yes, clear any associated imbalances and release it.
6. Test the Light Alignment of the diaphragm. Clear to 100% aligned with the Light.
7. Is my diaphragm processing emotions at optimal capacity? Rate 0–10. Clear to 100% optimal.
8. Is my diaphragm 100% connected to my breath? To my lungs? Clear to 100% optimal.
9. Is my diaphragm communicating 100% with my breath? With my lungs? Clear to 100% optimal.
10. *Is my diaphragm fully communicating with all of my meridians?* If not, use the Body Code (Misalignment / Meridians) to decode which meridian the diaphragm is not fully communicating with. Correct any associated imbalances until optimal communication is achieved.
11. Bless your diaphragm, and thank it for all it does for you.

DNA / RNA LIGHT ALIGNMENT

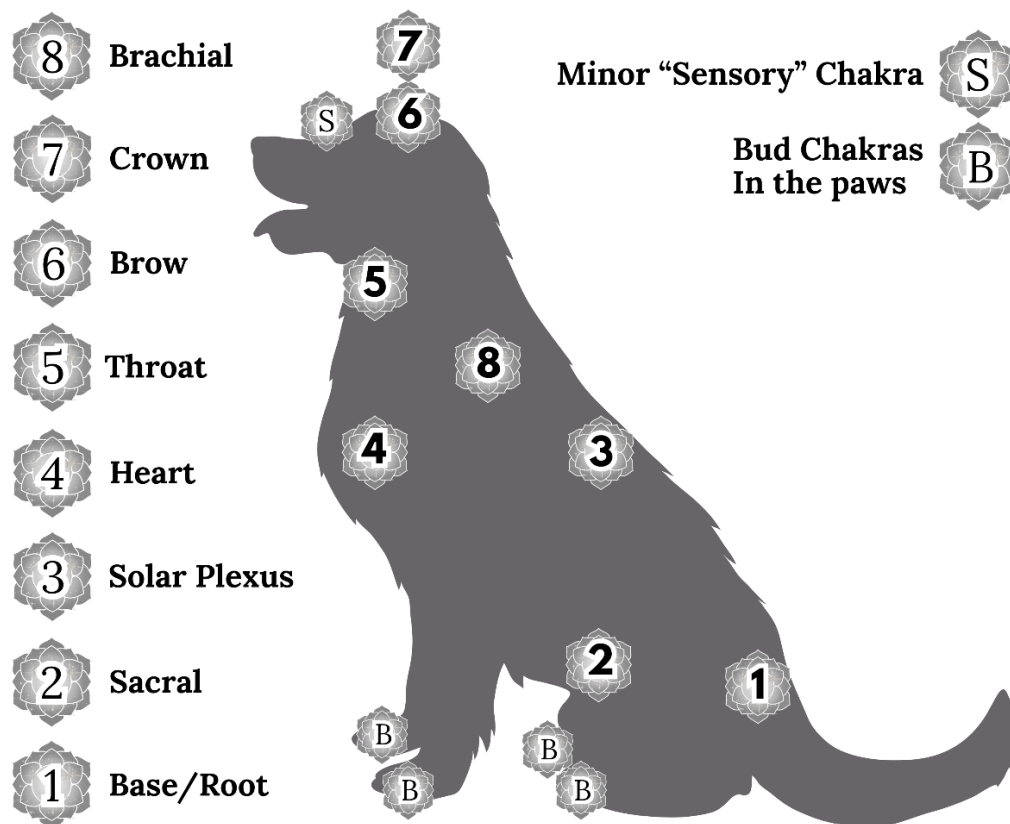
Check the Light Alignment of the DNA, clear and bring to 100%

Check the Light Alignment of the RNA, clear and bring to 100%

ENERGY HEALING FOR ANIMALS PROTOCOL

1. Request the assistance of the Light in this session, set a specific intention for the session (Example: to align the animal with being adopted).
2. Clear any dark attachments / portals.
3. Clear and optimize Life Force, Light Alignment to 100% alignment to the Light.
4. Check the Light Alignment of their brachial chakra, and any other chakra that tests as needing help. Clear to 100%.
5. Proceed with the specific session intention.

LAHM Animal Chakra Diagram



FAMILY ENERGY FIELD PROTOCOL

- 1. Clear the energy field between each family member:**
 - a. Clear any dark attachments.**
 - b. Clear all associated energies until the Life Force of each field is 100% aligned with the Light, and ensure LF is optimized.**
 - c. Clear the Light Alignment of each relationship field to 100% LA.**
- 2. Clear the Family Energy Field**
 - a. Clear all dark attachments.**
 - b. Clear all associated energies until the Life Force is 100% aligned with the Light, and ensure LF is optimized.**
 - c. Clear the Light Alignment of the family energy field to 100%**
 - d. Clear the family's Will to partner with the Light to 100%**

Other notable aspects of the family energy field you may wish to check and bring to 100% Light Alignment are:

- Family ego**
 - Family immune system**
 - Family mental health**
 - Family Will to live**
 - Family Will to partner with Love**
 - Family Will to heal and be healed**
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FREEDOM FROM OVERSHADOWING PROTOCOL

When someone is being overpowered by a shadow, ask Source to illuminate not only the whole being of the person but the being of all involved. Determine who or what is overshadowing the person. If you are unable to determine the identity of the shadower, it is often enough to simply hold a strong intention to be free of the shadow. The subconscious mind knows who it is, and what needs to be done to be free of it.

1. State the names of the subject and the person shadowing/controlling them.
2. Ask for full Light Illumination of everyone involved in the issue: “We ask for Divine Illumination of myself and the person who is controlling me with their shadow.”
3. Align the Will to be free of the shadow to 100%.
4. Identify the overpowering shadow issue. (optional)
5. Locate which chakra holds the attachment.
6. Declare you are ready to be free from the shadow controlling you.
7. Ask Source to help you light a path for the person to leave the shadow, and pray for the person to be able to move onto their own path of Light. If they have problems, clear any further blocks to assist them.. There may be resistance to changing a long-held pattern, so the Will to change must be very strong.
8. Ask: “Does the client have 100% Will to move out of this shadow and into the Light?”
9. Visualize moving out of the shadow and standing in the Light: Imagine them standing beside the shadowing person, and envision them walking away, out of the shadow. There may be blocking energies to be cleared to allow this movement. Next, envision them standing solo, illuminated by loving Divine Light.

10. Clear the subject's field to 100%:

- a. Life Force %**
- b. Light Alignment %**
- c. Free Will %**
- d. Clear the affected chakra to 100%LA**

11. Affirm freedom from the shadow and personal sovereignty.

12. Affirm the Will to remain in the Light.

13. Seal any portal involved, with the assistance of the Light.

14. Send Love and Light to the shadower.

15. Ask Source to bless the whole situation.

Being free of all shadows is the path to sovereignty and moving forward in the Light.

GREEN LIGHT PROTOCOL

1. Phrase a question beginning with “*Would it be alright if...?* ”– be specific about the outcome you are seeking.

2. Determine the % you are alright with the intended outcome.

3. Ask: “Do we have a green light to proceed?”

4. Clear underlying energetic causes until you are 100% alright with the outcome.

5. State the outcome as a present reality, such as: “*My life is getting better right now.*”

6. Align the outcome 100% with the Light.

GOVERNING MERIDIAN (GM) PROTOCOL

- 1. Request the assistance of the Light in this session**
- 2. Clear any dark attachments / portals**
- 3. Clear and optimize Life Force, Light Alignment, and Free Will to 100% aligned with the Light**
- 4. Determine the Light Alignment of the GM.**
- 5. Ask: the Light to bring all energy states to the surface so that they are not “hidden,” “secret,” or on any other level than the surface.**
- 6. Ask: *Is my GM blocked? Switched? Inverted? Dispersed?***
- 7. If you receive a yes to any of these, ask if there are any associated imbalances or trapped emotions that need to be released before you may correct the issue.**
- 8. Using the corresponding corrective statement, correct the identified energy state by intention or by swiping over the GM three times.**
- 9. Repeat #4 until you receive a no to all four imbalanced energy states in succession.**
- 10. Verify that the GM has been reset and the energy is now moving upward through the spine.**
- 11. Clear and optimize Life Force, Light Alignment, and Free Will of the GM to 100% aligned with the Light**
- 12. Give thanks that the GM function is optimal.**

ENERGY STATES CHART

State	Corrective Statement
Blocked	I Unblock Myself
Switched	I Unswitch Myself
Inverted	I Revert Myself
Dispersed	I Reorganize Myself

CONCEPTION MERIDIAN (CM) PROTOCOL

1. Request the assistance of the Light in this session
2. Clear any dark attachments / portals
3. Clear and optimize Life Force, Light Alignment, and Free Will to 100% aligned with the Light
4. Determine the Light Alignment of the Conception Meridian.
5. Ask the Light to bring all energy states to the surface so that they are not “hidden,” “secret,” or on any other level than the surface.
6. Ask: *Is my CM blocked? Switched? Inverted? Dispersed?*
7. If you receive a yes to any of these, ask if there are any associated imbalances or trapped emotions that need to be released before you may correct the issue.
8. Using the corresponding corrective statement, correct the identified energy state by intention or by swiping over the CM three times.
9. Repeat #4 until you receive a no to all four imbalanced energy states in succession.
10. Verify that the CM has been reset and the energy is now moving upward.
11. Clear and optimize Life Force, Light Alignment, and Free Will of the CM to 100% aligned with the Light.
12. Give thanks that the CM function is optimal.

ENERGY STATES CHART

State	Corrective Statement
Blocked	I Unblock Myself
Switched	I Unswitch Myself
Inverted	I Revert Myself
Dispersed	I Reorganize Myself

HEALING DIALOGUE WITH THE BODY PROTOCOL

(using *The Healing Questions Guide*)

1. Ask the body if the diagnosis is correct, and if it or the symptom you are working with has a message to be heard: one message, or more than one?
2. Look up the diagnosis or symptom in the Healing Questions Guide.
3. By Intuition or muscle testing, find which message is being sent.
4. Turn the message into a Will statement*: “*What is my Will to _____?*”
5. Clear the underlying energies that block the Will statement from being 100% aligned with the Light.
6. Affirm: “I now resolve to _____.” Ask: Does this need to be repeated? / For how long?
7. Say the affirmation at the bottom of the Healing Questions Guide section you are working in. Ask: “*Does this affirmation need to be repeated? / For how long?*”
8. Thank the body for the message it has sent through the diagnosis or symptom.
9. Ask the body if it is satisfied with your energy clearing and affirmation / Does the body still need to draw attention to this issue? / Is anything else needed? / What is the estimated time for complete healing?
10. Feel love and gratitude, send love and healing Light to the body.
11. Spend time telling your body how much you love and appreciate its wisdom.

Using this protocol you will develop a deep connection with the wisdom of your body. It knows exactly what it needs to heal, and tell you, in order to mobilize its innate healing power to reward you with a life of amazing health.

*Example: If the healing question is: “*What will it take for me to have hope?*”, the Will statement becomes: *Will to have hope*, and the affirmation is: *I now resolve to be hopeful*.

LAHM SELF-CHECK PROTOCOL

Healing questions to ask:

- 1. May I clear my field without being specific?**
 - a.If not, then identify the energies using your chosen modality.**
 - 2. Is there any dark attachment or portal in my field?**
 - a.If so, refer to the dark attachment protocol.**
 - 3. What is my Life Force energy %?**
 - a.Clear this until 100% aligned with the Light.**
 - 4. What is my Light Alignment %?**
 - a.Clear this until 100%aligned with the Light.**
 - 5. What is the strength of my Free Will?**
 - a.Clear this until 100% aligned with the Light.**
 - 6. Is there anything else that needs clearing at this time?**
 - 7. Give thanks that you are fully connected with the Light.**
-



LEARN MUSCLE TESTING –EXERCISE

1. Is there any dark attachment to my field? –clear completely.
 2. Align your Will to muscle test accurately to 100% Light Alignment (LA).
 - a. Check for and clear any resistance to muscle testing.
 3. Align your Will to accurately discern LA % to 100% LA.
 - a. Check for and clear any resistance to accurately discerning LA %.
 4. *Trust*: To what degree do I fully trust my muscle testing? Rate 0–10. Clear all associated energies until this rates a 10.
 5. *Worthiness*: To what degree do I feel worthy of being able to muscle test? Rate 0–10. Clear all associated energies until this rates a 10.
 6. Do I have any heavy metal toxins negatively affecting my muscle testing? If yes, clear anything that comes up.
 7. *Despair Anchors*: Do I hold any of these despair anchors in relation to muscle testing?
 - a. I am worthless.
 - b. I'm not good enough.
 - c. I'm not enough.
 - d. There's not enough.
 - e. I'll be rejected.
 - f. I'll never be accepted.
 8. Do the “Clearing access to the Light field” exercise.
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LIFE FORCE OPTIMIZATION PROTOCOL

- 1. Determine the % of the client's Life Force (LF) before the session.**
- 2. Check client's Light Alignment %, clear to 100%**
- 3. Check client's alignment of Free Will with the Light, clear to 100%**
- 4. Check client's Will to be Sovereign, clear to 100%**
- 5. Check for and clear: Numbness energy / Death energy / Spells / any other Offensive energies.**
- 6. Re-check client's LF energy, clear to 100%**
- 7. When the client's LF is 100%, align the Life Force 100% with the Light.**

This alignment allows the Light to shine fully within the client's field, facilitating the flow of the gifts of the Light: healing, abundance, Intuition, etc.

A point of interest: ask at what age the client last had 100% LFO, typically it was in early childhood.

If the client presented with a major concern, ask what % of the issue was resolved by the LFO/ Light Alignment.



LOVE–THE HEALING SUPERPOWER

Healing a Health Concern:

1. **Ask**: Is there a part of the body that feels unloved?
2. **Locate**: Find the area of concern and open a dialogue.
3. **Dialogue**: Ask what message the area is sending that it wants you to hear. Ask if it feels unloved.
4. **Decode**: Use your Intuition or one of the following books to decode the specific message...
 - a. Messages from the Body –Michael Lincoln
 - b. The Healing Questions Guide –Wendi Jensen
 - c. You Can Heal Your Life –Louise Hay
5. **Identify and Clear**: After working with the message, ask if there are any underlying energetic cause(s) and clear them. Align the area with the positive quality of support.
6. **Ask**: Would it be alright to bring the healing power of love to you?
7. **Visualize**: Set the intention that the area of concern be filled with the healing power of love, and breathe love into the area. You will know this is working when there is a sensation of warmth, expansion and tranquility.

Healing a Relationship:

A relationship has a unique energy field, composed of energies sent by each person into a common field between you.

1. **Identify**: Determine the person you are not at peace with, who is feeling unloved here?
2. **Check**: The energy field of the relationship–the field between you, but not in the actual field of the other person (unless you have their permission). Clear negative energies from the field until 100% aligned with the Light. Dissolve any negativity you may have sent to the other person.
3. **Visualize**: Bring Light, love, forgiveness, and harmony to the relationship. Ask that the relationship be blessed with Divine Light and Love.

NAME CLEARING PROTOCOL

- 1. Muscle test or dowse the vibrational level of the name as a percentage of alignment with the Light [100% being optimal].**
- 2. Using the Body Code or other release technique, clear whatever negative energies are attached to the name, until the name vibrates at 100% Aligned to the Light.**
- 3. Final step: Check that the client fully accepts and loves their name.**

At the 100% level the name becomes clear, powerful, influential, increased positivity and confidence follow.

Regular follow-up clearing is recommended to keep your name fully aligned and at its best.



NINE STEP LAHM FOCUSED HEALING PROTOCOL

Here is the focused healing application of the LAHM:

1. Check if there is a dark attachment to the client's energy field. Use the protocol to remove the dark attachment(s).
2. Check the level of the client's Life Force energy, clear any obstacles to it being 100%.
3. Check the level of the client's Light Alignment, clear any obstacles to it being 100%. *This brings Divine healing power into play.*
4. Clear the client's Free Will to 100% Light Aligned. *This unlocks their God-given ability to manifest.*
5. Clear the client's Will to be Healed to 100%. This focuses the Will on the Intention to heal the area of concern.
6. Identify the specific area of the body to be healed and clear it to be aligned 100% with the Light,
7. Check that the specific area has 100% Will to be Healed.
8. Affirm that the Light is assisting the healing process.
9. Say a prayer of thanks for the healing.



OPTIMAL HEALING ALIGNMENT PROTOCOL

What can we make of Jesus' words in John 14:12, that we will do greater works than he, if we have faith? Jesus was a master healer, he understood the power of the Light, and how to connect to it. He became one with the Light, bringing his vibration to the exalted level of attunement where he could heal others. It is possible for us to do the same.

Optimal Healing Alignment means we are aligned with the energy of optimal healing, have cleared any blocking energies, and have full Will and Intention to work with the Light in our healing practice. The Light knows exactly what everyone's condition is, and exactly how to correct what has gone wrong.

Ask these questions, and bring each to 100% aligned with the Light...

“Am I 100% aligned with the Light for Optimal Healing?”

“Am I 100% aligned with the Light for Optimal Healing... for others?”

“Am I 100% aligned with the Light for Optimal Healing... for myself?”

“Am I 100% aligned with the Light for Optimal Healing... for my client in this session?”



PARASITE REMOVAL PROTOCOL

Clear any dark attachments / portals

Clear each to 100%:

- **Life Force %**
- **Light Alignment %**
- **Free Will %**
- **Will to be completely free of parasitism %**

Declare that your Will to be completely free of parasitism is 100% aligned with the Light

Check your energy field for parasitism at 5 levels (from the work of Jeff Wulfman):

“Degree of parasitism at the ____ level” (check each):

- **Physical:**
- **Etheric:**
- **Emotional:**
- **Mental:**
- **Astral / Energy body**

Note: Higher % indicates more attachment / 0% is no attachment, our goal.

Check all levels first, then do your clearing starting with the level with highest attachment, then the next highest level, etc.

Sometimes clearing on one level will reduce attachment on other levels—all is connected!



1. Physical body:

“Are there measures to be taken? Changes to diet, water quantity, or quality, supplementation, physical exercise, need for fasting?”

Energy clearing can also be used to de-energize physical parasites.

If necessary, ask where the parasites are located in the body: gut/ digestive system (specify organ), heart, brain, bone, blood, etc; and how long the parasite has been with the person.

“Clearing, dissolving, releasing, removing, nullifying, and uncreating physical parasitic connection to __(person)___ from the ___area of the physical body___”.

Upon clearing physical parasites, check for heavy metal toxicity that needs to be cleared, as well. Some parasites serve the function of eating toxins, and their removal may leave the body vulnerable. Ask that any of these parasites not be removed.

2. Etheric body (chakra system):

Parasites can emanate from other people, beings, or the dark side. If necessary, ask the location in the energy body, source, and date of attachment.

“Clearing, dissolving, releasing, removing, nullifying, and uncreating parasitic connection to __(person)___ in the ___area of the etheric body___”.

Affirm freedom from parasites at the etheric level—shining Light, healing Light, the etheric body is 100% aligned with the Light. If other person(s) are involved, send them Light and blessing.

“If there is a portal, we now ask Divine Light to fully and permanently seal the portal. ”

3. Mental body:

Parasites here can emanate from other people, or the dark side. If necessary, ask the location in the mental body, source, and date of attachment.

“Clearing, dissolving, releasing, removing, nullifying and uncreating parasitic connection to __ (person) __ in the __ area of the mental body ____”.

Affirm freedom from parasites at the mental level—shining Light, healing Light, the mental body is 100% aligned with the Light. If other person(s) are involved, send them Light and blessing.

“If there is a portal, we now ask Divine Light to fully and permanently seal the portal. ”

4. Emotional body:

Parasites here can emanate from other people, beings, situations, or the dark side. If necessary, ask the source, and date of attachment.

“Clearing, dissolving, releasing, removing, nullifying and uncreating parasitic connection to __ (person) __ in the emotional body ____”.

Affirm freedom from parasites at the emotional level—shining Light, healing Light, the emotional body is 100% aligned with the Light. If other person(s) are involved, send them Light and blessing.

“If there is a portal, we now ask Divine Light to fully and permanently seal the portal. ”

5. Astral body/ Energy body:

Parasites here emanate mainly from the dark side. It is ideal to check if there are other offensive energies to clear before working on the parasites.

If necessary, ask the source and date of attachment to the astral/ energy body.

“Clearing, dissolving, releasing, removing, nullifying and uncreating parasitic connection to __ (person) __ in the astral/ energy body ____”.

Affirm freedom from parasites at the astral/ energy body level— shining Light, healing Light, the astral/ energy body is 100% aligned with the Light. Affirm complete disconnection and protection from energies and influences which emanate from the dark side.

“If there is a portal, we now ask Divine Light to fully and permanently seal the portal. ”

When all these five levels are cleared, we have completed the session, and are free of parasitic attachments. Often there will be a feeling of clarity, focus, being unburdened, and possibly increased motivation and energy.

Repeat the exercise if new attachments are detected.



PINEAL GLAND CLEARING PROTOCOL

- 1. Request the assistance of the Light in this session**
- 2. Clear any dark attachments / portals**
- 3. Clear and optimize Life Force, Light Alignment, and Free Will to 100% aligned with the Light**
- 4. Clear: Will to have an optimally functioning Pineal Gland to 100%**
- 5. Clear: Pineal Gland's Will to optimally function to 100%**
- 6. Clear and optimize the Pineal Gland's Life Force, Light Alignment, and Free Will to 100% aligned with the Light**
- 7. Energetically clear toxins from Pineal Gland:**
 - a. Fluoride toxicity**
 - b. Aluminum toxicity**
 - c. Glyphosate toxicity**
 - d. Electromagnetic Frequency (EMF) toxicity**
 - e. Other toxicity (Declare your pineal gland is clear of toxicity from any other source)**
- 8. Ask: Is there a need for physical detox?**
- 9. Ask: Is the Pineal Gland 100% crystalline? If not, what is preventing it from being 100%?**
- 10. Ask: Is the Pineal Gland 100% open? If not, what is preventing it from being 100%?**

Test when this Protocol should be repeated. Regular clearing is recommended.

We can check all of our glands and organs in this way.

SPELL CLEARING PROTOCOL

1. **Ask**: “*Am I under a spell?*”—check for anything hidden, secret, undetected, etc.
 2. **Decode**: What was my age when the spell was cast, its source, and intention. What was the benefit to me? Do I choose to continue living under this spell, or not? What lesson have I learned from being under this spell?
 3. **Declare**: I claim my full sovereignty, remove, and dissolve this spell, and declare myself completely free from this spell, and the desire for someone else to control or take care of me.
 4. **Resolution**: Forgive the spellcaster, send them love and Light. Forgive yourself for having been spellbound.
 5. **Check**: Your Life Force energy and clear it to 100%, then align it 100% with the Light.
 6. **Gratitude**: Be grateful for your freedom, and the lesson you have learned from this.
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SUBCONSCIOUS HEALING METHOD

SEPARATIONS: There can be more than one subconscious mind active. We have seen as many as twelve separations in one individual. Our goal is to integrate them into only one subconscious mind.

SPLITS: There may be one or more splits within an individual subconscious mind. We work to repair the splits, and have one unified subconscious mind.

- *“Does the client have more than one subconscious mind?”*
 - If so, clear any associated energies, until the subconscious minds are reintegrated into one.
- *“Does the client have a split subconscious mind?”*
 - If so, clear any associated energies until the subconscious mind is reintegrated into one.

Next, check that these six areas are 100% Light Aligned:

1. **Integration:** When there are no more splits or separations, an area is said to be integrated. *“Is the integration of my subconscious 100% Light Aligned?”*
2. **Empowerment:** The state of having full capacity to manifest is empowerment. *“Is my subconscious 100% empowered?”*
3. **Activation:** Activation is the state of momentum, often seen as motivation. It is the vehicle for the Will to manifest the desired result. *“Is the activation of my subconscious 100% Light Aligned?”*

4. **Connection to Source**: Our degree of connectedness to our Creator and the other areas of our Being. *“Is my subconscious 100% connected to Source?”*
5. **Connection to Universal Support**: Our awareness of being supported, and able to offer support. This support includes physical, emotional, mental, and spiritual support, as well as financial. *“Is my subconscious 100% connected to Universal Support?”*
6. **Connection to Universal Flow**: Being in the flow of healing and abundance. *“Is my subconscious 100% connected to Universal Flow?”*

To check your progress, ask: *“Is my subconscious mind fully healed?”*, and determine the %.

You may wish to use this protocol for conscious and inner child splits / separations, as well.



TRANSMUTING ENERGY



***An excellent source for positive affirmations is: 1000 Categorized Positive and Negative Beliefs / Jenny Rosengren / 1000beliefs.com**

**** The LAHM [Positive Qualities Chart](#) is a good resource.**

HEART-WALL TRANSMUTATION PROTOCOL

1. **Identify**: If you have identified that you have a heart-wall, check that it is for your Highest Good to transmute it Now.
2. **Safety Check**: Ask: *“Do I feel safe enough to transmute and leave this wall down?”* If not, clear any associated energies until you test as feeling safe enough.
3. **Clear**: Check for any obstacles to transmuting this energy, and clear anything that comes up.
4. **Identify**: The most ideal affirmation* or positive quality ** to bring in. Ask: “Is Affirmation energy the most ideal to transmute this heart-wall into?” – If not, “Is a positive quality the most ideal energy to install?”
5. **Protection**: “I ask the Light to please isolate this entire Heart-Wall, throughout all time, space, dimension and lifetimes. Thank you.”
6. **Declare**: “I, (Full Name), stand before the Light in my Divine Rights and Divine Power, and I Declare that I am done with any and all nonbeneficial energies building this Heart-Wall, throughout all time, space, dimensions, and lifetimes. This Heart-Wall no longer serves me, and I am ready to let it go and be free of it.”
7. **Decree**: “I Decree that this Heart-Wall be transmuted Now into the energy of (positive affirmation).”
8. **Thank**: “I thank this positive energy, and I welcome it into the entirety of my Being. I thank the Light that I can do this, and that this will help me. Thank you, Thank you.”
9. **Wait, then Verify**: When you believe the process is complete, ask: “Is this done?” – If not, ask: “Do I need to continue / is there something preventing this from being done?”
10. **Clear Reverberations**: “I release any and all reverberations resulting from this transmutation.”

RELATIONSHIP FIELD TRANSMUTATION PROTOCOL

1. **Identify**: A relationship field you would like to clear, and check that it is for your Highest Good to transmute it Now.
2. **Clear**: Check for any obstacles to transmuting this energy, and clear anything that comes up.
3. **Identify**: The most ideal positive energy to bring in. Ask: “Is Affirmation* energy the most ideal to transmute this energy into?” – If not, “Is a positive quality** the most ideal energy to bring in?”
4. **Protection**: “I ask the Light to please isolate any and all nonbeneficial energies affecting this relationship field, throughout all time, space, dimension and lifetimes. Thank you.”
5. **Declare**: “I, (Full Name), stand before the Light in my Divine Rights and Divine Power, and I Declare that I am done with any and all nonbeneficial energies affecting the relationship field between __&__, throughout all time, space, dimensions, and lifetimes. These energies no longer serve me, and I am ready to let them go.”
6. **Decree**: “I Decree that these energies be transmuted Now into the energy of (Affirmation or Quality).”
7. **Thank**: “I thank this positive energy, and I welcome it into the entirety of this relationship field, and any other relevant place. I thank the Light that I can do this, and that this will help me. Thank you, Thank you.”
8. **Wait, then Verify**: When you believe the process is complete, ask: “Is this done?” – If not, ask: “Do I need to continue / is there something preventing this from being done?”
9. **Clear Reverberations**: “I release any and all reverberations resulting from this transmutation.”
10. **Bless** all parties involved in the relationship field.

TRANSMUTING ENERGY FOR ANIMALS PROTOCOL

1. **Identify**: May we transmute nonbeneficial energies from this animal's field? Is it for their Highest Good to do so at this time? Only proceed if you receive a "yes" to both questions.
2. **Will**: What is the animal's Will to let go of all nonbeneficial energies in their field at this time? Clear to 100%. / Their Will to be free from offensive energies? Clear to 100%.
3. **Clear**: Check for any obstacles to transmuting this energy, and clear anything that comes up.
4. **Identify**: The most ideal positive energy to bring in. Ask: "Is Affirmation* energy the most ideal to transmute this energy into?" – If not, "Is a positive quality** the most ideal energy to bring in?"
5. **Protection**: "I ask the Light to please isolate any and all nonbeneficial energy associated with (Animal)'s field, throughout all time, space, dimension and lifetimes. Thank you."
6. **Declare**: "I, (Full Name), stand before the Light in my Divine Rights and Divine Power, on behalf of (Animal's Name), and we Declare that they are done with any and all nonbeneficial energy associated with their field. These energies do not serve this animal, and they are ready to let them go."
7. **Decree**: "I Decree that all of this energy be transmuted Now into the energy of (positive energy)."
8. **Thank**: "I thank this positive energy, and I welcome it into the entirety of the animal's Being. I thank the Light that I can do this, and that this will help them. Thank you, Thank you."
9. **Wait, then Verify**: When you believe the process is complete, ask: "Is this done?" – If not, ask: "Do I need to continue / is there something preventing this from being done?"
10. **Clear Reverberations**: "I release any and all reverberations resulting from this transmutation."
11. **Optional, but recommended**: "Is there anything more this animal needs from me at this time?" Light Alignment, chakra healing, find and release energies, another round of transmuting?

TRANSMUTING TRAPPED EMOTIONS PROTOCOL

1. **Identify**: “Is there a trapped emotion that we can transmute at this time?” Find the highest priority negative emotion to transmute into a positive using your Intuition, the Emotion Code Chart or any other emotion chart you prefer.
2. **Clear**: Check for any obstacles to transmuting this energy, and clear anything that comes up.
3. **Identify**: Using the LAHM [Positive Qualities Chart](#), identify the positive energy opposite of the one you are working to transmute: “Is (opposite positive quality) the most ideal energy to transmute this into?” If not, use the chart to find the most ideal energy.
4. **Protection**: “I ask the Light to please isolate ALL trapped emotions of _____, throughout all time, space, dimension and lifetimes. Thank you.”
5. **Declare**: “I, (Full Name), stand before the Light, in my Divine Rights and Divine Power, and I Declare that I am done with any and all nonbeneficial trapped emotions of _____, throughout all time, space, dimensions, and lifetimes. These energies no longer serve me, and I am ready to let them go.”
6. **Decree**: “I Decree that all of this energy be transmuted Now into (positive emotion).”
7. **Thank**: “I thank this positive energy, and I welcome it into the entirety of my Being. I thank the Light that I can do this, and that this will help me. Thank you, Thank you.”
8. **Wait, then Verify**: When you believe the process is complete, ask: “Is this done?” – If not, ask: “Do I need to continue / is there something preventing this from being done?”
9. **Clear Reverberations**: “I release any and all reverberations resulting from this transmutation.”

ARCHANGELS AND THEIR AREAS OF ASSISTANCE

1 ARIEL	NATURE, MANIFESTATION
2 AZRAEL	SUPPORT, LIFE/DEATH TRANSITION
3 CHAMUEL	LOVE, CAREER, LIFE PURPOSE
4 GABRIEL	COMMUNICATION
5 HANIEL	GRACE, HEALING
6 JEREMIEL	LIFE REVIEW, DREAM INTERPRETATION
7 JOPHIEL	ARTS, BEAUTY
8 METATRON	ORGANIZATION, ABUNDANCE
9 MICHAEL	DIVINE LIGHT, TRUTH, PROTECTION
10 PURLIMIEK	NATURE, ELEMENTS
11 RAGUEL	EMPOWERMENT, FAIRNESS
12 RAPHAEL	HEALING, ADDICTIONS, ANIMALS
13 RAZIEL	MANIFESTATION
14 SANDALPHON	DELIVERING PRAYERS
15 URIEL	SPIRITUAL UNDERSTANDING
16 ZADKIEL	COMPASSION, FORGIVENESS, STUDY

LAHM ARCHETYPE CHART

	COLUMN A	COLUMN B	COLUMN C	COLUMN D
Row 1	Activist	Gold Digger	Maverick	Religious
	Addictive	Golden Child	Messiah	Rescuer
	Anarchist	Good Girl	Me Too	Romantic
	Backstabber	Gourmand	Miser	Sadist
	Bad Girl	Has-Been	Naive	Saint
Row 2	Barbi/Ken Doll	Hedonist	Napoleon	Scapegoat
	Blamer	Helicopter Parent	Narcissist	Shapeshifter
	Bully	Hermit	Ne'er-do-well	Short Man
	Busy-Body	Hero/Heroine	Never-was	Silencer
Row 3	Casanova	Hesitant	Oblivious	Skeptic
	Cinderella	Hypochondriac	Obsessive	Slave
	Codependent	Idol	One-upper	Spiritual
	Complainer	Inferiority	Ordinary Joe	Spy
	Concealer	Informant	Ostrich	Stoner
Row 4	Conflicted	Interferer	Overachiever	Striver
	Cougar	Invalid	Overthinker	Submissive
	Cowboy/Girl	Invisible	Overwhelmed	Sugar Daddy
	Daddy's Girl	Jekyll & Hyde	Pauper	Superiority
	Denier	Jester	Perfectionist	Superman
Row 5	Disabled	Jezebel	Persecuted	Suppressor
	Diva/Divo	Joker	Persuader	Tease
	Dramatic	Justifier	Peter Pan	Trickster
	Dreamer	King	Pessimist	Truther
	Dropout	Kleptomaniac	Pleaser	Tycoon
Row 6	Doubting Thomas	Know-it-all	Predator	Tyrant
	Eccentric	Know-nothing	Pretender	Unhealthy
	Entitled	Left Behind	Pretty Boy	Unworthy
	Escapist	Left Out	Prince/Princess	Vampire
	Exhibitionist	Liar	Prince Charming	Victim
Row 7	Fanatic	Lighthousekeeper	Procrastinator	Vulnerable
	Follower	Little Boy/Girl	Prosecutor	Weight
	Fool	Madonna	Provocateur	Wendy
	Gambler	Magician	Puppeteer	Workaholic
	Geek	Mama's Boy	Queen	Wounded Child
	GI Joe/Jane	Martyr	Quitter	Wounded Soldier
	God	Masochist	Rebel	Yes Man

DIVINE ASSISTANCE CHART

	Archangels	Elements and Positive Qualities
Row 1	1. Ariel	1. Spirit of Water
	2. Azrael	2. Spirit of Air
	3. Chamuel	3. Spirit of Earth
	4. Gabriel	Spirit of Fire
Row 2	1. Haniel	1. Spirit of Universal Life Force
	2. Jeremiel	2. Spirit of Compassion
	3. Jophiel	3. Spirit of Faith
	4. Metatron	4. Spirit of Forgiveness
	5. Michael	5. Spirit of Generosity
	6. Purlimiek	6. Spirit of Healing
Row 3	1. Raguel	1. Spirit of Harmony
	2. Raphael	2. Spirit of Love
	3. Raziel	3. Spirit of Trust
	4. Sandalphon	4. Spirit of Truth
	5. Uriel	5. Spirit of Transformation
	6. Zadkiel	6. Guardian Angel

ENERGY STATES CHART

State	Corrective Statement
Blocked	I Unblock Myself
Switched	I Unswitch Myself
Inverted	I Revert Myself
Dispersed	I Reorganize Myself



FAILSAFES CHART

	Column A	Column B
Row 1	1. Buried	1. Restricted
	2. Camouflaged	2. Sabotage
	3. Cloaked in Light	3. Secret
	4. Covert	4. Stealth
	5. Deeply Hidden	5. Top Secret
Row 2	1. Hidden	1. Ultra Secret
	2. Hidden Inherited	2. Unacknowledged
	3. Illusionary	3. Undercover
	4. Incognito	4. Undetected
	5. Inherited	5. Unfathomable
Row 3	1. Insulated	1. Unfound
	2. In-Utero	2. Unimaginable
	3. Invisible	3. Unmentionable
	4. Never to Be Discovered	4. Unreachable
	5. Never to Be Found	5. Unseen
Row 4	1. Never to Be Released	1. Unspeakable
	2. Never to Be Seen	2. Unthinkable
	3. Past-Life	3. Unknown
	4. Private	4. Other

We may ask *“Is there anything present at any level?”* without repeating the whole list.

LAHM Fifteen Chakra Diagram

15 **Solar Junction**
Very top of the 5D Chakra system

14 **Stellar Gateway**
One to two feet above the Head

13 **Soul Star**
About 12 inches about the Head

12 **Causal**
Behind the Crown Chakra

7 **Crown**
At the top of the Head

6 **Brow/3rd Eye**
Center of the Forehead

11 **Alta Major**
At the atlas of the C1 Vertebrae

5 **Throat**
Center of the Throat

10 **Higher Heart**
Between the Heart and Throat

4 **Heart**
Center of the Chest

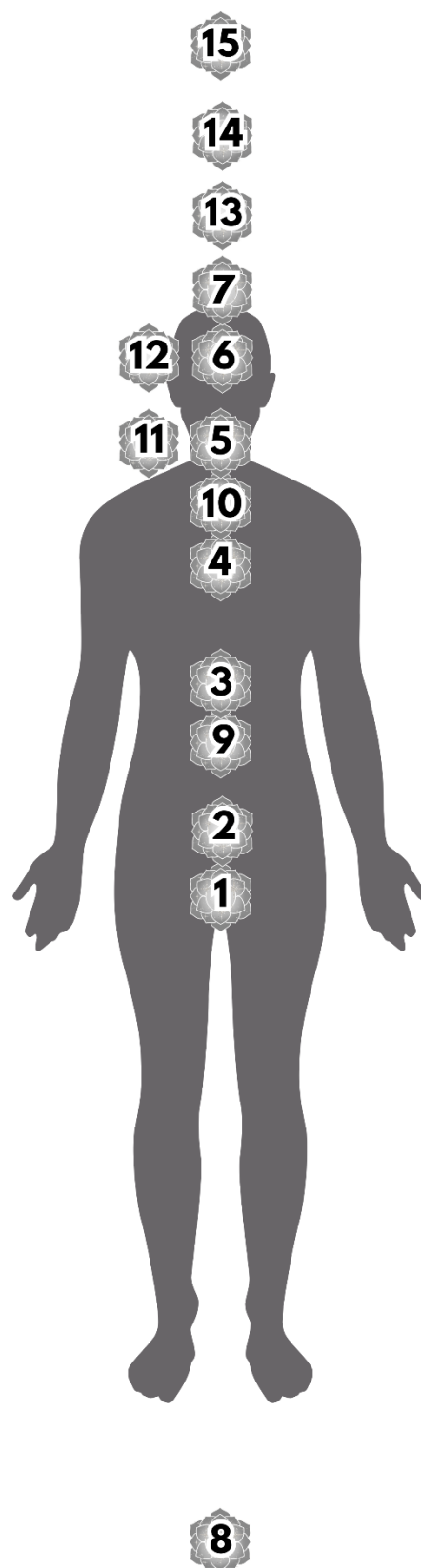
3 **Solar Plexus**
About two inches above the Navel

9 **Navel**
At the Navel (belly button)

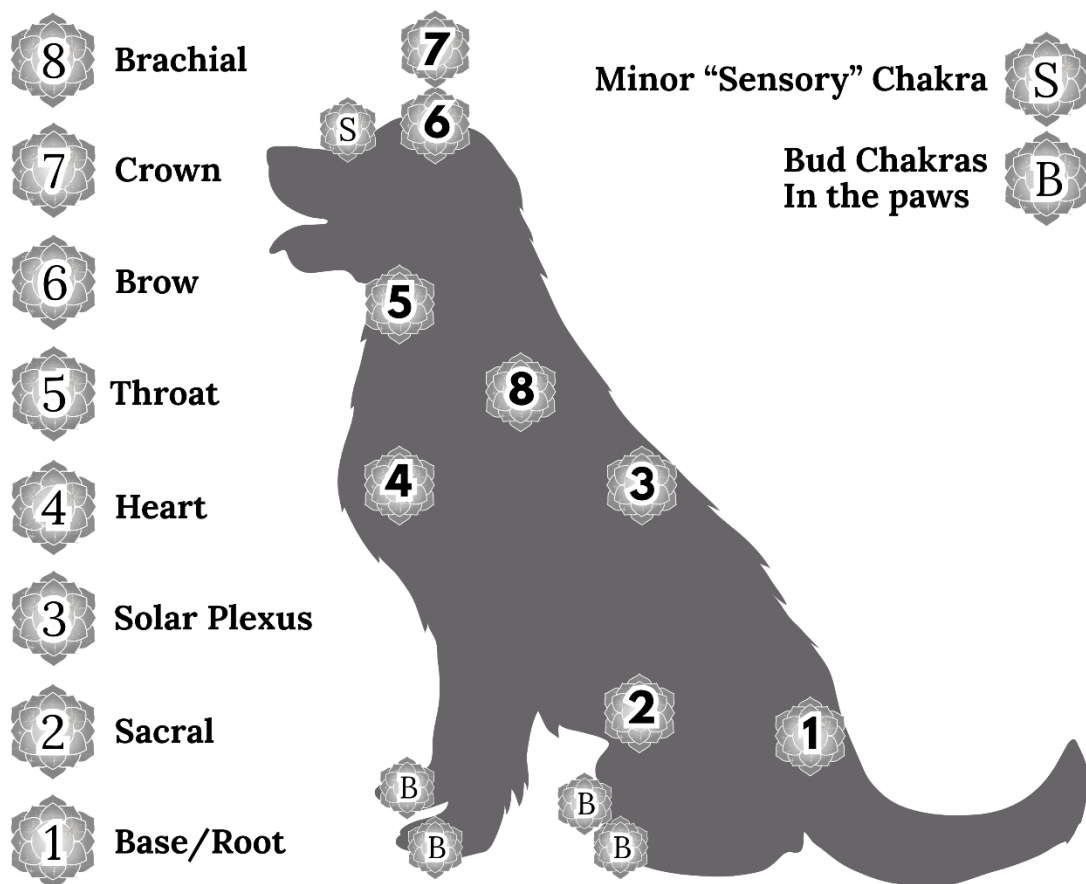
2 **Sacral**
In the Lower Abdomen

1 **Base/Root**
At the Coccyx (tailbone)

8 **Earth Star**
2-3 feet below the Feet



LAHM Animal Chakra Diagram



LAHM CHART OF FOCUSED INTENTIONS (1)

A. Most Important:		E. Abundance:	
1.	Name Clearing	1.	Ability to Manifest an Abundant Life
2.	Word Clearing [Includes Written and Spoken Word]	2.	Having a Balanced Relationship with Finances
3.	Self-Healing Ability	3.	Having Abundant Time
4.	Ability to Manifest	F. Physical Body Systems:	
5.	Ability to Receive Guidance/Inspiration	1.	Circulatory
6.	Action/Deed Clearing	2.	Integumentary - Hair
7.	Thought Clearing [Thinking at the Highest Vibrational Level]	3.	Integumentary - Skin
8.	Emotion Clearing [Emoting at the Highest Vibrational Level]	4.	Integumentary - Nails
9.	Will to be Sovereign	5.	Digestive
		6.	Urinary
B. Physical:		7.	Endocrine
1.	Having a Positive Body Image	8.	Skeletal
2.	Ability to Physically Rejuvenate	9.	Immune
3.	Having a Healthy Physical Constitution	10.	Lymphatic
4.	Having a Healthy Regard for and Care of the Physical Body	11.	Muscular
		12.	Endocannabinoid System
C. Physical Senses:		13.	Microbiome – Brain
1.	Sight	14.	Microbiome – Heart
2.	Hearing	15.	Microbiome - Gut
3.	Touch	16.	Respiratory
4.	Taste	17.	Nervous
5.	Voice	18.	Reproductive
6.	Smell	19.	Detoxification of Lungs
D. Energy Body:		20.	Detoxification of Liver
1.	Spirit Body	21.	Detoxification of Kidneys
2.	Chakras	22.	Detoxification of Skin
3.	Aura	23.	Detoxification of Lymphatic System
4.	Meridians	24.	Detoxification of Glymphatic System

LAHM CHART OF FOCUSED INTENTIONS (2)

G. Metaphysical:		
R O W 1	1. Alignment with Life Purpose	1. Ability to Embrace the Future
	2. Alignment with Personal Passion	2. Ability to Shine Your Light
	3. Alignment with Joy	3. Ability to be Flexible
	4. Alignment with Love	4. Happiness of Inner Child
	5. Alignment with Divine Light Energy	5. Ability to be an Excellent Healing Practitioner
	6. Alignment with Divinity	6. Being in the Flow of the Universe
	7. Alignment with Protection/Shielding	7. Belief in the Unlimited Potential of Energy Clearing
	8. Alignment with Unconditional Love	8. Drive [Motivation, Energy Level]
	9. Alignment with Empathy	9. Ability to Visualize
	10. Alignment with Worthiness	10. Ability to Release the Past
R O W 2	1. Alignment with Will to be Healed Energy	1. Alignment with “This is the Best Day of My Life”
	2. Alignment with the Highest Good	2. Alignment with Will to Thrive Energy
	3. Alignment with Miracles	3. Alignment with Trust
	4. Alignment with a Goal (Specify)	4. Alignment with Being Sovereign
	5. Alignment with Will to Heal Energy	5. Alignment with Healthy Self-Esteem
	6. Ability to Learn... [subject]	6. Alignment with Forgiveness
	7. Ability to Feel Your Feelings	7. Alignment with Peace
	8. Ability to Be Courageous	8. Alignment with Creativity
	9. Ability to Be Confident	9. Alignment with Family Harmony
	10. Ability to Have Beginner's Mind	10. Alignment with Fulfillment
R O W 3	1. Ability to Have Hard Conversations [Speak What Needs to Be Spoken]	1. Alignment with Curiosity
	2. Ability to Create and Maintain Healthy Boundaries	2. Alignment with Excitement
	3. Ability to Handle Adversity	3. Alignment with Strength
	4. Openness to Receive	4. Alignment with Justice
	5. Openness to Healthy Relationships	5. Alignment with Friendship
	6. Ability to Let Go [of What No Longer Serves Us]	6. Alignment with Harmony
	7. Ability to Develop Talents	7. Alignment with Humility
	8. Ability to be Decisive	8. Alignment with Faith
	9. Ability to be Optimistic	9. Alignment with Personal Sovereignty
	10. Ability to be Grounded	10. Other

Map of Consciousness

Developed By David R. Hawkins

	Name of Level	Energetic Log	Predominant Emotional State	View of Life	God-view	Process
Spiritual Paradigm	Enlightenment	700-1000	Ineffable	Is	Self	Pure Consciousness
	Peace	600	Bliss	Perfect	All-Being	Illumination
	Joy	540	Serenity	Complete	One	Transfiguration
	Love	500	Reverence	Benign	Loving	Revelation
Reason & Integrity	Reason	400	Understanding	Meaningful	Wise	Abstraction
	Acceptance	350	Forgiveness	Harmonious	Merciful	Transcendence
	Willingness	310	Optimism	Hopeful	Inspiring	Intention
	Neutrality	250	Trust	Satisfactory	Enabling	Release
Survival Paradigm	Courage	200	Affirmation	Feasible	Permitting	Empowerment
	Pride	175	Scorn	Demanding	Indifferent	Inflation
	Anger	150	Hate	Antagonistic	Vengeful	Aggression
	Desire	125	Craving	Disappointing	Denying	Enslavement
	Fear	100	Anxiety	Frightening	Punitive	Withdrawal
	Grief	75	Regret	Tragic	Disdainful	Despondency
	Apathy	50	Despair	Hopeless	Condemning	Abdication
	Guilt	30	Blame	Evil	Vindictive	Destruction
	Shame	20	Humiliation	Miserable	Despising	Elimination

LAHM MASTER CHART

(Clickable)

Column A

Column B

Pre-session Practitioner Self-Check

A. LAHM Self-Check

C. Muscle Testing Protocol

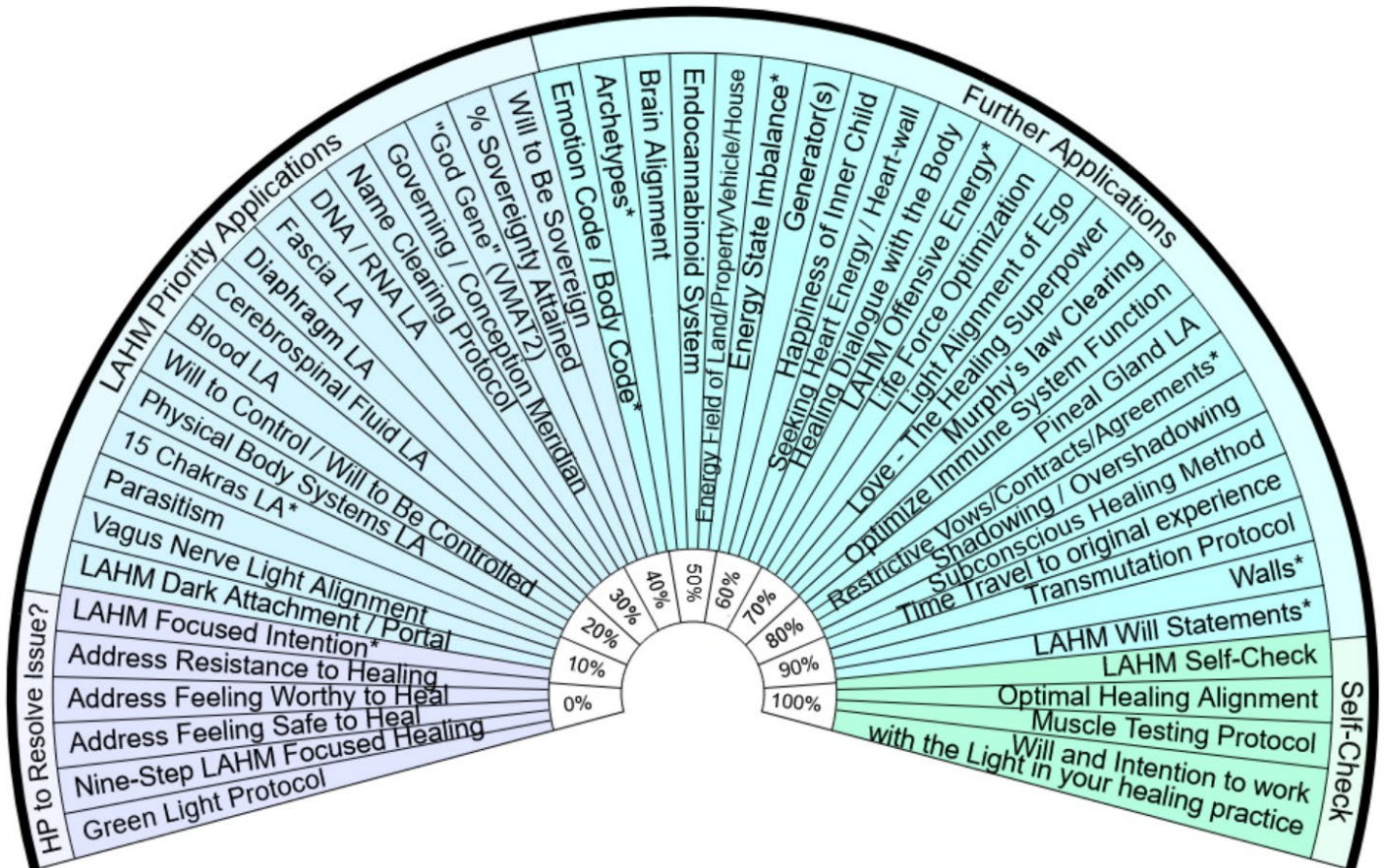
B. Optimal Healing Alignment

D. Will and Intention to work with the Light in your healing practice

Row 1	High Priority to resolve issue?:	Further Applications:
	1. Green Light	1. Emotion Code / Body Code / other
	2. Nine Step LAHM Focused Healing	2. Archetypes
	3. Address Feeling Safe Enough to Heal	3. Brain Alignment
	4. Address Feeling Worthy to Heal	4. Endocannabinoid System
	5. Address Resistance to Healing	5. Energy Field of Land/ Property/ Vehicle/ House
	6. Focused Intentions	6. Energy State Imbalance
Row 2	LAHM Priority Applications:	1. Family Energy Field
	1. LAHM Dark Attachment / Portal	2. Generator(s)
	2. Vagus Nerve Light Alignment	3. Happiness of Inner Child
	3. Parasitism	4. Healing Dialogue with the Body
	4. 15 Chakras Light Alignment	5. Heart-wall / Seeking Heart Energy
Row 3	1. Physical Body Systems LA	6. LAHM Offensive Energy
	2. Will to Control / Will to Be Controlled	1. Life Force Optimization
	3. Blood Light Alignment	2. Light Alignment of Ego
	4. Cerebrospinal Fluid Light Alignment	3. Love - The Healing Superpower
	5. Diaphragm Light Alignment	4. Murphy's law Clearing
	6. Fascia Light Alignment	5. Optimize Immune System Function
Row 4	1. DNA / RNA Light Alignment	6. Pineal Gland
	2. Name Clearing Protocol	7. Restrictive Vows/Contracts/Agreements
	3. Governing Meridian / Conception Meridian	1. Shadowing / Overshadowing
	4. "God gene" (VMAT2)	2. Subconscious Healing Method
	5. Sovereignty Attained	3. Time Travel to original experience
	6. Will to Be Sovereign	4. Transmutation Protocol
		5. Walls
		6. Will Statements

LAHM MASTER CHART

Pendulum Version



created with Subtil.net



LAHM OFFENSIVE ENERGIES CHART

(Clickable)

	Column A	Column B
Row 1	1. Abuse Energy	1. Helmet
	2. Alcohol / Drug Energy	2. Hook
	3. Alien	3. Implant
	4. Archetype	4. Jinx
	5. Body as a Billboard Sign	5. Karma
Row 2	1. Control	1. Life Force Decline
	2. Cord	2. Parasitic Attachment
	3. Curse	3. Numbness Energy
	4. Dark Attachment	4. Shadow
	5. Death Energy	5. Spell
Row 3	1. Entity	1. Tag / Tracking Device
	2. Failsafe	2. Trauma Energy
	3. Gaslighting	3. Trojan Horse
	4. Generational Curse	4. Wall
	5. Generator	5. Weapon

THE EMOTION CODE® CHART + LAHM Positive Qualities

	Column A	Column A LAHM Positive Qualities	Column B	Column B LAHM Positive Qualities
1 <i>Heart or Small Intestine</i>	ABANDONMENT	CONNECTION	EFFORT UNRECEIVED	VALIDATED
	BETRAYAL	FIDELITY	HEARTACHE	EXHILARATION
	FORLORN	CHEERFULNESS	INSECURITY	SECURITY
	LOST	DIRECTED	OVERJOY	JOY
	LOVE UNRECEIVED	LOVE RECEIVED	VULNERABILITY	SAFETY
2 <i>Spleen or Stomach</i>	ANXIETY	TRUST	FAILURE	SUCCESS
	DESPAIR	FAITH	HELPLESSNESS	STRENGTH
	DISGUST	APPROVAL	HOPELESSNESS	HOPEFULNESS
	NERVOUSNESS	CALM	LACK OF CONTROL	EMPOWERMENT
	WORRY	REASSURANCE	LOW SELF-ESTEEM	CONFIDENCE
3 <i>Lungs or Colon</i>	CRYING	RELEASE	CONFUSION	CLARITY
	DISCOURAGEMENT	COURAGE	DEFENSIVENESS	FLEXIBILITY
	REJECTION	HARMONY	GRIEF	ACCEPTANCE
	SADNESS	HAPPINESS	SELF-ABUSE	SELF-APPROVAL*
	SORROW	RELIEF	STUBBORNNESS	OPEN-MINDEDNESS
4 <i>Liver or Gallbladder</i>	ANGER	GENTLENESS	DEPRESSION	OPTIMISM
	BITTERNESS	GRATITUDE	FRUSTRATION	SATISFACTION
	GUILT	INNOCENCE	INDECISIVENESS	DECISIVENESS
	HATRED	AFFINITY	PANIC	COMPOSURE
	RESENTMENT	BENEVOLENCE	TAKEN FOR GRANTED	BEING APPRECIATED
5 <i>Kidneys or Bladder</i>	BLAMING	FORGIVENESS	CONFLICT	PEACE
	DREAD	POSITIVE EXPECTATION	CREATIVE INSECURITY	CREATIVITY
	FEAR	BRAVERY	TERROR	ASSURANCE
	HORROR	SERENITY	UNSUPPORTED	SUPPORT
	PEEVED	TRANQUILITY	WISHY WASHY	RESILIENCE
6 <i>Glands or Sexual Organs</i>	HUMILIATION	PRAISE	PRIDE	HUMILITY
	JEALOUSY	ADMIRATION	SHAME	FREEDOM
	LONGING	CONTENTMENT	SHOCK	COMFORT
	LUST	RESTRAINT	UNWORTHY	WORTHINESS
	OVERWHELM	BALANCE	WORTHLESS	VALUE

*May also add... SELF-LOVE or SELF-CARE

PRIORITY LIST OF LAHM APPLICATIONS

(Clickable)

COLUMN A	COLUMN B	COLUMN C
1. Vagus Nerve Light Alignment	1. Blood Light Alignment	1. Name Clearing Protocol
2. Parasitism Protocol	2. Cerebrospinal Fluid Light Alignment	2. Governing / Conception Meridian
3. 15 Chakras Light Alignment	3. Diaphragm Light Alignment	3. "God gene" (VMAT2)
4. Physical Body Systems Light Alignment	4. Fascia Light Alignment	4. Will to Be Sovereign - clear to 100%
5. Will to Control / Will to Be Controlled	5. DNA / RNA Light Alignment	5. Sovereignty Attained - clear to 100%

LAHM RESTRICTIVE VOWS, CONTRACTS, AGREEMENTS

	Column A	Column B
Row 1	1. Obedience	1. Self-Punishment
	2. Poverty	2. Penance
	3. Sacrifice	3. Chastity
	4. Secrecy	4. Celibacy
Row 2	1. Silence	1. Being Under a Spell
	2. Invisibility	2. Cult Affiliation
	3. Infirmity	3. Political Affiliation
	4. Over Giving	4. Perfectionism
	5. Criticism	5. Never Compromise
Row 3	1. Allowing Self to Be Deceived	1. I Will Always Bow to Authority
	2. Seduction / Conquest	2. Must Do Everything Myself
	3. I'll Never Be Able to Do This*	3. Give Hospitality to All
	4. I Can't Do This*	4. Revenge
	5. Healer able to help others but not self	5. I Will Always Do Everything Myself
Row 4	1. Believing Everything I Am Told	1. Promise: "I Will Always..."
	2. Never Be Loved / Never Feel in Love	2. Pact: "We will Always..."
	3. Marriage Vow to Previous Partner	3. Pre-Birth Soul-to-Soul Agreement
	4. I Will Never Marry / I Will Never Marry Again	4. Contract to Serve a Controlling Master

*Replace with: I can do this!



WALLS

ROW	COLUMN A	COLUMN B	COLUMN C
1	Integumentary Urinary / Renal Skeletal	Pituitary Cerebrum Cerebellum	Income Success Luck
2	Muscular Respiratory Reproductive	Thalamus Pineal Amygdala	Financial Abundance Prosperity
3	Circulatory Cardiovascular Digestive	Uterus Stomach Spleen	Money Relationship Memory
4	Endocrine Immune Lymphatic	Small Intestine Lungs Liver	Love Intimacy Sex
5	Nervous Meridian Hormone/Hormone Production	Bladder Colon Gallbladder	Earth Star (feet) Chakra Root Chakra Sacral Chakra
6	Thyroid Thymus Testicles	Rectum Heart Ileocecal Valve	Solar Plexus Chakra Heart Chakra Throat Chakra
7	Prostate Pituitary Adrenals	Interestitium Gut Lining Brain-gut Axis	Brow Chakra Crown Chakra 8 Morphogenetic Chakras
8	Ovaries Pancreas Parathyroid	Kidneys Body Health	Aura Ethereic Body Emotional Body
9	Brain Brain Stem Hypothalamus	Job Employment Career	Mental Body Astral Body Etherical Template
10	Blood-brain Barrier Fascia Toxins	Business Client Skills	Celestial Body Ketheric Template Intuitive Body
11	Parasite Pathogen Cancer	School Building Post Traumatic	Spiritual Energetic Crystal Body
12	Named Specific Disease Nutritional Body DNA / RNA	Behaviour Psychological Emotional	Electrical Body Universal Time Matrix Conscious Mind
13	Eyes / Vision Ears / Hearing ADD / ADHD	Network Travelling Offensive	Sub-conscious Mind Super Sub-conscious Mind Isolation
14	Allergy / Intolerance Addiction Pain	Family Inner Child Creativity	Regret Isolation Exclusion
15	Autism Ability to _____	Learning Stress	Forgiveness Gratitude

LAHM WILL STATEMENTS

Column A

Column B

Row 1	1. Will to Clear the Energy of My Name	1. Will to Love What I Do and Do What I Love
	2. Will to Clear the Energy of My Word	2. Will to Create Healthy Relationships
	3. Will to Clear the Energy of My Thoughts	3. Will to Receive
	4. Will to Clear the Energy of My Actions	4. Will to Receive Inspiration and Guidance
	5. Will to Clear the Energy of My Emotions	5. Will to Manifest
	6. Will to Be Healed	6. Will to Let Go
	7. Will to Move Forward	7. Will to Be Decisive
	8. Will to Develop My Full Potential	8. Will to Be Optimistic
	9. Will to Handle Adversity	9. Will to Have a Thriving Practice
Row 2	1. Will to Know My Life Purpose	1. Will to Be Grounded
	2. Will to Love and Be Loved	2. Will to Release the Past
	3. Will to Manifest the Highest Good	3. Will to Live in the Here and Now
	4. Will to Thrive	4. Will to Be Flexible
	5. Will to Be Sovereign	5. Will to Shine My Light
	6. Will to Be Abundant	6. Will to Be Motivated
	7. Will to Be One with the Light	7. Will to Be Creative
	8. Will to Forgive and Be Forgiven	8. Will to Be at Peace
	9. Will to Facilitate Profound Shifts with My Energy Work	9. Will to Connect with My Clients On A Soul Level
Row 3	1. Will to Be Joyful	1. Will to Have Discernment
	2. Will to Embrace Life	2. Will to Visualize
	3. Will to Be Enlightened	3. Will to Know My Worth
	4. Will to Learn	4. Will to Love My Physical Body
	5. Will to Feel My Feelings	5. Will to Be Financially Abundant
	6. Will to Be Confident	6. Will to Have Abundant Time
	7. Will to Speak My Truth	7. Will to be Kind to Myself
	8. Will to Create and Maintain Healthy Boundaries	8. Other

NEGATIVE AND OFFENSIVE ENERGIES

- GUIDE AND CHART

Here is the LAHM practitioner's guide to negative and offensive energies. These energies are briefly described here, and can be found in the chart for quick reference.

Most of these energies result from dark attachment, be sure to clear the dark attachment (and portal, if any) before clearing the specific energy found.

Abuse Energy—Energy resulting from having experienced abuse, trauma, and violence.

Alcohol Energy—Energy from excessive alcohol consumption: this can result from the individual themselves, from close contact with others, being in an alcoholic environment, or ancestral. It is not surprising that we refer to hard liquor as “spirits”.

Alien—An energy received from an extra-terrestrial source.

Archetype—A pattern which a person follows and defines their life and behavior.

Body as a Billboard Sign—Similar to a broadcast message, this is a blatant message in the energy field, branding a person a certain way—as a victim, for example.

Control—Control is the dark side's purpose: to override someone's Free Will. A person may be under the control of another, or controlling someone else. See *Freedom From Overshadowing Protocol*.

Cord—An energetic cord is a connection to a person's field from another person or entity. It usually is chakra-to-chakra, and has a sender and a receiver. Cords are sent to influence or attach to another person, and we can find particular emotions within a cord. When a cord is removed, repair the chakra where the cord was attached.

Curse—Sent by an entity or person, a curse is put upon another to prevent their Highest Good, such as spiritual development or prosperity. Send Light and love to sender when a curse is removed.

Dark Attachment—The most important energy on the list! Dark attachments underlie most of the energies listed here. Remove this source of dark energy and see other offensive energies start to wither.

Death Energy—Dying people emanate death energy as they decline, and finally exit their body. Care must be taken to not absorb death energy when we are around them. Death energy is also generated by violent video games and movies. The dark side revels in death, the Light supports life.

Drug Energy—Energy from consumption of drugs, prescription or recreational. This can result from the individual's personal consumption, from close contact with other users, being in a drug-filled environment, or ancestral.

Entity—When an entity is indicated, check if it is a disembodied spirit, or a dark entity. Disembodied (earthbound) spirits sometimes drift in when they detect an energy session in progress, and may be seeking help to move into the Light. Sometimes they are hidden in someone's field and can be released. Dark entity attachment is much rarer than it used to be.

Failsafe—An intention to defeat efforts at healing, and reinforce an imbalance.

Gaslighting—The impact that results from being deliberately lied to, or gaslighted. This can damage one's very sense of reality. The name comes from the movie "Gaslight" wherein a husband intentionally drives his wife insane.

Generational Curse—A curse passed down through the generations, also known as an ancestral, family, or hereditary curse. Example: a curse placed upon all the females in the family line.

Generator—When a particular trapped emotion shows up repeatedly, there may be a generator of that emotion.

Helmet—A person may be wearing an energetic helmet with a particular emotion embedded. This influences their vibration, such as in wearing a helmet of shame.

Hook—Similar to a cord, a hook is sent to draw another person to the sender.

Implant—May be physical (from abduction) or energetic (from an entity or person). Remove and heal the energy field after.

Jinx—A curse placed upon oneself. "I'm a jinx."

Karma—Karmic debt can cause energy imbalances. Check if it is possible to clear and forgive karmic debt.

Life Force Decline—When a person's Life Force declines, we look for the underlying cause so it can be elevated.

Parasitic Attachment—When energy is being taken by a parasite. See release protocol.

Numbness Energy—Also known as zombie energy, this results when a person's Life Force gets taken by another person or entity. This may or may not happen with consent. "You belong to me," and "You will do as I say," are messages found with this energy.

Shadow—Being controlled by another's shadow. See *Freedom From Overshadowing Protocol*.

Spell—Control exerted by a spellcaster (example: Disney) to influence behavior and submission.

Tag / Tracking Device—Placed in an energy field, a tag, or tracking device, identifies someone a certain way. For example, an energy worker may be tagged as a threat to the dark side, and attempts will be made to derail their work. A jealous spouse may tag their partner to keep them under control.

Trauma Energy—Residual energy from trauma and shock.

Trojan Horse—An energy that is taken in which appears to be beneficial, but whose intention is actually harmful.

Wall—Walls are defensive structures in the field.

Weapon—Energy weapons are placed in the field (usually into a chakra) to harm another, often sent in anger. Common weapons are: ball and chain, blindfold, gag, gunshot, kick, knife, punch. Once the weapon is removed, check if the aura has damage, and repair by Intention with Light and love. Also intend Light and love for the sender of the weapon.

Bless you and your sovereignty—removing these energies is making a big difference in raising the consciousness of humanity!

PRIORITY LIST OF LAHM APPLICATIONS

Begin the session as usual with checking dark attachments*, Life Force, Light Alignment, and Free Will. Then look over this priority list and ask if anything should be cleared for you or your client. These areas have been shown to result in impressive shifts, in our experience.

1. Vagus Nerve Light Alignment

- a. The longest of all the nerves, the vagus nerve goes from the brain down into the abdomen. It governs the “rest and digest” body functions.
- b. Clear to 100% Light Alignment.
- c. Ensure the Vagus Nerve is 100% fully connected to the brain.

2. Parasitism protocol ([link](#))

- a. Any connection with the dark side is really a question of parasitism. The dark side has cut itself off from the Light, the source of all energy, and so must parasite energy from us.

3. Deep 15 Chakras Light Alignment protocol ([link](#))

4. Physical Body Systems (Body Code) protocol ([link](#))

- a. Body systems as they are listed in the Body Code.
- b. Add the Endocannabinoid system which is not included in the Body Code.

5. Control: will to control, or will to be controlled

- a. Control is toxic, it is not the way of the Light, and should be addressed if present.
- b. Ask: “Is the Client being controlled by somebody?”
- c. If yes, decode who, and clear the relationship field.
- d. Check their will to be controlled, clear to zero.
- e. Ask: “Does the client have the will to control somebody?”
- f. Clear the underlying energetic causes to zero.

6. Blood Light Alignment

- a. Our blood may contain toxins, trapped emotions, ancestral energies.
- b. Check the Light Alignment of the blood, clear, and bring to 100%.

7. Cerebrospinal Fluid Light Alignment

- a. Cerebrospinal Fluid (CSF) is produced by the brain. This fluid flows all the way down the spinal column to the sacrum, and travels back up to the brain.
- b. Check the Light Alignment of the cerebrospinal fluid, clear and bring to 100%.

8. Diaphragm Light Alignment ([link](#))

- a. The thoracic diaphragm is the internal skeletal muscle, the main muscle of respiration. Check its Light Alignment and bring it to 100%.

9. Fascia Light Alignment

- a. Fascia is the supportive and connective tissue found throughout the body, it can become distorted or twisted due to emotional or physical stress. Check its Light Alignment and bring it to 100%.

10. DNA and RNA

- a. DNA and RNA are ancestral, and the building blocks of who we are.
- b. Check the Light Alignment of the DNA, clear and bring to 100%
- c. Check the Light Alignment of the RNA, clear and bring to 100%

11. Name Clearing protocol

A simple and impactful shift here. If your name has a low energy vibration, people instinctively pick up on it and will not engage with you in a really healthy way. When your name is cleared, and 100% aligned with the Light, it shines! See *protocol* [here](#).

12. Governing Meridian and Conception Meridian protocols

- a. The Governing Meridian (GM) is an important extraordinary meridian, storing yang energy, and regulating the yang meridians. ([link](#))
- b. The Conception Meridian (CM) is another vital extraordinary meridian, storing yin energy, and balancing the yin meridians. ([link](#))
- c. Is the meridian blocked? Switched? Inverted? Dispersed? If yes, use the corrective statement to rebalance the energy flow.
- d. Clear all associated energies from the GM and CM until they are 100% aligned with the Light.

13. The “God gene” (VMAT2)

The “God gene” predisposes humans towards spiritual or mystic experiences, providing individuals with an innate sense of optimism. Check and clear the VMAT2 gene to 100% alignment with the Light.

14. Check and clear Will to be Sovereign

Personal sovereignty is essential to the Divine Plan for humanity; it is the goal of LAHM for us to realize our sovereignty. Check and clear Will to be sovereign to 100% alignment with the Light.

15. Check Sovereignty Attained

Check and clear obstacles to 100% *Sovereignty Attained* by the individual.

**In our opinion, clearing dark attachment is the most important discovery and impactful application of the Light Alignment Healing Method. See Protocol [here](#).*