

# The Spirit Release Forum



## PRAYER/SCRIPT FOR RELEASING NEGATIVE ENTITIES

### Introduction

The following script based on Caroline Burton's prayer is suggested for removing negative attachments and entities. It is set out as an induction, where a therapist can take a client through the process. If you wish to use this as a meditation/prayer then you can either memorise the stages or record the words, amending them as you feel appropriate and then play these back to yourself.

The term that has been used for connecting through to your highest power and wisdom is your 'Higher Self'. You could, as an alternative, use the words 'Highest Self' or 'Divine Self', whichever seems most appropriate to you.

### Induction

Gently closing your eyes....feel the weight of your body on the chair and your feet on the ground....as you become more and more comfortable become aware of your breathing....and when you're ready just gently lengthen that out-breath until you can imagine breathing right down your body and out through your feet....imagining your out-breath like a wonderful relaxing sigh....as you let go of any unnecessary tension or tightness in any of your muscles or joints....this is your time to relax....and noticing that moment of stillness just at the end of your out-breath....for that moment before you breathe in again....allow your mind and emotions to be an equally still place....just for that moment....

...now ask your Divine or Higher Self (HS) to help you access the level within for clearing any negative attachments, entities or beings that are not working to achieve your highest good....

...now imagine that there is a light within you that represents your inner wise self.... connect to that light.... feel its energy.... what do you sense when you do this?.... now imagine that the Sun, a star or a brilliant Light is shining above your head...this is a symbol of your Highest Wisdom, your HS... ask your HS to send a beam of pure Light down through the top of your head and linking to the light within you... what do you experience when you do this? .... ask your HS, your 'Highest Wisdom' to help you through this coming session.... now ask your guides and soul group helpers to assist you in the process of release....

...now ask your HS to help you access the level within for clearing any negative attachments, entities or beings that are not working to achieve your highest good....

### Release Session

...from the link with your HS ask this aspect to send a thought of connection to all of your sub-personalities or soul fragments wherever they might be..... then affirm within or without whatever you choose the following words, which you will need to repeat three times....

...Please assist me to terminate now, with immediate effect, all deals, contracts and agreements, I have made at any time, with earthbound spirits, dark souls, evil, darkness, low lying or dark energies or entities...(repeat this phrase)

...Please assist me to terminate now, with immediate effect, all deals, contracts and agreements, I have made at any time, with earthbound spirits, dark souls, evil, darkness, low lying or dark energies or entities....(repeat a third time)

...Please assist me to terminate now, with immediate effect, all deals, contracts and agreements, I have made at any time, with earthbound spirits, dark souls, evil, darkness, low lying or dark energies or entities...

... now strongly affirm:

**'THEY ARE TERMINATED NOW'**.

**'THEY ARE TERMINATED NOW'**.

**'THEY ARE TERMINATED NOW'**.

...See the energy from your HS moving to connect to all aspects of your psyche to terminate any contracts, deals or agreements that you might have made at anytime in this life or any other life....

Next repeat inwardly three times....

...please remove any energy markers, tabs, anchors or devices placed in my souls energy for access to me or any other purpose except those that serve my highest interests....

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...please remove any energy markers, tabs, anchors or devices placed in my souls energy for access to me or any other purpose except those that serve my highest interests....

... now strongly affirm:

**'THEY ARE REMOVED NOW'**

**'THEY ARE REMOVED NOW'**

**'THEY ARE REMOVED NOW'**

...See the energy from your HS, as a brilliant Light, connecting to all aspects of your psyche to remove any tabs, anchors or devices that might have been inserted into your being at any time....

Next repeat inwardly three times....

...Please also remove any other energy inside me or around me, that is not in my highest interests....

...Please also remove any other energy inside me or around me, that is not in my highest interests....

...Please also remove any other energy inside me or around me, that is not in my highest interests....

... now strongly affirm:

**'THEY ARE REMOVED NOW'**

**'THEY ARE REMOVED NOW'**

**'THEY ARE REMOVED NOW'**

...now see the energy from my HS moving to connect to all aspects of yourself to remove any other energy inside of you that is not in your highest interest....

Next repeat inwardly....

...Please do whatever is necessary to protect me and my body and prevent my energy field from being invaded or attached to by any source that is not acting in my highest interests....

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...Please do whatever is necessary to protect me and my body and prevent my energy field from being invaded or attached to by any source that is not acting in my highest interests....

... now strongly affirm:

**'I AM PROTECTED NOW'**

**'I AM PROTECTED NOW'**

**'I AM PROTECTED NOW'**

...now see the energy from your HS moving to connect to all aspects of your being to cleanse and protect to all aspects of your psyche....

Next repeat inwardly....

...Please protect my home, garden and car from any negative activities whatsoever by earthbound spirits, dark souls, evil, darkness, low lying or dark energies or entities....

... now strongly affirm:

**'THEY ARE PROTECTED NOW'**

**'THEY ARE PROTECTED NOW'**

**'THEY ARE PROTECTED NOW'**

...see the energy from your HS moving to connect to protect all aspects of your environment....

Now affirm....I request my HS to give me healing so that I may be restored to my highest nature....

...Please remove any past lives energy which is holding me back from experiencing my fullest potential....

...Please give me advice and guidance when you believe I need it for my evolution or protection....

...Please enable me to be of service to those acting in the highest interests of humanity, the Earth and the Universe....

...I give my very grateful thanks to all beings that have assisted me in this process....

## **Emergence**

Now everything has been completed you need to return back into normal waking consciousness... imagine that you are travelling back up to the normal level of conscious awareness...

.... thank your HS and any guides and helpers that have been with you during this process....

...feel yourself coming fully back here in the present, feeling good, feeling grounded and more optimistic than you have felt in a long, long time.... Feeling the energy, muscle tone and vitality coming back into your arms and legs... Feeling the energy, muscle tone and vitality coming back into the rest of your body.... Wriggling your fingers and toes.... Open your eyes.....