

Here are some Reality Statements that others have used.



Writing your own is most powerful for you. You will notice that the words used are unique to a variety of individuals.

Describe your ideal world as if you are experiencing it now. You are declaring the "outcome". You are not claiming 'what is now'.

Write each sentence using personal and present tense, i.e., "I am," or "I now am...."

- I am experiencing life in my authenticity of light-hearted, playful, creative space.
- I connect with others in playful, joyful and generous ways.
- I am security, strong, compassion and able to pursue my interests in confidence.
- I have a team of strong, loving, clear and joyfilled Beings of Light that are totally committed to my experience of sovereignty and Good/Love.
- I am in the hands of Divine Love where that which seems impossible is dissolved and doors open where there were none.
- I give great thanks for my opportunities on this physical planet.

- The commitment and focus of my Spiritual teachers and guides are based on our greater family's agenda which is to experience all aspects of our Divine Nature of Good.
- The information from the unseen worlds comes with clarity, sovereignty, wisdom, balance, Good, joy and accuracy for my Highest Good.
- From this moment, I am directly experiencing the support of balanced, generous, whole energy fields. I sense the clarity of our Divine Home frequency and the messages come to me untainted by past imbalance, disease or danger.
- I place the energy world of chaos, fear and upheaval into the hands of Divine Love and ask that those involved to moved to a space in which they can be awakened, reminded and restored to their true nature of Good.
- I forgive myself of all labels and judgments that have or would keep me tied to a world that is dis-eased. My journey with dark is ended.
- I move easily and gracefully through the change from my life of service with heavy burdens into a life that is an example of wellness, joy and generosity.
- I am in a world that encourages and values the female vision, experience and voice.
- Women keep each other and all life safe as is their right and mission.
- All forms of control and usury are not from our Greater Family's agenda and are returned to their home of origin.
- I forgive..... for all hurts, real or imagined and dissolve cords of anger, fear or victim. We are all placed into the space of Divine Good /Love where what seems impossible is transformed and doors open where there were none.
- Women in my world are in the excitement of reconnecting to their original Self of Good.
- As women stand in authentic Presences of Good and design our world in their image, men are free to self-correct to their original power of love and nurturing.
- I am a team member in causing safety and good to prevail.
- My spiritual guides and teacher come to me with stability, uplifting energy and reciprocal blessings as exchange for me work for the Greater.

- All doors to my new possibility, intention, and realities open and draw me through.
- I know I hold command space for change. It is done in all space.
- I am clear about the need to bring the sensitivity of discernment to life adventures to remove all forms of Domination energies.
- I treat my physical body suit with the care it needs for the stable, healthy, loving home it is for my soul.
- In the face of escalating domination, I strength and expand all the power of Heaven and the domination dissolves
- With any sensation of danger, discounting, or power over, I sift to clarity, hold clear heavenly connections and declare NOT IN MY SPACE! (DEEP Six)
- My life is safe because I set boundaries which are respected.
- I forgive myself for all hurts, real or imagined, that others have felt from me in this or any lifetime.
- I forgive.. (name or group) for all hurts, real or imagined, that I have felt from them/him/her in this or any lifetime.
- Women in my world are safe as they play and create fearlessly because they hear all signals of dominating outsider influence and have zero tolerance for such presence.
- I forgive myself for all hurts and entrapments, real or imagined, that others have felt from me in this or any lifetime.
- I forgive.. (name or group) for all hurts and entrapments, real or imagined, that I have felt from them/him/her in this or any lifetime.
- I place myself and into the hands of those of Divine Good and ask that we each be moved into our next highest and best expression of Wholeness.
- With generosity, I eliminate any "label" I had placed on and call for the truth of Good to shine into life experiences.
- I am the Soul who owns/has stewardship over my body, space, home, land, creations.
- I step more fully and safely into an expansion of my life.
- In this new reformed Star family design door for me next highest expression open wide and draw me through.

- I place my mom into the hands of Divine Good and interact with that team in the love I have her.
- I am a part of a relay team who are all working for a Good Outcome. We take turns resting, and "racing". We are balanced.
- All those who kept me safe in the endless cultures of domination and dismissal are not freed to live in the safety , creatively and love that I have designed and activated.
- All doors and contracts no longer needed for limit and safety are fulfilled and dismantled. I love the life I am creating on this planet.
- My life plan has been updated to eliminate a specific time for leaving this physical bodysuit.
- I have unlimited time to experience all that the earth has to offer and I have to give.
- I have heard the cries of my circle of sisters through my physical body / hip.
- I have answered the cries with love and release.
- My movements through life are smooth, safe, and joy-filled.
- I let go of all that no longer serves me and walk through the new doors that expands my life of love, stability, and joy.
- I have built my life around generosity, honesty, compassion, healed thinking, and creative solutions.
- My spiritual teachers reflect the qualities of my divine family which are:
- I am safe
- I am in a community of support and health
- Doors to the Good I want in my life are opening to me
- The Good of the world surrounds me
- I own my space, life, and gifts.
- All Female body suits have the program of authority voice for change downloaded and activated.
- I own my space, life, and gifts.
- I resonate and rest in the joy of all life forms of Light on this planet.
- I know and reflect my ancestral mothers in their strength, vision, magic, music and joy.

- I choose to know the strength, vision, magic, music, and joy of my ancestral mothers.
- I am seen as a competent, stable, steady mother and person.
- Mother's and grandmother's voices, vision are respected and honored.
- I am a presence of curiosity, discernment and authority in a web of life emerging with all aspects of Good.
- Gaia, Sophia, and Grace are three guides I can rely on.
- I listen to my intuitive discernment and eliminate and heal what is, has, or would deceive and harm me and those I love. I am Safe.
- All of the heart energy of those healthy males surround me in safe and guided travel.
- The individuals and situations in my live easily shifted and transformed to create a culture of trust, integrity, mutual benefit, and loving stability for all, including myself and.....
- All of the components for my physical health and vitality present themselves to me.
- My healing team strengthens my tenacity and expands my energy.
- Women can speak truth and full information with hope and safety because we are brilliant enough to create solutions with others of like mind.
- My body, cells, organs, systems have the protection for the healthy cells with the strength to stand firm and recover vibrant energy supported by the Evolutionary Blueprint.
- My brain is strong, vibrant with brilliant reactions of sharp memory, effective filing and recall
- My body efficiently and effectively sends and uses all of the nutrients in the appropriate places.
- My organs and systems absorb and use all nutrients, including calcium, and they bring strength and wellness to my physical bodysuit.
- Our world is designed to value, respect and implement women's visions, voices and declaration for exclusive Good.
- I am a Presence of: _____. The patterns (what are the qualities and values that you bring / are determined to bring into your experiences.