

The Dissolving Shield Method

In a comfortable sitting position, (with eyes open or closed) and say the following mantra:

I dissolve any hooks, entities, psychic attacks, tricksters, whisps, agreements, contracts known or unknown, in all dimensions, on all levels, in all bodies, throughout all time and space, past, present and future, for all eternity. I clear anything and everything that is not in alignment with my greatest purpose or my highest good now and forevermore.

So Be It and So It Is.

Thank you God.

This will clear negative energies that may be impacting your health and will help protect you during the day. Do this as often as required.

With Love,

Gisèle