

## CHAPTER 2 WORKSHEET

### INTENTION AND THOUGHTFORM TRANSMUTATION











#### QUESTIONS FROM THE MATERIALS

<p><b>1. Who am I still holding grudges against, from traumatic incidents or rejection in this lifetime?</b> Use another worksheet so that all that one bears grudges about is acknowledged.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to forgive the above persons in full balancing the scales of karma between us. I intend to forgive our ancestors for the related experiences throughout time and space and form upon Earth. I intend that my ancestors forgive along with me balancing the scales in full.</i></p>
<p><b>2. Who have you rejected in this lifetime?</b> One may have taken information and knowledge from those that one has rejected. Rejection can include those that one left behind that one was close to as one moved, or due to other circumstances one had seemingly no say over in one's life.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to return any information belonging to the individuals that I have rejected in this life over time. I intend to return any ancestral information that my ancestors took from those that they rejected in their lifetimes. I intend to balance the scales in the associated karma in full and cease to take from others that I choose not to affiliate with again into the future.</i></p>

<p><b>3. Who has rejected you in this lifetime?</b> One can lose information to those that have rejected oneself in any manner in this lifetime, including friends, family, schoolteachers, employers or other acquaintances. One can also lose information as another family member or one that one is close to dies.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend retrieve any information belonging to the individuals that have rejected me this lifetime. I intend to retrieve any ancestral information that my ancestors lost to those that rejected them in their lifetimes. I intend to balance the scales in the associated karma in full and cease to give to others that reject for any seeming reason in the life dance. Rejection is not rejection; it is only the result of karmic completion in the life dance. I intend to complete with all other non-ascending humans that I know in this lifetime. I intend the birth of new ascending friends and community.</i></p>
<p><b>NOTES</b></p>	

<p><b>4. Who have I programmed in this lifetime?</b> Use a separate sheet if necessary. Those who program others are gifted magicians in the unconscious. However programming creates karma and does not allow the other to ascend.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend retrieve all programming that I have laid into others in the life dance to date. I intend to push others into the role of holding programs that others rely upon to sustain their sanity. I intend to cease programming others from this point forward and choose to trigger and support ascension instead.</i></p>
<p><b>5. Who has programmed me in this lifetime?</b> Use a separate sheet if necessary. Those who program have programmed you over time has held you in a particular set of polarity thoughtform that requires transmutation in order for the Language of Light to take hold in one's ascending field and biology.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to return all programming that have been laid into me over time layer by layer as I am ready to release the associated fear based beliefs. I intend to block others or the media from laying in new fear based programming into my field. I intend to anchor guardians to block any programming from being laid into my field into the future ( unless there is karma to justify it). I intend to release all karma for programming and being programmed in my ancestry.</i></p>

<p><b>6. Who in my current life dance is non-supportive of my goal to ascend? Use a separate sheet to list others if need be.</b></p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to learn the spiritual lessons that the difficult humans reflect in my life dance. I intend to complete in full with each of the above individuals balancing the scales of ancestral karma between us. I intend to let go of any association that prevents my continued ascent. If I cannot complete in the release, I intend to create others of less intimate relationships to complete the associated difficult karma with.</i></p>	
<p><b>7. Muscle test or pendulum the Language of Light that one has integrated into the field to date at one's current level of ascent. We only list the 10 base notes here. One can go through the entire scale, however the first 10 provide the tones that are combined to create the following 48 base notes and 144 notes in the full scale.</b></p>	<div data-bbox="740 1026 849 1134"></div> <div data-bbox="714 1131 873 1165">Forgiveness</div> <div data-bbox="740 1165 849 1272"></div> <div data-bbox="727 1270 859 1304">Structure</div> <div data-bbox="740 1304 849 1411"></div> <div data-bbox="750 1411 834 1442">Power</div> <div data-bbox="740 1442 849 1549"></div> <div data-bbox="711 1547 876 1581">Compassion</div> <div data-bbox="740 1581 849 1688"></div> <div data-bbox="701 1686 886 1719">Breath of Life</div>	<div data-bbox="1133 1026 1252 1134"></div> <div data-bbox="1047 1131 1341 1171">Non-Conditional Love</div> <div data-bbox="1133 1165 1252 1272"></div> <div data-bbox="1128 1270 1255 1306">Freedom</div> <div data-bbox="1133 1304 1252 1411"></div> <div data-bbox="1101 1411 1284 1444">Divine Union</div> <div data-bbox="1133 1442 1252 1549"></div> <div data-bbox="1149 1547 1235 1581">Unity</div> <div data-bbox="1133 1581 1252 1688"></div> <div data-bbox="1000 1686 1390 1738">Non-Conditional Governance</div>

<p>8. <b>Muscle test or pendulum the Language of Light that one recurrently loses either entirely or portions of.</b> Each note of the Language of Light has a range of color, sound and movement within it. Intend to retrieve the missing notes and portions of notes in the scale now.</p>	<div><p>Forgiveness</p><p>Structure</p><p>Power</p><p>Compassion</p><p>Breath of Life</p></div>	<div><p>Non-Conditional Love</p><p>Freedom</p><p>Divine Union</p><p>Unity</p><p>Non-Conditional Governance</p></div>
<p>9. <b>Muscle test or pendulum whom you tend to give your Language of Light to.</b> Use a separate sheet to list others if need be.</p>	<div><p>Person 1 _____</p><p>Person 2 _____</p><p>Person 3 _____</p><p>Person 4 _____</p><p>Person 5 _____</p><p>Person 6 _____</p></div> <p><i>I intend to release karma with those that I give my tones of creation to. Each has the possibility of ascending and mastering their own tones of the Language of Light. As such I need not give my tones of creation away. I intend to release all karma in my ancestry for giving my tones of creation away. I ask all ancestors to join me now and release parallel karma for their lifetimes retrieving all language lost in their respective incarnations.</i></p>	

<p><b>10. Who do I tend to give my power to?</b> Use another worksheet if necessary so that all those that one gives power unto is acknowledged.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to retrieve the power that I have given to all others in this lifetime so that I can stand in my truth and ascend. I intend that I retrieve all power that my ancestors have given to others in their respective lifetimes. I request that my ancestors retrieve all their power. I forgive myself and my ancestors for giving power away.</i></p>
<p><b>11. Who do I tend to take power from?</b> Use another worksheet if necessary so that all those that one takes power from is acknowledged.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to return any power belonging to individuals that I tend to take power from in this lifetime. I intend to return any power that my ancestors took from others in their lifetimes. I intend to enter the paradigm of unity in which each may be empowered to stand in one's own truth and to contribute to the collective dream of the whole. I forgive my ancestors and myself and for taking the power of others.</i></p>

<p><b>12. Who do I tend to give my information to?</b>          Use another worksheet if necessary so that all those that one gives information unto is acknowledged.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to retrieve the information that I have given to all others in this lifetime so that I can stand in my truth and ascend. I intend that I retrieve all information that my ancestors have given to others in their respective lifetimes. I request that my ancestors retrieve all their information. I forgive my ancestors and myself for giving information away.</i></p>
<p><b>13. Who do I tend to take information from?</b>          Use another worksheet if necessary so that all those that one takes information from is acknowledged. Information is specific to one's own inheritance. The information of others is useless for the purposes of ascension as DNA is inheritance specific in the transmutation to the crystalline structure.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to return any information belonging to individuals that I tend to take information from in this lifetime. I intend to return any information that my ancestors took from others in their lifetimes. I intend to ascend into the genetic records that are of my sincere inheritance. I intend to support each ascending human in recovering one's own records for ascension. I forgive my ancestors and myself for taking information from others.</i></p>

<b>14. Who do I allow to seduce me?</b> Use another worksheet if necessary so that all those that one is seduced by is acknowledged.	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to cease to be seduced by others. I intend to allow others to be their authentic self in all circumstances. I intend to embrace others unconditionally as they are in the moment. I also allow others to change through ascension. I intend to release all karma in my ancestry for seduction.</i></p>
<b>15. Who do I tend to seduce?</b> Use another worksheet if necessary so that all those that one seduces is acknowledged.	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to dismantle all patterning in my field that causes me to seduce others. I intend to accept myself as I am. I intend to cease to wear masks or make false pretenses from the desire to be loved or accepted. I intend unconditional acceptance of self in the moment. I intend to release all karma in my ancestry for seduction.</i></p>



<p><b>16. Who of small, medium or great fame has seduced me in this lifetime?</b> Use another worksheet if necessary so that all those that one has worshipped in this lifetime are acknowledged.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to retrieve all power, information or chi that I have given unto those that I have worshipped in this lifetime. I intend to take such individuals off their pedestal and acknowledge them as a fellow human that is no greater or lesser than myself. I intend to create my own dreamtime separate from the planes of seduction in association with all music that I enjoy. I intend to release all karma in my ancestry for fame.</i></p>
<p><b>17. Who do I tend to judge as "less than" in my life experience?</b> Use another worksheet if necessary so that all those that judges as less than is acknowledged.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to cease to judge others. I intend to remove all personality entities that judge now. I request that Earth replace the personality with those who will honor my intention to ascend along with my intention to ground into physicality. I intend to release the machines, spells and beliefs that cause me to judge others as I can in my continued ascent. I intend to return all chi I have taken in the perception that I am superior to others. I intend to release all karma for judgment in my ancestry.</i></p>

<p><b>18. Who causes me to feel "less than" and judged in my life dance?</b> Use another worksheet if necessary so that all those that one feels inferior unto is acknowledged.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to set boundaries such that judgmental and invalidating personality has no permission to be in my presence within others. I intend to release my karma, thoughtform, beliefs, machines and spells that cause me to feel inferior and to give my chi to others. I intend unconditional acceptance of self and all others. I intend to release karma for the dance of inferiority and superiority that has occurred in my ancestry.</i></p>
<p><b>19. Who do I tend to give my dreams away unto?</b> Use another worksheet if necessary so that all those that one takes one's dream to is acknowledged. As one loses dreams to others, others manifest one's hearts desire. Then one ends up jealous of the other as they have manifested one's dream. Through ascension, one can retrieve one's dream and release the karma so that one may live to experience it instead.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to retrieve my dreams from those I tend to give my dreams away unto. I intend to release all ancestral karma to give my dreams away. I intend to release all karma for ancestors who existed in poverty due to a lack of a dream to cause otherwise. I forgive those who take my dream in this lifetime and who took my ancestors' dreams in lifetimes past. I intend to cease to participate in the game of dream exchange so that I can become the dreamer and the dream.</i></p>

<p><b>20. Who do I tend to take dreams from?</b> Use another worksheet if necessary so that all those that I take dreams from are acknowledged. Often humans wind up living dreams that they do not enjoy and somehow received from others. Through ascension, one has an opportunity to return dreams that are not of one's desire to manifest, and weave a new dream that is created through one's own intention.</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to return all dreams that are not a part of my original karma to experience. I intend to cease to take the dreams of others and instead learn to consciously weave the dream that I desire. I intend to retrieve all dream weaving knowledge that I have lost in this lifetime and in all ancestral lifetimes. I invite those ancestors who were gifted dream weavers to work with me now and teach me how to consciously dream weave.</i></p> <p><i>I intend to release all karma for greed in my ancestry so that I can come to balance and abundance in the dance of life. I ask my ancestors to release their karma for poverty and greed. I forgive those ancestors who manifested a fortune at the expense of many others who lived in great poverty in counterbalance. I intend to transcend the dance of greed and poverty creating a state of abundance instead. I intend enough to meet my needs and provide for all travel required in my ascension.</i></p>
<p><b>21. What type of preoccupation would bring me joy to fulfill upon?</b> Use another worksheet if necessary so that all preoccupations can be listed.</p>	<p>Preoccupation 1 _____</p> <p>Preoccupation 2 _____</p> <p>Preoccupation 3 _____</p> <p><i>I intend to create an occupation and preoccupation that brings me joy. I intend to release my karma to be enslaved in work that does not fulfill me. I intend to allow myself to create out of passion. I invite my ancestors who have something that they can contribute to my self-expression to join me now and share with me what they know so that I may move towards manifesting with creative self-expression that leads to fulfillment within.</i></p>