Claim of energy exchange

I in this ever present moment of Now I choose to claim all energy projected in polarity of wishes & will sent intentions projected into others realities & theirs projected into mine.

As a conscious free will being of choice I ( name ………. ) choose to claim all energy I have projected in polarity of good or ill willed intention and wishes granted for others happiness, that uphold their dreams above my own, or where I have willed ill on others to cause harm to them intentioned or un-intentioned in ignorance or aware so the books of energy exchange can be balanced and brought back into a state of un-entangled sovereignty.

I walk away from polarity energy exchange of intention, wishes or will that creates a debt of energy within my field of sovereign expression, owning my own dreams, wishes & intention to create the life I will and choose for myself.

I claim all wishes made or projected towards others in this & all other universes galaxies & time streams I exist on & release all those made or projected towards me, sending them back to whence they came.

I no longer uphold the wish to assist in making someone else’s reality easier, happier, abundant or joyful, sorrowful, harder, or with pain & misery.

I claim and call back to the I am presence of the Me of the now, all intentions of ill will or judgement used that cause harm to another that I have ever created in action, physically, mentally emotionally or spiritually in this & all other dimensions, time streams, galaxies & universes that I exist within, in awareness or un-awareness, For as a conscious being of choice I Now choose to use the energy extended to others on healing for myself.

I claim all energy in actions, dreams, wishes & intentions projected at others for their higher good & claim them as my own creations, so I may create in wholeness for myself, for my dreams, with my best wishes and willed intentions turned inwards & towards myself & the life I wish to create for myself.

In taking responsibility for All my energy projections, physical, emotional, mental & spiritual I bring myself into a state of being un-entangled with any other being seen or unseen in awareness or un-aware energy exchange.

As a Sovereign Free Will Creator of the I Am presence being of the Me in the Now, I claim my Will , my choice and my ability to create for myself.

Karleen Tammik