

Integration and Reunification

Good Morning Scan

- Ground, give gratitude
- Call in your guides
- Call into unity body, mind, spirit and emotions
- Call yourself back after waking to the highest vibrational timeline for now
- Code with #41 call your power back
- Check your life force, 1/10 - 10/10
- Form zero point crystal bowl, Code #5
- Check body data; water, supplements, rest, meditation, etc?
- Check polarity. If out of polarity, draw the infinity symbol on the bottom of both feet
- Call in the energetics; golden column of light, Stargate, violet flame
- Clear hangers on, deceased and entities
- Code self, at minimum release collective #21 and #47
- Adjust your crown chakra to the perfect position for you

Armoring

- Call in your circle of Angels and guardians
- Open the door to your heart, breathe out the colors pink, blue, gold, diamond/pearl and violet, breathing in and out to increase the colors around you energetic field
- Walk through your chosen guide to zero point
- Activate spiritual feeding
- Call in your dragons
- Activate your wards for success
- Clear your crystals, grids, bubbles and organite
- Flip the mirrors inside your aura to reflect outward thereby rendering you invisible
- Activate Archangel Michael sword N,S,E & W
- Activate St. Joan's golden overlay
- Code Archangel Michael's chakra adjustment #44
- Release your pain body code number #14

Essential Checks

- Dark energy, entity, cloaked entity or lower?
- Psychic attack, known or unknown
- Release others emotions
- Release people around you or on social media
- Release programming, artificial intelligence, implanted devices, symbols, ropes, daggers, nefarious/saboteur weapons
- Code with #41, #53
- Clear contracts, agreements, vows, astrology lessons, old learning programs
- Clear vampirism, harvesting, spying, scaffolding
- Clear karma
- Clear family of origin, clear ancestral line
- Clear DNA and genetics
- Speak to clear body parts or organs through your higher self

Mind and Emotions

- Clear other's thoughts, emotions and return to only what is yours
- Clear labeling
- Check the Space and Earth weather
- Ground further. Do this at least 2-3 times per day

Regular Upgrades

- Time to switch up your guides?
- Good quality water? Organic food
- Sungazing, Earthing
- Play, art, tidy, organize
- Pay attention to timing changes, colors, symbols and signs