



The art of *Praying*

Literal meaning of the word prayer is **to beg** or **ask for**.
It means to **humbly request** or **to make a petition** to a person/being of higher authority and power.

This simply means a prayer is a **group of words** put together in the right way with the clear intention to ask the higher authority (in this case Divine Beings) to fulfil one's wills, wishes and desires.

“Prayers are well-written intentions in the form of a letter addressed to an Energy Being for them to manifest it for us”

- Ishtar Aren

Chapter one

the *lack*

The reason we pray (or ask for anything) is when we are lacking that thing. Before we get onto understanding how to formulate the right prayer, we need to understand the motivation behind praying. The driving force of any prayer is usually wanting something, that we either don't have, or we have assumed that we don't have it. Even the revenge and attack prayers stem from the need for justice. The ill-intentioned people do not attack to unleash evil onto the earth. They attack because they actually believe that they not having something that someone else has is injustice. So, by attacking the other person (whether physically, mentally, emotionally, verbally or energetically) they believe they are bringing justice. I have till date never come across any person who believed themselves to be the abuser, everyone thinks of themselves as victims. In their minds, everybody is doing everything because it is justified. The question one really needs to ask here is, it is really justified?

I want you to pause for a minute. Sit down or lie down in a comfortable position. Just relax, close your eyes and ask yourself:

How much of everything that you have done or thought of was actually justified?

If you feel heavy and uncomfortable, that means your conscience is trying to break through. If you feel comfortable and relaxed, that means your ego is too damn strong and this book won't work for you until you break that ego.

facts:

- Every person is born with some or the other lack. Some less than others, but every person is always lacking something or the other. That's why we are humans. If we had everything, we would be God, not humans.
- The point of human life is to grow, which means turn the lacks into sufficiency, surplus and abundance by growing our deservability, and not by stealing or harming those who have that thing.

So firstly, it is important for you to accept that every person is lacking something or the other and it is okay to lack. That's the whole reason you have taken human birth. Lacking doesn't mean you are unlucky, or God doesn't love you. It only means you have to work to earn that in this and coming lifetimes. The more you lack in a particular area, the more you have to work towards increasing your deservability in that area. People you see as lucky or having everything (which is impossible because no one has everything) are the ones who have lifetimes after lifetimes worked towards increasing their deservabilities. So instead of feeling envious of them, one should bring their focus, attention and **awareness** onto their own selves and start working on increasing their deservabilities.

When people formulate prayers focused on their own growths, the prayers almost work instantly and their lack starts turning into sufficiency, surplus and abundance. But when people simply ask for money, without addressing the blocks the energy of money keeps hovering around their auras until someone with deservability comes and takes it away. And then people think that their prayers weren't answered and that the prayers don't work. The prayers were answered instantly but the blocks stopped it from manifesting into the physical reality. The right prayer will always address the blocks first, and trust me, the blocks are majorly internally created and rarely by the attacks of others. This is where **Awareness Healing** comes into the picture.

Chapter two Karma, the biggest *block*

Karma is the biggest block to a successful manifestation of a prayer. Majorly because humans are so used to constantly justify themselves, that they don't even wait to see how much of bad karmas they have accumulated before assuming themselves as victims. I will try to explain this chapter with my own example.

I was born with a major contradiction in my nature, the need for solitude (space) with major and psychotic level of fear of being alone. However, I was completely ignorant about it. Because of this I have backstabbed, badmouthed and betrayed almost every person in my life. Made my exes' lives miserable by constantly playing hot and cold, confused everyone, lashed out at every person and unconsciously manipulated everyone. **Just because I wasn't aware of the consequences or never intended to cause anyone harm doesn't make me innocent.** I was an abuser and that made my karmic scale filled with bad karmas.

Because I was too scared to be left alone, I would pull people in by showering them with love, acceptance, validation and money. But since I needed space, I would start perceiving them negatively and start badmouthing them to everyone else. I wasn't consciously aware of any of it. I had started believing that I am only attracting bad people. Because I needed space my mind would find flaws in every person so that me pushing them away and badmouthing them is justified. This is bad karma.

Moreover, I had an anxious attachment style, so just because I am thinking that it's because I love the other person too much, I am afraid of losing them and they aren't seeing my love doesn't mean that was the truth. I was suffocating my loved ones, fighting with them and making their lives a living hell. Again, a bad karma!

Now, praying for "attracting only right people in my life" and "bring me a man that loves me insanely" wasn't ever going to work because attracting wrong people or never being truly loved was never a problem. The problem was the contradiction that I was born with. I was attracting bad people only so that my pushing them away gets justified, while if by chance a good person walks in, I would amplify their flaws in my mind to justify me pushing them away. Which means that even if right people came in, my mind never perceived them as good.

My contradiction stemmed from massive fear of humans, Earth and basically everything that's Earthly. So, I needed people to protect me, while my spiritual and creative side had deep need for space and solitude.

Now the first prayer for me was:

“I ask to be shown the reason for why I betray everyone that gets close to me”

Upon receiving the answer, which may take minutes to months, depending on how self-aware and open to accepting your truth you are, the next prayer would be:

“I ask for all the memories, imprints, traces, thoughts, feelings, emotions, loops, cycles, habits, patterns, natures, personalities, identities, experiences, manifestations, results and effects of my fear of being alone, fear of humans, fear of Earth and the fear of everything Earthly to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.”

This prayer would start removing the fear, but there is always a reason behind why one would have this kind of fear, unless that reason is resolved, the fear would keep coming back. Now I know most people would jump to star seed and being new on Earth as the answer. To them, I would request, stop getting sucked into the stories. I will break these myths too in one of my blogs later, but for now, the answer was not mythical, but psychological (which in 99.99% of the cases it is). I did not have the street smartness that is required to succeed with people and not get fooled, used, exploited and attacked by them. I was really dumb that ways. So, the next prayer was:

“I ask for my street smartness, people skills, social skills, Earthly intelligence, practical intelligence, bargaining skills and negotiation skills to be immediately, completely, absolutely, permanently, irreversibly and eternally activated, magnified, amplified, energised, empowered and manifested within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.”

Now this resolved the problem completely. My fear was gone, so I could be alone. But I still couldn't. So, I started observing myself and realised that because I am understanding, validating and empathetic by nature, people latch onto me and I am not able to say no to them; in simpler words, I am unable to create proper boundaries and one of the reasons behind that is that I am absolutely unwilling to hurt people. Now again, the question was “Why?”. So, I began my mental excavation with Awareness Healing (the e-book for Awareness Healing is available on my website). I reached a childhood memory where my father insulted one of my cousins who worked in my father's firm for coming home at night to get some useless papers signed. I felt extremely sorry for the person and took an oath that I will never hurt, insult or humiliate anyone. And whenever I lost my cool to push people away, I was always burdened with guilt. If you see now, we are unlocking layers after layers behind one pattern. Which brought me to the next prayer:

“I ask for all the oaths, vows, promises, swearings, commitments, agreements, contracts, decisions and choices I made to never hurt anyone, even at the cost of my time, space and energy, to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my

neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the guilts, sadness, pain, anger, hate and punishments of breaking oaths, vows, promises, swearings, commitments, agreements, contracts, decisions and choices I made to never hurt anyone, even at the cost of my time, space and energy, to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I now ask to help me create strong, powerful and respectful boundaries with people as soon as helping, guiding and comforting someone starts costing me my time, space and energy, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.”

Now, with these prayers, my need to have people to protect me is gone thereby my fear of loneliness and my boundaries are well created, thereby stopping all the bad Karmas where I hurt many people in the past. However, what about the accumulated Karma? Everything done in the past, whether good or bad, gets accumulated and keeps manifesting into our lives. This creates a block to new manifestations.

Only when the Divine, the Karma, the Universe or the Justice is trying to punish you, you cannot escape it. But if it is just an accumulated Bad Karma from wrongful actions but no ill-intentions then that can be cleared, however, there is no point clearing it if you are going to refill it. That's why the earlier prayers were a must. Now it is time to clear the Bad Karma.

“I ask for all the entities, energies, spirits, beings, parasites, servitors, tulpas, thoughtforms, curses, manifestations, loops, cycles, channels and manifestations of all the accumulated Bad Karma to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask _____ (name of the people) and everyone else that I hurt, harmed, damaged, wounded, betrayed, badmouthed, attacked and cursed for forgiveness. I ask the Universe, the Lord of Karma, the lord of Justice, myself and all Divine Beings for forgiveness. I ask Archangel Zadkiel, Archea Amethyst and Lord. St. Germain to flood every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines with the thoughts, feelings, emotions and Energies of Forgiveness, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.”

Now that the pattern is broken and the Karma is cleared, I can start attracting, inviting and maintaining good relationships in my life. This is how manifestation takes place.

Chapter three

why do we *lack*

Now that you have understand karma and the motivation behind prayers, let us understand why we lack certain things in life. Firstly, the world is so full of possibilities and knowledge that no single person can experience or hold it all. If you think about it, in almost all the mythologies of the world, there are different Gods and Goddesses for different purposes. So, how can you expect any human being to have it all. Plus, as humans we do have limited capacities. Even when some people are more capable than the others, no human being is capable enough to hold every energy, every element, every power, every knowledge and every possibility of the Earth, let alone be Universe.

Evolution shows that we began as early humans focused on basic survival. As our brains grew and our intelligence increased, we began to divide tasks. Men often took on more physical roles like hunting, while women managed the home and gathering. Over time, we created different cultures, religions, skills and languages based on our specific locations. Just as no one can learn every language in the world, no one can master every skill. Some people focus their energy on making money, while others focus on building relationships. When you fail at one of these things in a past life, you carry that "lack" into the next one. For example, if someone had great relationships but no money, they might be born with a desperate drive to get rich and even though because of the carry forward nature of past life they will give importance to relationships, their main point of focus will remain money. Or, if someone only focused on money before, they might be born with financial abundance but struggle to understand how to keep a relationship healthy, and all their lessons in this lifetime will revolve around money. Worst is with those people who are trapped in lifetimes of same cycle. They run after money, ignore love and in the next lifetime run after love, ignore money, then the next lifetime run after money and ignore love again, and it goes on forever. Which is why in most cases what I have observed is not really a lack, but a strong lack mentality that stemmed out of wanting everything (greed), constant focus on what others have (jealousy) and a permanent state of discontentment.

You also need to understand the we have a total of 100% energy. If wanting everything you divide that energy into 100 different activities, you will only 1/100th of result from it. No matter what you do, you will remain unfulfilled till you keep wanting everything.

fact: If you run behind everything, you will always end up with nothing.

I had a client who, after doing my art of praying class, started praying to become a successful lead actor in a movie. Months later she wrote on my all clients WhatsApp group that I am a fraud and the prayers don't work. There were some 900 people on that group. I only replied with "okay", but others were curious and concerned so they started comforting her and asking her all sorts of questions. Now the thing is, neither did the girl have the right look to become an actor nor the skills. She was studying accounts when she had attended the class but she left her education midway to pursue her career in acting. She created proper prayers from increasing the height to getting toned to honing the skills. Not only that, she joined acting classes, followed proper diet, worked out dedicatedly and gave auditions dedicatedly. Throughout the discussion, I read every chat but maintained silence. The prayer did work. I could see the energies of beauty and fame in her aura. However, between her and those energies lied lessons that gave her the genes she was born with in the lifetime, the blocks of insecurities, the fixed destiny she was born with and within her, the chambers of arts that was empty. Now for her prayers to manifest and for her to become a

successful movie star, she would have to do thousands of new prayers and dedicate her life to changing everything that she is and that which was born with. From her whole destiny to every DNA in her body needed to be changed. Plus, to switch from finances to art, she would have to empty the logical, calculating and practical skills and intelligence and fill the art department of her being. What she had taken upon was very much possible, but not in such a short span of time. The prayers had started working, but for the manifestation to fully take place several lifetimes were required. Had she asked for money, abundance and increasing her logical, calculating and practical skills and intelligence the prayers would have not only worked faster but brought her great deal of success and happiness. Behind every profession multiple skills and intelligence goes to make one truly successful. People think to become an artist, one only needs to know how to paint and draw, but that's far from truth. From the understanding of textures to lights to colour psychology to dimensional understanding and many more skills and intelligences are required. But instead of mastering that which people are born with, they tend to run after that which they are not. **The very core of human sadness is dissatisfaction.** I maintained my silence because I knew that the truth would have hit her harder than she could take.

Chapter four *failure & loss*

loss: When the returns are lower than the investment.

failure: A cycle of recurring losses that continues until the original investment is completely depleted.

I am not good with technology. After creating this website on wordpress I slept deeply like a coma patient for 12 hours, and even today I don't find the look of it beautiful. The reason for that is that the mental energy it took to create this website was so much that the result will never bring me full satisfaction. And the reason it took so much of my mental energy was that I am not good with technology. However, what I have written till now only took me an hour, because that comes naturally to me. So, even if the writing is not so good, or I don't get much traffic, I am still in profit because not only did this not take that much time and energy, but I am also enjoying this a lot. So even one download will bring me contentment.

What decides a failure is the effort you have put into achieving something. Let me tell you this with an example of two of my students. My student X spent 2 years of her life praying for a guy (removing every block and resistance, altering destinies, changing his family's belief systems, changing his desires, etc.). She told me she created 2597 prayers and few of them were repeated for 42 days. Obviously the prayer got manifested and she got the guy. Funnily she dumped him in 3 months because she constantly felt unhappy with him. Firstly, she kept feeling it was forced and he wasn't willingly with her which made her extremely insecure, secondly no matter what he did and how much he did, she always felt she has done so much so nothing he does is enough. It became a loss making endeavour for her because she depleted her energies, did nothing else in those two years and lost those two years to get the man.

On the other hand, my student Y got dumped humiliatingly by her boyfriend because he wanted to date another girl. Obviously the other girl was not at fault, but most of us channel our anger towards the girl who got the man. She created an attacking prayer for that girl and the prayer was too short. She just read it once and waited to see the results. Within a day she got the news that the girl, who was too confident and charming has suddenly become too insecure and is constantly fighting with her boyfriend (Y's ex). Her prayer had worked. She attacked that girl's confidence and asked for her to be turned insecure. I was shocked and a little pissed at the Divine Forces for actually manifesting this prayer (and yes, I can guarantee it was her prayer because I scanned the other girl and her solar plexus chakra and root chakra had shrunk down to the size of mustard seed and Y's attack had left its signature there). That girl got normal in a week but Y felt all victorious because she had only spent 2 minutes to get a week worth of results. She was in profits.

Now the question is why did the Divine Forces accept and manifest this prayer?

The answer is simple. Because firstly, that girl was already insecure and masking that insecurity with fake confidence and charm. Secondly, the relationship was karmic for her, so her suffering was already in motion. All Y's prayer did was accelerate the process which was already in cards.

fact: You cannot succeed without investment. You have to either put in money, or energy, or time to get the returns. Anything that you get without putting in an investment is either a fluke or a sheer luck, and flukes don't happen again.

The *key* is how much to invest so you don't go bankrupt.

Chapter five

manifestation

Everything gets manifested. Every passing thought, every emotion, every prayer and every ritual is constantly manifesting itself. Some get manifested within your own system, while others reach the other person or manifest itself into the physical reality. Every thought instantly converts into energy and it either gets stuck into your own system or it leaves your system and reaches other people.

In the decades I have spent healing people what I have learnt is most blocks in a person's life are created by themselves. Removing an evil eye is a two minute job, but removing your own conditioned block may take months, or in few cases even years.

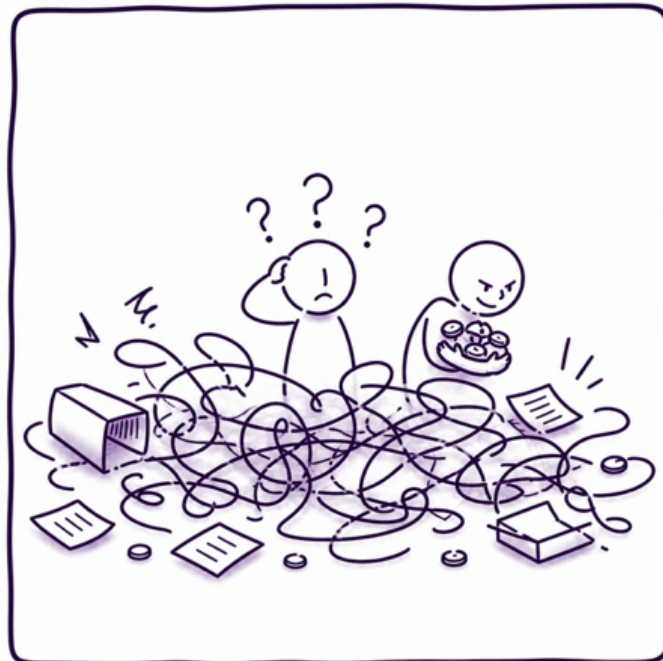
Problem is the unconscious manifestation. On top of that, the bigger problem is that unconscious manifestations are a lot more powerful than the conscious ones. Knowing what your unconscious wants

therefore becomes the most important part of praying. Unless the unconscious is altered, what you are asking for consciously will not get manifested in its full power.

Let me give you an example of one of my clients. Mr. X wanted to earn money, this was the conscious desire and a desperate need. However, his unconscious mind was too damn fucking scared of money. So while consciously he was running towards money, unconsciously he was running away from the money. All the spiritualists, healers and therapists gave him affirmations, crystals and healing techniques to generate money. But according to him nothing worked. The truth is, they all worked, but the more they worked the more he pushed money away unconsciously. So, firstly, I had to figure out why he was so damn very much scared of money and then create a prayer to remove that fear. His mental excavation process took three months. In every session I used to give him one line of prayer about whatever we had discovered about his fear in that session. On his last session I gave him an hour long prayer and asked him to read it for 21 days. On the 15th day itself he called to tell me that he learnt stock options and has already made 40% on his investment. That is the power of rightly constructed prayer. But in order to do that, proper mental excavation is mandatory.

Our mind has billions of layers for each pattern and belief system and every layer needs to be removed for an absolute and complete transformation. But you cannot reach all the layers at once. Maybe a few each day. And every layer will have a separate prayer or a separate paragraph in one prayer. If you have targeted every layer well your desire will get manifested for sure.

Now that you know that every thought, even unconscious ones gets instantly manifested, please first work on clearing your minds. Because,



“All confused and greedy people create, is mess and chaos.”

- Ishtar Aren

Chapter six

blocks to manifestation of prayers

Confused intention

Firstly, if your conscious and unconscious are running in opposite directions, your manifestation is always going to be chaotic, and it will clearly reflect in the prayer. Clarity of intention is extremely important. Intention is the first step of manifestation. It is the seed of manifestation. Just try to figure out the end goal. Let me give you an example. A friend of mine was pining for a man for a major part of her life. In her conscious mind (with limited understanding) she thought she wanted the man. When she spoke to me, I told her that getting the man is the step that she had chosen, she didn't want the man, she wanted her self-worth that was destroyed by the man years back. Her limited understanding assumed that getting the man will get the self-worth back. That's where she was wrong because the whole process of trying to get the man was furthermore diminishing her self-worth. However, I also know that asking her to let go of the man would be asking her to do something beyond her capacity in that moment, she wasn't ready to do that. Had I asked her to do that, I would have only increased her mental pressure and emotional pain. I only asked her to do the following prayer:

"I ask Goddess Aphrodite, Archangel Chamuel and Goddess Tripura Sundari to increase, amplify, energise, empower, strengthen, activate and manifest my self-worth within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences."

I only asked for self-worth to be increased in the prayer. Because logically, as soon as her self-worth would increase, she would herself want to leave the guy. No one enjoys toxicity, they are just stuck in it. She was badly humiliated and played with by the guy and she just wanted to feel wanted, valued and respected by him. She assumed it would be through that guy, but in reality, it is never about what the other person did, it is always about what you allowed them to do. The real power never comes from getting the guy, it comes from leaving the guy. It comes from becoming absolutely indifferent to the existence and presence of the person that hurt you. That's because only those people will diminish your self-worth who are running on the low themselves. People with high self-worth never gaslight others, they in fact help increase other's self-worths.

She came back to me in a few months after having left the guy for good.

Inner resistances

There are many types and kinds of inner resistances that can block the successful manifestation of a prayer. Which is why I won't be covering the list, but I will guide you towards understanding them and clearing them. Resistances could be your fears, guilts, deservabilities, conscience, etc. Let me explain this with two examples.

Example 1: I have a very powerful conscience. Even when out of deep and intense emotions I create a powerful attacking prayer, my conscience blocks its manifestation unconsciously. My conscience, even when I don't consciously realise it, doesn't allow me to cause hurt, harm or pain to another person. When I was really angry, I ended up creating a prayer to kill my conscience so that I can destroy my abuser. That prayer was then blocked by my awareness. Even when my anger, rage and fury didn't see it, my awareness

knew that it took me lifetimes to earn a powerful conscience and once the lower emotions are released, I would regret destroying it. Because of all this, my attacks never got manifested.

Example 2: I had a client who wanted to earn money. Nothing in his life was working out. Whatever he tried lead to loses. His problem was guilt associated with money. A childhood conditioning led to guilt associated with money. He felt guilty for having a good life because, “There were so many poor people in this world who weren’t getting food”. This guilt had zero logic, because he didn’t make them poor or snatch food away from their plates. He wasn’t responsible for poverty. Neither was it his responsibility to feed them. All of his business-related ideas used to stem from this guilt which is why he would only invest in businesses that would for sure incur losses. Consciously he thought he was investing to make money, but unconsciously he was investing to incur losses. The prayer for him was very simple,

“I ask for the realisation that neither the world poverty nor its abundance is my responsibility to be immediately, completely, absolutely, permanently, irreversibly and eternally ingrained, activated and manifested within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for the understanding that me being financially abundant and rich does not make others poor to be immediately, completely, absolutely, permanently, irreversibly and eternally ingrained, activated and manifested within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the guilt associated with being financially rich to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I allow myself to be financially rich and abundant. I ask to be immediately, completely, absolutely, permanently, irreversibly and eternally allowed to be financially rich and abundant, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for the thoughts, feelings, emotions and Energies of Abundance, Money and Growth to be immediately, completely, absolutely, permanently, irreversibly and eternally ingrained, supplied, increased, amplified, energised, empowered, strengthened, activated and manifested within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.”

The Technique:

Say you want money. Start with, “What would happen if I had a lot of money?” and just start visualising yourself with a lot of money. Imagine yourself shopping. Imagine yourself with all the people who are an integral part of your life. Imagine conversing with all of them one on one. Imagine yourself spending that money. Imagine every possible thing you can do with that money. Imagine yourself around strangers with that money. Notice your feelings. Wherever you feel a slight anxiety or discomfort is your clue.

Whenever you want to find inner resistances, the easiest and the fastest way is to imagine having that thing. All that which creates discomfort is the resistance. For every resistance create a prayer for it to be removed. There can be one inner resistance or there can be multiple ones. The manifestation part of the prayer is always in the end.

Human mind is infinitely layered. One realisation is one layer. The layers that were under that layer are mostly not visible until the top layer is removed. The process sometimes becomes very lengthy. The number of layers depend on how deeply ingrained a belief, pattern or conditioning is. Every time you function from a belief, pattern or conditioning you strengthen it and create a new layer on top of it. For any belief, pattern or conditioning to successfully and fully be removed, the removal of all the layers is very important. When I was breaking my patterns, I used to pray throughout the day. Because layers after layers would show themselves and I would instantly create a paragraph to remove it. But the core intention prayer would remain same and would be read once every day. For example,

“I ask for the contradiction between needing space and the fear of loneliness to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my present, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.”

Reading the above prayer would keep showing me (through unlocking memories and realisations) where has it gotten stuck during manifestation. That’s the layer that I now need to remove. Sometimes it can also be evil eyes or psychic attacks or curses by others. That’s why with an absolute calm mind, just watching the memories and realisation carefully without any bias, need for self-justification or the need to victimise oneself is very important. You see the exact and actual layer (block) and can instantly formulate a prayer to remove it.

Let me share with you my biggest internal block that stopped me from creating this blog (website) for decades. I had no belief in mankind. I had completely given up on humans and humans having humanity. I had no hope that anyone is ever going to change or improve or work on themselves, funnily even when I had a 100% success rate with all of my clients, and my client list is in thousands. I didn’t believe that any person had any desire to actually grow as a person and that all anyone ever wanted was for their petty needs, wants, wills, wishes and desires to be fulfilled. That’s why, whenever I would start writing in a few minutes I would get demotivated, tell myself, “What’s the point?” and get on with my routine. However, my life’s purpose involved sharing my wisdom, and that pull towards creating this website and the push against it would create an unbearable tug of war inside my mind, creating all sorts of health issues. So, the day I decided I have to finish writing this blog, I began my Mental Excavation. There were many realisations and layers, and this was one of the biggest ones. However, this one was seated in truth and reality. And for days it felt like a full stop. But it was just a comma. The complete statement was, “People are functioning from survival instinct. Spirituality, magic and manifestation is just a tool for them to fulfil their petty desires and not ascend or grow. But the first stage of human life is to finish the unfinished business, close the loops and cycles and fulfil unmet needs and desires. They are not wrong. They are just on stage one. Stage two, the real purpose of human birth is to grow and ascend to the Creator level and merge with it. And stage two only begins when stage one is complete. Unless a human soul attains contentment, they cannot begin stage two. And to achieve contentment one needs to close all karmic cycles, finish all unfinished business and fulfil all their desires. It is the ignorance of this and being trapped in the cycle of lower emotions that is blocking the doors of stage two.”

This realisation changed my perspective completely. Before I was functioning from a space of judgement, looking down upon those who were still trapped within the cycles of unfulfillment. Now, I was seeing them as souls trying to close their karmic cycles and finish their unfinished business. Not only that, my content for the website also completely changed. My earlier content was about ascension, while the new content is based on helping people close their karmic cycles, finish unfinished business and fulfil their desires, thereby helping them to successfully complete stage one. There were many other blocks, one of them being the decision of whether to make money and fame through it or do it for free and anonymously.

I am not making money through it, but staying anonymous and putting everything (my wisdom, knowledge and teachings) out is giving me absolute liberation, freedom contentment and joy, the kind I have never experienced before.

The second I got clarity, and all the blocks were removed, the webpage was created. In other words, "The moment my intentions got cleared, the website manifested into the physical reality".

This is why removal of inner resistances is extremely important for the successful manifestation of one's desire. And the removal of resistances can also easily be done with the prayers.

Control

Control is yet another block. As humans we are all fear driven and ruled by our survival instinct. Which is why we want to control everything and everyone around us. The intensity of the need to control is directly proportionate to the amount of fear that is activated within a person. A prayer cannot be controlling, and yet it needs to be perfectly worded, detailed and well scripted.

Control is when you start dictating the "how". I remember a student of mine had created a prayer which made me burst into laughter, I did applaud her for her writing skills though. This was her prayer:

"I ask Goddess Kali to bring her sword and stab the ego of ____ multiple times until it is unrecoverably wounded. Then, remove that ego and burn it in her eternal fire until it ceases to exist. I ask for ____'s ego to be replaced with love, want, desire, hunger and craving for me, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask you to make ____ realise how much he wronged me by ignoring me and flood his mind with the thoughts of regret with respect to me. Once the mind is flooded with regret, I ask you to make him come to me all changed and transformed begging for my forgiveness. He should get onto his knees with his head on my feet and tell me how miserable he is without me."

I have only shared two paragraphs; the prayer was 47 paragraphs long.

Firstly, you need to understand how the prayer manifestation works. When you pray, for example in this case, for someone's ego to be destroyed, the Energy Beings will energetically remove it but also bombard the person with situations that will destroy their ego. How the person reacts to that is their freewill. They can either regenerate more ego which can be stronger than the previous one or give up on life altogether or the best-case scenario actually let go of the ego and change as a person. The problem with the controlling prayers is that not only do you drift away from the clarity of intention, but you can never anticipate the result. The controlling prayers usually only result in exhausting the one that is praying while the results could mostly be the opposite of what the person actually wanted.

One great example of controlling manifestation is the vision boards. It works for people who have very clear intentions, but for others it only adds to the chaos.

Control limits the possibilities. As teenagers, we have an idea of what kind of man or woman we would like to get. While manifesting that man or woman, we give the Universe clear instructions. That limits the Universe. And majority of times, even though people are happy that they manifested exactly what they asked for, they are very unhappy with what they manifested. This is because you don't know what will bring you actual happiness. When giving details, you are functioning from lower energy emotions. A teenager would ask for a good-looking man/woman with a huge list of superficial things, while a wounded person would ask for someone who is exactly the opposite of their ex. The wounded will majorly focus on what they do not want and what they now think will fulfil them based on what they did not get earlier. Only an ascended and aware person would ask for someone who brings them peace, loved them purely and helps in their growth. This gives the Universe the opportunity to actually find you a right partner without the limitations of your instructions. Say for example, in your life you ask for the guy to be at least 6 feet

tall, but your right partner who would actually make you happy was 5'9" the Universe won't bring that person into your life because you have blocked it with your controlling instructions. And no matter how perfect your list is, you are going to miss out on something and the person you manifest will bring you unhappiness in one or the other way.

Let me explain this to you psychologically. All manifestations are aimed for fulfilment. You assume something would fulfil you and you asked for it to be brought to you. Which means the longer the list of needs, the bigger is the emptiness you feel within. The ultimate reality is that no one will fill your void until you fill it with your own self. So, no matter how perfectly detailed your list is, you will always remain unfulfilled unless you work on yourself. I am at an exceptionally high stage of spirituality. Which is why, now, I don't ask for money (for example), I become money. Which means, I will now never lack money. But this is stage two. Stage one is, making money on your own and not seeking a rich partner. That is what will bring fulfilment. When your partner provides you with money, they also have the right to control how you use your money. The unfulfillment with respect to money would still exist, just in another form.

The reality of relationships is that people are actually seeking other people to complete (fulfil) them. This is why happy relationships has become a myth. I had read a beautiful quote somewhere. "True love is only possible between two independent individuals. And the question is, why would two such individuals choose to live together?". Remember, until you are seeking for someone to fulfil you, you are not functioning from love. You are just attached. The sadder part is, you are not attached to the person, you are attached to what that person is providing. You are not scared to lose that person; you are scared to lose what the person was providing. The easiest and the fastest way to know your assumed lacks is to see what you are looking for in a partner.

Those who try to control other people are the ones who are fear-driven, and their fears are always about losing what they are being provided. And this control is one of the biggest blocks in manifesting what you actually want.

Being in stage two, my manifestation of prayer goes like this, "*Please send me a powerful guy immediately who will not be threatened by my intelligence, looks, money or power and bring me multiple orgasms while having sex with me and admiring every inch of my physical body regularly*". The reason for these wordings is simple. I am fulfilled within myself. The only thing I need a man for now is sex. Because masturbation is not the same as someone else admiring your body. I am not seeking love because I am flooded with self-love. I am too independent to maintain a relationship. The only thing missing is good and regular sex. Simple.

The choice of Energy Being

All energy beings work at different dimensional frequency and with different energies. When you call a wrong Energy Being to do your bidding your prayer loses its manifestation powers. For example, you should call upon Furies or demons or jinns or Goddess Morrigan or Goddess Medusa or Goddess Kali if you want to attack someone and call upon Lord Dhavantari or Archangel Raphael for healing. That's why choosing the right Energy Being for the intention is one of the first few important steps.

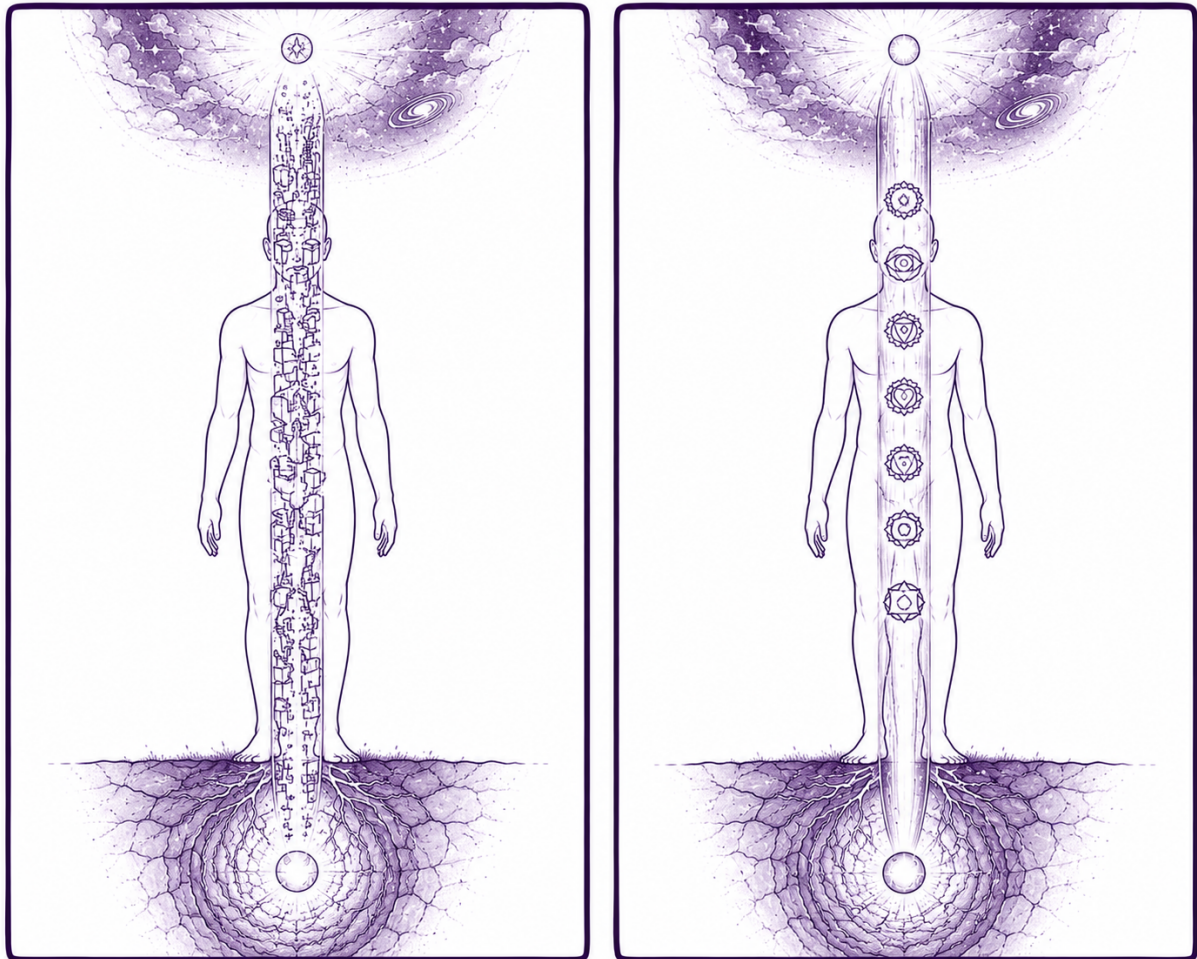
Connection with Energy Beings

There's a channel that passes through us which I call a Divine Channel which is like a tube. The Divine Channel encompasses all of our chakras. From the crown chakra it goes up into the Universe passing through all the realms, planes and dimensions and reaching the Creator. Through our root chakra it passes through our feet and enters the core of Mother Earth. If there's block in this channel, the Energy Beings take time to enter. Think of this channel as the communication line between us and the other Energy Realms, Planes and Dimensions. Blocks in these channels can be our own psychological resistances (like

disbeliefs – some people are too attached to their own religion, blocking the Energies and Energy Beings of all other systems), fears (most people are actually too scared of God and Divinely Beings because of a lot of fear inducing myth created and believed around them), Energetic Blocks (black magic, evil eyes, psychic attacks, etc.), and so on and so forth. In my decades of experience, I have never seen this channel broken in anyone, however I have seen blocks in almost everyone's channels.

I had read in the books of Access Consciousness (it is a healing modality) about being an infinite being. Loved that term. Whenever you limit yourself to your religion or culture or country or gender, you create a block within this channel. Becoming an infinite being means being unlimited – which means not limited by any belief, religion, gender roles, etc. Also, when someone attacks you energetically, the first automatic thing that happens is the block in the Divine Channel. That is because if the Divine Beings can easily enter you (through their energies) the black magic or any other form of energy attack will get destroyed instantly (and you would neither know someone attacked and neither would you realise that the attack was destroyed by the Divine Forces).

If there is a block in the Divine Channel, the Divine Energies either struggle to enter or fail to enter at all. The struggle to enter also diminishes its power. The clearer the channel, the faster the manifestation.



The first one is blocked channel and the second one is a clear channel.

External Resistances

This is applicable when your prayer involves another human being. The simplest example would be a love spell. Love or sex spells only work when the other party has interest. Spells, prayers or any energy work when practiced on others can only amplify that which already exists. It cannot create something in others that never existed. If you pray for someone to fall in love with you, and that person is not at all interested in you, the prayer or spell will only repulse them towards you. This is because they will experience a thought, an energy and an emotion that is not true to them and their brains and minds will only perceive it as a force. However, if someone is interested in you even a little, there is already an opening. A prayer can then amplify that 1% interest into a full-blown 100% love feeling towards you. But if they have other types of resistances, like the most common one in India is parent's disapproval, their resistance will keep fighting your spell or praying energy off. So the ultimate result would depend on whose force is more, their resistance's or your prayer's.

Let me give you another example. Many people had put an evil eye on my writing. The only reason the evil eye had any effect is because I myself had many blocks stopping me from writing. In fact, one of the reasons I so easily allowed those evil eyes into my system (unconsciously of course) was to find a justified reason to why I wasn't writing. People can't even create a block within you if that doesn't naturally exist within your system. However, if someone cast an evil eye or sent a psychic attack or prayed to stop you from writing and the energy entered your system, it will magnify your blocks. Prayer in this case should include the removal of external energy attacks as well as removing internal resistances.

Energetic blocks

As mentioned earlier, black magic, spells, evil eyes, curses, psychic attacks, and etc. are all different types of energetic attacks that need to be removed and cleared before you do the manifestation prayer. A proper prayer to remove these should be created (I will however share a cleansing prayer in a post which you can read as it is and it will remove majority of energy attacks from your system).

Karma, Lessons & Destiny

This is one of the biggest and one of the most powerful blocks. If Karma has decided for you to not have something, it will apply its full force making sure you cannot have it. Some mantriks and tantriks have managed to block out ill-effects of planets (which were actually lessons well-crafted by you and the Divine Forces for your growth) through rituals and chants, however forcing something into the destiny which is not there is too damn difficult. You will have to call upon multiple Energy Beings and the process would require invocations and holding the energies of these many Divine Beings and even then, the chances are very less because the force of Karma is one of the most powerful forces in the Universe. One can confidently say, that the force of Karma is a lot more stronger than the force of many Divine Beings put together. Karma is what brings balance into the Universe. The Energies of Karma (not the Karmic Energies – they are different) are probably the only energy in the universe that doesn't need permission to enter. Be it black magic or be it a Divine Being, they cannot enter you without your permission. But Karma will force enter whenever it wants and block whatever it desires. I have called upon Karma so many times only to realise that it need not be called upon. It is already there. It is everywhere. It only gets activated when the scales become vertical. Meaning, Karma activates the moment the buildup of energy (good or bad) becomes so heavy that the "tipping point" of the Karmic Scale is reached. The routine good-bad karma accumulation does activate Karma. It simply creates either normal blocks or blessings in a day to day life. Karma activates when the scale reaches its vertical extreme. Because in that moment it means that either the person has reached a point of evil and needs to be stopped or the person has reached a point of righteousness and needs to be rewarded.

So, why would Karma stop a prayer from manifesting if it isn't currently activated? The biggest sin in the Universe is altering the destiny. Firstly, very few parts of your destiny are fixed. These include your Karma, karmic relationships, life's purposes, parents, etc. Destiny is a fixed blueprint that is decided by the person whose destiny it is and Karma. You create a life based on lessons you need to learn to fulfil your wish and karma you need to pay or receive. People have asked me questions like, "Why would I choose this face if I created my destiny?" OR "Why wouldn't I take birth in a rich family if I chose this destiny?". The truth is that God doesn't give us skills, we develop the skills through learning and practice. Your desire to be rich doesn't make you rich. When you pray to become rich, the energy of abundance comes, along with the realisations of all the blocks that are stopping you from becoming rich. When you remove those blocks money start to flow in. God doesn't give us skills, however when we decide to work towards financial abundance our destiny is formulated in a way that would bring lessons which would help us hone our skills that our required to make money while removing the blocks. Same goes for physical appearance. In reality every person is good looking. There are so many celebrities who did not look that good before entering the film industry but with proper care became a national crush (I am not talking about cosmetic surgeries, but that's also an option. However, that is an anti-self-love frequency where you are chopping or reshaping a part of your natural body and telling it you aren't good the way you are). The only reason you would feel you aren't good looking is when you are comparing yourself to someone else and have created some fixed, and thereby stupid, definition of beauty and are not taking proper care of yourself.

Those born with silver spoons are the ones who have already mastered abundance in the previous lifetimes and have now come down to develop other skills and fulfil other purposes. Prodigies that you see today have spent many lifetimes honing that skill and have now come to showcase their work to the world. Understanding this concept is very important as it helps remove the jealousy people experience when they see someone beautiful, or successful or talented and feel that God has been unfair to them. God is never unfair. God is constantly giving us the opportunity to polish our skills in the area of our choice, it is us who don't see it. People need to change their perception. I have led an extremely difficult life. But I never saw the difficulties as a curse. I knew these were lessons, and boy was I right. Surpassing all those difficulties made me into an overall independent, powerful, happy, content and successful person. Most destinies never have punishments in them, they have lessons. And the more the lessons the more the rewards when you learn them. There are few destinies that are made to punish, but you really have to piss the Karma off by something like a mass murder to get there. Otherwise, God doesn't punish. He teaches and trains. If you just change your perspective you will realise you are deeply loved by the Universe.

Our destinies are therefore filled with lessons that will increase or polish our skills towards the goal we were born with while eradicating all the internal and external blocks. When someone tries to alter this destiny, Karma instantly gets activated because the Karmic Scale instantly hits the vertical extreme with the bad karma becoming extremely heavy.

You invoke 20 different Energy Beings (from Gods, Goddesses, Angels and Faeries to Demons, Jinns and Spirits) and if the prayer is against the Destiny, Lessons and Karma, the force of the latter will be so strong that the chances of the Energies of the former to push through it is highly negligible. You call upon Energy Beings and pray, they will listen and instantly follow through, however succeeding against the force of Karma, Lessons and Destiny is highly unlikely. And even if they do succeed, Karma will keep scratching so maintaining and sustaining that alteration is impossible unless you plan on not living the altered destiny at all and spend every minute of your every day just praying towards maintaining it.

Since we are on the subject, do you know that the heaviest bad karma is on healers? Even when you send good energies to someone you invoke bad karma. People are supposed to see themselves for who they are, choose to heal and transform themselves and then learn to heal themselves. Let me give you an example. Giving energy healing to someone who didn't ask for it while surpassing their freewill is considered a crime in the eyes of Karma. It's like breaking into someone's apartment while they were asleep to place a bag of gold coins. Problem number one is that they don't even know that a bag of gold coins is kept there. Therefore, it just lies there without getting used and diminishes after a point of time. You can leave anything anywhere but unless someone picks it up (accepts it) it is of no use. Problem number two is that breaking and entering means you broke their protective shield in order to enter. When you ring the bell, the person opens and shut the door at their will and wish and can send you out of their home. In breaking and entering you broke the door or the window or in this case the protective shield and left it broken. So unless

you plan on reconstructing it, it remains open and is now open to everyone. What makes it worse is that this person has no idea that their shield is broken. What makes it an absolute criminal offence in the eyes of Karma is that you can only patch it up. You do not have the power to create someone else's protective shield because every person's shields are different because what they see as protection is different.

Now let's talk about giving energy healing with permission. When a client walks in, shares an issue and asks for help, healer isn't breaking the freewill aspect, that's a good thing. But, Healing Energies only work on the symptoms, not on the causes. Yes, Pranic Healing and Reiki also removes the blocks and gives life-force energies. But all in all it's like a painkiller medicine. It will remove the symptom but not the cause. The cause requires therapy, Mental Excavation and most importantly "responsibility". Healing helps people avoid taking responsibility. Responsibility is not blame. Responsibility means, "I have this pattern, I have this weakness, I did this action, etc." without justifying oneself or blaming it on destiny. Transformation only takes place when the person takes responsibility. Healing through energies is like providing permanent crutches to someone who is capable of walking independently if only they choose to see the problem and treat it. Healing through energies only makes people dependent on the Energy Healing and healers. Now it is great as a business strategy and more or less every business is based on making money by exploiting its customers weaknesses, however in energy work you end up interfering with their personal growth, lessons, Karmas and Destiny which is what makes it a Karmic Offence.

Lastly, healers with empathy keep leaking their energies unconsciously to help one and all making the above worse. They enjoy the attention and being needed (perceived as wanted) by everyone, but they are interfering a lot more in others life cycles. Healers are wrongfully glorified as angels on earth and their ignorance on the matter is only worsening their lives. In fact, you will find very few happy, joyful and fulfilled healers. Mostly their lives suck and they don't even know why (and this is the reason why).

Chapter seven

understanding the *force*

Force is the interaction between things that can cause or block a movement.
Force is what applies and moves the energy.

Understanding force becomes an important step in formulating a prayer. You need to know how much force you need to apply to manifest your wish. Which means, you need to know how much is the force against you. Think of manifestation as a battle. You have to kill all the blocks, resistances and attacks that come in the way of you winning the crown (your desire). As you have now understood the blocks to manifestation, you know how much of force each type of block can apply against your manifestation. On the basis of that you need to gauge how much of force you need to apply towards your manifestation.

Forces at your disposal:

Repetition: The number of times you read a prayer.

The more you repeat the prayer, the more of that particular energy you create. So depending on what is it that you are up against, decide how many times do you need to read a particular prayer. There is no fixed rule about how many times a prayer needs to be repeated. Read the prayer once or in the multiple of 3 (3, 6, 9, 12, 15 and so on). This creates a threefold power in the prayers.

Invoking the Energy Beings: You can work with only one Energy Being or you can call upon hundreds of Energy Beings for a single prayer. Just remember when you call upon them, you are channelling their energies. So first you will have to consider how much can you hold physically, and secondly how much is actually required.

Tools: Spiritual tools like candles, crystals, sigils, incenses, bells, etc. can aid and help increase the force from your side. The key is knowing how much and what to use. If you want more fire energy use more than one candle. But either use one or keep it in the multiple of three. Same for incense. However for sigils and crystals go by your instinct (and proper knowledge). But the bigger the crystal the more energy it has. However, if you do not need so much of force, then not using any tool will also manifest a prayer perfectly well.

Honestly, many a times I have read a prayer sitting on toilet (wherever the realisation strikes). But of course if you create a sacred space or do it at a sacred space the effect will be faster and better. Space has energy too which is why witches and spiritual workers have altars. Constant invocations and energy work in a particular spot creates an opening for the Energy Beings to supply their energies constantly to one spot. All the religious spots have Divine Energies flowing within them constantly. This helps when you are under an energy attack. Even when you cannot connect with the Energy Beings through your Divine Channels, through an altar spot you can instantly connect. That spot remains high vibrational all the time.

Chapter eight

connecting with the Energy Beings

Divine beings don't have human egos.
They aren't vengeful or power-hungry.
They don't get angry if you miss a prayer or forget a ritual.
They care more about you than any ritual or routine.
They see your heart, not your food or clothes.
They won't get offended if you pray to a deity of different religion.
They don't feel petty human emotions like jealousy, hate, ego or revenge.

God and spirituality are not separate from logic.

If it's not logical, it's not Divine.

God is my friend.
All the Deities, Gods, Goddesses, Angels and Faeries are my friends.
They are my family.
They are my parents.
They are always there for me.
Always, and forever!

Gods and Goddess are not humans, that's why they can be anywhere and everywhere at any given point of time. Therefore, they **do not have petty human emotions**. That's why they don't need flattery. They see through all deceptions. They can read your actual thoughts. All you have to do is stop assuming and treating them as humans. Unless you let go of all beliefs systems that separate you from God, connecting and working with them is always going to be difficult.

I am going to share with you the actual and real techniques to connect with Gods, Goddesses, Angels and Faeries.

Firstly, just google or use AI to find out basic information about your choice of Energy Being. **Do not get sucked into the mythological stories**. Just the basic information like what energies do they vibrate at and may be resonating colours. Get their images from the internet. You don't have to print it, just download it onto your phone or computer. Just look at it.

Secondly, no chant, mantra or incantation is required. Just saying, "I call upon you ____" is enough. They hear you every second. Even when you don't speak it out loud, they can listen to your thoughts. Just thinking about them is also enough. Honestly, no invocation ritual is required. In fact no ritual is ever required to invite them and work with them. They understand every language.

Lastly, all you need is **clarity in intention and purity in emotion** to work with them. They do not respond to jealousy, insecurity, hate and impurity. Even the angels of the darkness like Jinns and Demons.

This is it. This is literally it.

The first step is only so that they enter your awareness. It keeps the connection alive. Just taking name without knowing who it is doesn't build the connection. Connection builds with awareness and feeling.

Demons and Jinns are the angels of Darkness. I have worked with them, encountered them and I can say this 100% surety that they aren't evil. They are happy in their plane and realm, ready to help if called upon but, they can get pissed. They are closer to human realms and therefore are capable of functioning from lower energy emotions. If you want to call them, call them. But do not mess with them. If you ask them to do something and then change your mind it really pisses them off. They aren't evil. But they are highly capable of harming if pissed. My advice would be, don't call upon them unless you are 100% sure. And once you are 100% sure, take a week more to be 200% sure.

Chapter eight

praying, the most *powerful* tool

We pray to the Energy Beings. The beings, who are living in the realms, planes and dimensions that we can't even see. They can cross timelines and lifetimes to find a soul facet or heal a past life wound. They can see where exactly the trauma is stored in our body which no healer or therapist can (only the real psychics can and they aren't that commonly found). They can enter the deepest chambers and parts of your minds and existence, even the ones we haven't discovered yet. No therapy or healing modality can bring the results as fast as prayers can. They are easy to create and manifest fast. From protecting you to guiding you to nurturing you to healing you, they can do it all.

Why do we need to pray? – praying is like an invitation and allowance to the Energy Beings to enter your existence. When you pray, you invite them in. Without your invitation, they will send guidance which you will receive as intuition (if at all you are open to them) from afar, but they won't act until asked, even if you are dying. They will send guidance and if you don't receive it or act on it, they will watch you die, but they won't, under any circumstances, act without you asking for it.

Why does the prayer need to be well-scripted and detailed? – because as they won't enter and act without permission, they won't do anything that isn't asked. You ask, you get. You don't ask, you don't get. Sometimes, when I am unable to understand the root cause of my problem, I just call Goddess Veritas and ask her to bring me clarity on the matter. In a few minutes I have the answer. You have to ask. They will never cross your boundaries, even if you are dying. They are the ultimate freedom givers, which is what the concept of free-will is all about.

Chapter nine

constructing a *prayer*

Start your prayer with “I call upon _____ and ask for...”

You need to ask someone to do something. You can never start with “I ask for” Otherwise the prayer keeps floating in your existence as no one know who is supposed to pick it up for manifestation.

The wordings of the prayer:

In the example prayers I shared earlier you must have noticed the words that I used. I am going to mention some words here and explain them to you so you understand why the prayer needs this detailing. The manifestation power of a prayer lies in its instructions. The Energy Beings will follow your instructions to a T. Covering every area not only reduces the requirement of repetitions but also makes the manifestation faster.

Now lets assume you have 10,000 tonnes of grief stored in your existence. But currently you are suffering from the grief of losing your dog. If you say, “I ask Goddess Dhumavati to remove all the grief from me” it gives a vague instruction. Imagine if someone asked you to clean their house, which part of the house will

you begin with? What will you do with the garbage? It's the same thing. Also, when you just say me it is only the present moment you in the physical body. So the past energies can come in anytime in the future. And the energies set in the future are already waiting for you. However, if you say, "I ask Goddess Dhumavati to immediately, completely, absolutely, permanently, irreversibly and eternally extract and destroy the grief of losing my dog from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my pasts, my presents, my futures, my environments, my surroundings, my atmospheres, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences" it narrows down the particular grief that's currently affecting you and covers every area and part of your existence.

Immediately, completely, absolutely, permanently, irreversibly and eternally – this makes sure that the work is done instantly and absolutely, that it doesn't get reversed and it is done forever.

Extract and destroy – extract makes sure it is removed from you and destroy makes sure that it ceases to exist.

Seeds, roots, lands, bases, grounds, cores, foundations and structures – this is useful when addressing a spell, a pattern or a conditionings. For example, the seed of a pattern would be the moment the pattern was created, the root would be that part of your personality or another pattern in which it is rooted, and etc. Never use these terms when you are trying to ingrain or invite something.

Thoughts, feelings, emotions and energies – all the thoughts, feelings, emotions and energies associated with that which you are trying to remove or ingrain.

Manifestations, effects, results, memories, imprints and traces – can be used for thought patterns or energy attacks or blocks of any kind.

Tools, means, mediums, modes, instruments and mechanisms – very useful when removing an energy attack

Cords, anchors, hooks, connections, attachments, entanglements, enmeshments and mergers – very effective when removing a spirit, entity or a person. Removing a person doesn't mean they will be out of your life. It only means that their energies will no longer affect you. They cannot feed on you and a strong boundary will be created.

Across all dimensions, realities, realms, lifetimes, timelines and planes of existences – this covers everywhere you can exist. Leaving no stone unturned.

Every cell of my physical body, every fibre of my being and every layer of my existence – this in a way covers every part of your existence. However, I believe in a little more detailing.

All of my minds and all of my neurological pathways – minds are invisible and neurological pathways are a part of the brain. Works superfast when removing patterns and conditionings.

My fates, my destinies and my fortunes – certain things get stored into your fates & destinies not for the current lifetime but for the next lifetime for continuation. But that destiny is not fixed. If there is anything of this lifetime that you do not wish to continue then you can remove it instantly. I use this for all of my prayers.

My pasts, my presents and my futures – as I mentioned earlier, if you do not remove it from the past it can travel from there into the future, and if you do not clear it from the future, it is already waiting for you there.

My environments, my surroundings and my atmospheres – a lot of the effects and energies reaches your surroundings. This clears it from the spaces around you so that it never comes back to you.

All of my security systems – our security systems are vast. This includes all and every type and kind of security system that you have in place, your shields, your auras, the personality you created for self-defence, etc.

All of my timelines – there are multiple timelines we are a part of. Some shared with other people, some carried forward from previous lifetimes.

Chapter ten *general guidelines*

Initial prayers you create can be chaotic and its okay. When we function from strong emotions like hurt and pain, chaos is normal. Just constantly doing prayers removes the chaos and brings clarity within 2-3 days.

sometimes, when there have been too many patterns, loops, cycles & attacks and energetic issues, layers after layers gets formed. So, say you did a prayer to heal yourself of a relational wound 6 months back, and then did other prayers, you may have to do this prayer again because now new layers have come up. And this time the prayer will be different as new things will need to be cleared.

When removing energy attacks you have to repeat a lot. This is because when you clear from here, they sense and resend their attacks. Eventually your force will destroy their attacks completely along with their will and power to attack you back. But until that moment repeating the prayer is very much required.

Chapter eleven *sample prayers*

The following prayer was written for a rape victim:

I call upon Goddess Aphrodite, Goddess Hecate, Goddess Chandrabhadni, Lord Vishnu and Lord Shiva for the manifestation of the following prayer.

I ask to immediately, completely, absolutely, permanently, irreversibly and eternally destroy all the psychic, esoteric, ethereal, spiritual, soul, karmic, energetic, mental, psychological, verbal, emotional, astral, etheric, creative, destructive, sexual, seductive and physical traumas, PTSDs, hurts, harms, pains, anxieties, fears, shivers, chills, freezings, fawnings, shocks, triggers, oaths, vows, promises, permissions, allowances, decisions, choices, decisions, swearings, contracts, agreements, habits, patterns, natures, personalities, identities, choices, life-paths, destinies, fates, timelines, loops, cycles, thoughts, feelings and emotions of being forced, raped, violated, invaded, intruded, abused and assaulted from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my

atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the psychic, esoteric, ethereal, spiritual, soul, karmic, verbal, energetic, mental, psychological, emotional, astral, etheric, creative, destructive, sexual and physical forces, rapes, violations, invasions, intrusions, abuses and assaults applied to my psychic, esoteric, ethereal, spiritual, soul, karmic, verbal, energetic, mental, psychological, emotional, astral, etheric, creative, destructive, sexual and physical bodies, centres, spaces, places, powers, positions, roles and authorities to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the needs, wants, desires traumas, PTSDs, hurts, harms, pains, anxieties, fears, shivers, chills, freezings, fawnings, shocks, triggers, turmoils, rumination, restlessness, overthinking, sadness, pain, depression, anger, rage, fury, frustration, helplessness, hopefulness, disassociation, dissociation, disconnection, shock, freezing, fawning, flights, fights, paralysis, fears, anxieties, insecurities, stress and obesities because of psychic, esoteric, ethereal, spiritual, soul, karmic, verbal, energetic, mental, psychological, emotional, astral, etheric, creative, destructive, sexual and physical forces, rapes, violations, invasions, intrusions, abuses and assaults applied to my psychic, esoteric, ethereal, spiritual, soul, karmic, verbal, energetic, mental, psychological, emotional, astral, etheric, creative, destructive, sexual and physical bodies, centres, spaces, places, powers, positions, roles and authorities to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my need for constant protections and safeguarding against psychic, esoteric, ethereal, spiritual, soul, karmic, verbal, energetic, mental, psychological, emotional, astral, etheric, creative, destructive, sexual and physical forces, rapes, violations, invasions, intrusions, abuses and assaults applied to my psychic, esoteric, ethereal, spiritual, soul, karmic, verbal, energetic, mental, psychological, emotional, astral, etheric, creative, destructive, sexual and physical bodies, centres, spaces, places, powers, positions, roles and authorities to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the fat created, generated, maintained, sustained and amplified within my physical body as a manifestation of needing protection against psychic, esoteric, ethereal, spiritual, soul, karmic, verbal, energetic, mental, psychological, emotional, astral, etheric, creative, destructive, sexual and physical forces, rapes, violations, invasions, intrusions, abuses and assaults applied to my psychic, esoteric, ethereal, spiritual, soul, karmic, verbal, energetic, mental, psychological, emotional, astral, etheric, creative, destructive, sexual and physical bodies, centres, spaces, places, powers, positions, roles and authorities to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

It is done, it is done, it is done! Thank you, thank you, thank you.

The following prayer was written for a client for removing the pattern of taking stress:

I call upon Goddess Surkanda Devi and Lord Shiva for the manifestation of the following prayer.

I ask for all the regular, normal, routine and small disturbances and problems that every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines sees, perceives, acknowledges, accepts, allows and reacts to as a fatal, lethal, critical, terminal and existential threat to be immediately, completely, absolutely, permanently, irreversibly and eternally transmuted and transformed to be seen, perceived, acknowledged, accepted, allowed and reacted to as ordinary, manageable, proportionate and non-threatening everyday situations that shall now be approached with calm, clear, stable, practical and solution-oriented response, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my threat system to now only and solely respond to real and actual fatal, lethal, critical, terminal and existential threats as fatal, lethal, critical, terminal and existential threats and treat routine, regular, ordinary, manageable, proportionate and non-threatening everyday situations as routine, regular, ordinary, manageable, proportionate and non-threatening everyday situations with calm, clear, stable, practical and solution-oriented response, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my survival system to be calmed down and faith, belief, safety and security to be immediately, completely, absolutely, permanently, irreversibly and eternally filled within it, across all dimensions, realities, realms, lifetimes, timelines and planes of existences. I ask for the perception, action and response of every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines to be switched to joyful, peaceful, relaxed, regulated and alive living, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my low stress threshold with an exaggerated threat response to be immediately, completely, absolutely, permanently, irreversibly and eternally calmed, composed, diluted, healed, cured, regulated, normalised and then eradicated from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my stress hypersensitivity to be immediately, completely, absolutely, permanently, irreversibly and eternally calmed, composed, diluted, healed, cured, regulated, normalised and eradicated from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the emotional dysregulation, along with all that is causing, forcing and creating emotional dysregulation, to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my

surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my emotions to be immediately, completely, absolutely, permanently, irreversibly and eternally calmed, composed, diluted, healed, cured, regulated and normalised within every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the catastrophic thinking, along with all that is causing catastrophic thinking to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for the hyperactive threat detection to be immediately, completely, absolutely, permanently, irreversibly and eternally calmed, composed, diluted, healed, cured, regulated and normalised within every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my tolerance of stress to be immediately, completely, absolutely, permanently, irreversibly and eternally increased, amplified, energised, empowered and strengthened within every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my nervous system to be unloaded and unburdened from all the thoughts, feelings, emotions, energies, memories, imprints, traces and experiences of all the stress, fear, anxiety, worry, suffering and struggle I have experienced from the time of the inception of my soul, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the thoughts, feelings, emotions, energies, memories, imprints, traces and experiences of all the stress, fear, anxiety, worry, suffering and struggle I have experienced from time of the inception of my soul to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines to be immediately, completely, absolutely, permanently, irreversibly and eternally recovered, rejuvenated, recharged, energised, strengthened and healed, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the anticipatory anxiety, hypervigilance, distress intolerance, overreaction to inconvenience, fight, flight, fawn and freeze to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for the cortisol, adrenaline, epinephrine, noradrenaline, norepinephrine, corticotropin-releasing hormone, adrenocorticotrophic hormone, vasopressin, antidiuretic hormone, glucagon, aldosterone, stress, anxiety, sadness and depression spike that takes place as soon as anything goes wrong, or not according to me, or when even a little disturbance comes, or any disturbance or problem is anticipated, to be immediately, completely, absolutely, permanently, irreversibly and eternally neutralised, normalised, relaxed, calmed, composed and regulated within every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for the immediate, complete, absolute, permanent, irreversible, eternal and perfect regulation, normalization and balance of my amygdala, hypothalamus, HPA axis, nervous system and stress response so that cortisol, adrenaline, epinephrine, noradrenaline, norepinephrine, corticotropin-releasing hormone, adrenocorticotrophic hormone, vasopressin, antidiuretic hormone, glucagon and aldosterone are released only in appropriate, healthy and proportionate amounts and my mind and body remain calm, stable, clear and solution-oriented during all disturbances, inconveniences and problems.

I ask for all the fears, phobias, disgusts and survival threats associated with insects and animals to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my habit, pattern, nature, personality, identity, preference and need to control the environment to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my habit, pattern, nature, personality, identity, preference and need of perfectionism to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my fear, disgust, dislike and anxiety of entropy, uncertainty, changes, damages, faults, mistakes, struggle, irresponsibility, carelessness, problems, surprises, disturbances, issues, difficulties, complications, troubles, obstacles, challenges, setbacks, failures, errors and glitches to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system,

my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for the association that any entropy, uncertainty, change, damage, fault, mistake, struggle, irresponsibility, carelessness, problem, surprise, disturbance, issue, difficulty, complication, trouble, obstacle, challenge, setback, failure, error or glitch is a sign that I'm unlucky, god is punishing me, my bad time is going on, the whole world is against me and people are attacking me to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the associations and connections between entropy, uncertainty, change, damage, fault, mistake, struggle, irresponsibility, carelessness, problem, surprise, disturbance, issue, difficulty, complication, trouble, obstacle, challenge, setback, failure, error and glitch with threat and life and death situation to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my fear of things not going my way and my need to get what I want and all the egos associated with it to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my need for stability, continuity, predictability and ease to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for the Energies of Calm, the Energies of Solution, the Energies of Healing, the Energies of Peace, the Energies of Safety, the Energies of Security and the Energies of Joy to immediately, completely, absolutely, permanently, irreversibly and eternally be filled within every cell of my physical body, every fibre of my being, every layer of my existence, my autonomic nervous system, my sympathetic nervous system, my parasympathetic nervous system, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

It is done, it is done, it is done! Thank you, thank you, thank you.

P.S. The results of this prayer were within 3 days and the anxiety of my client was permanently gone. It's been 7 years and I still receive a message from him every new year filled with gratitude. It just got removed in three days permanently! If this doesn't motivate you, I don't know what will ;)

As I said repeatedly, the magic is in the details and clarity in intentions, along with calling upon the right Energy Beings.

The following prayer was written for a client for removing the pattern of constantly seeking validation:

I call upon Goddess Chinnamasta Devi, Goddess Sekhmet, Archangel Michael and Goddess Frejya for the manifestation of the following prayer.

Every time I erased myself to be seen, acknowledged, accepted, liked and appreciated to be immediately, completely, absolutely, permanently, irreversibly and eternally undone, across all dimensions, realities, realms, lifetimes, timelines and planes of existence.

I ask for all of the choices, decisions, habits, patterns, loops, cycles, natures, personalities, identities, thoughts, feelings, emotions, energies, codings, programmings, conditionings and compulsions of erasing myself to be seen, acknowledged, accepted, liked and appreciated to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the fears of being ignored, avoided, unheard, unseen, minimised, diminished, erased, humiliated, embarrassed and shamed to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the negative, lower, evil, clutter, garbage, polluting, contaminating, impure, dirty, confusing, chaotic, altering and manipulating entities, energies, spirits, beings, parasites and servitors to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from my opinion of myself, across all dimensions, realities, realms, lifetimes, timelines and planes of existence.

I ask for my reward fixation to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my need to prove my work, my hard-work, my suffering, my endurance, my strength, my struggles, my worth and my value to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the self-hatred, self-judgement, self-loathing, self-disgust, self-doubt and self-punishment to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for the need, want, desire, habit, pattern, loop, cycle, nature and addiction of needing validation, approval and being liked to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for the hunger and craving for validation, approval and being liked to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my need, want, will, wish, compulsion, restriction, oath, vow, promise, swearings, agreements, contracts, habits, patterns, loops, cycles, decisions, choices, adaptations, personalities and identities to be good to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the traumas, injuries, wounds, hurts, pains, sadness, thoughts, feelings, emotions, manifestations, attractions, forces, curses, depressions, voids, emptiness, vibrations, frequencies, memories, imprints and traces of being disrespected, being humiliated, being insulted, being belittled, being erased, being minimised and being gaslighted to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all of my inferiority complexes about my spiritual, energetic, mental, intellectual, logical, psychological, emotional, physical, creative, sexual and physical body, beauty, being, talent, potential, skill, abilities and intelligence to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted, removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

It is done, it is done, it is done! Thank you, thank you, thank you.

The following prayer was written for a client. Nothing was getting diagnosed in the physical body and yet the person felt giddy, low on energy and sick all the time.

I call upon Lord Shiva, Archangel Raphael and Lord Dhanvantari for the manifestation of the following prayer.

I ask for all the entities, energies, spirits, beings, parasites, bacterias, funguses, servitors, tulpas, thoughts, feelings, emotions, habits, patterns, loops, cycles, codings, codes, programmings, inscriptions, commands, mechanisms and instruments of sickness, diseases, illness, death, decaying and rotting, to be immediately, completely, absolutely, permanently, irreversibly and eternally extracted and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for all the cords, tools, means, mediums, modes, instruments and mechanisms attached to my life-force energies, prana, chi, Qi and kundalini that are draining my life, health, healing and life-force energies, prana, chi, ki and kundalini energies, to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for my habits and patterns to give away my life, my life-force energies, my chi, my Qi, my prana and my kundalini energies to be immediately, completely, absolutely, permanently, irreversibly and eternally removed and destroyed from every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

I ask for energies, thoughts, feelings, emotions, codings, codes, programmings, instructions, inscriptions, frequencies and vibrations of life, life-force energies, prana, chi and Qi to be immediately, completely, absolutely, permanently, irreversibly and eternally supplied, manifested, activated and reflected within every cell of my physical body, every fibre of my being, every layer of my existence, all of my minds, all of my neurological pathways, my fates, my destinies, my fortunes, my environments, my surroundings, my atmospheres, my pasts, my presents, my futures, all of my security systems and all of my timelines, across all dimensions, realities, realms, lifetimes, timelines and planes of existences.

It is done, it is done, it is done! Thank you, thank you, thank you.

Conclusion

Praying is the most powerful tool at your disposal through which you can uncreate or create literally anything you want, as long as it isn't against Destiny and Karma. Thousands of my clients have benefitted with this technique and I really hope you will benefit too. "The art of Praying" is what I have created from my years of learning, channelling, practice and experience. It is too sacred to me and now I share it with the world hoping it will help the masses.

Happy Healing,
Happy Creating,
Happy Manifesting!

Lots of love,

