

In this column, list as many things as possible of what you would like to release in your life. This is your DUMP LIST. Consider attitudes, emotions, resentments, angers, disappointments, frustrations, experiences – anything that makes you feel bad, nervous, anxious or worried.

Apply a healing code:

Put the palm of your hand over your heart area, right in the middle of your chest and move the palm in a clockwise direction. Do this as you say the prayer of intention with me. This will help your body identify what it needs to heal.

Dear God, I pray that you would find, open and heal all known and hidden negative images, unhealthy beliefs, harmful actions, wrong perceptions and destructive cellular and generational memories, whether experienced, witnessed, imagined, dreamed or absorbed and all resulting physical issues relating to (insert heart,etc).

Replace all these unhealthy things with the love, light and life of your Presence, and restore everything in mind, body and spirit to your intended design.

Please also magnify the effectiveness of this healing to the maximum level for (insert your name)'s highest good, at an optimal pace. Thank you, Lord for your willingness and ability to do these things.

Letter to God, listing your ideals, expectations and desires for this year.