

# Releasing Self Sabotage and Addictions

I used to offer two separate healing sessions – one for releasing self sabotage and one for releasing addictions. However, there is so much energetic overlap between these two areas that I decided to combine them into one very powerful group healing session with thirty-eight healing transmissions. Indulging in addictive behavior is one of most common ways we sabotage ourselves and lower our vibration. The most powerful way to heal self destructive patterns like self sabotage and addictions is to love, trust and accept ourselves – the good and the bad – as much as we can in any given moment.

**This group healing session IS NOT conducted on the telephone or Internet.** I know many healers like to do this but my personal experience has been that when empaths like myself participate in a telephone group healing session, we often take on stuff from the other participants. I usually have to an hour or more clearing myself after I participate in one of these sessions. Instead, I am asking the Creator to transmit these group healing sessions from me to you via distant healing which I feel is safer energetically and more pristine.

## Releasing Self Sabotage Transmissions

1. Clearing, Transmuting, Healing, Releasing and Dissolving Our Inner Saboteur and Wounded Inner Child.
2. Clearing, Transmuting, Healing, Releasing and Dissolving Self Sabotage, Procrastination, Doubt and Self Destructive Behavior as well as ALL Associated Thoughts/Beliefs, Feelings/Emotions, Attitudes, Tendencies, Genetic Predispositions, Memories, Self Talk, Patterns, Programs and Influences..
3. Clearing, Transmuting, Healing, Releasing and Dissolving Self Sabotage, Procrastination, Doubt and Self Destructive Behavior from the Moment of Conception to You in the NOW.
4. Clearing, Transmuting, Healing, Releasing and Dissolving Self Sabotage, Procrastination, Doubt and Self Destructive Behavior from Your Past Lives, Future Lives, Parallel Lives and Parallel Life Bleedthrough.
5. Angelic Healing Profiles for Clearing, Transmuting, Healing, Releasing and Dissolving Self Sabotage, Procrastination, Doubt and Self Destructive Behavior.

6. Clearing, Transmuting, Healing, Releasing and Dissolving Fear, Stress, Anxiety, Trauma and ALL Associated Thoughts, Beliefs, Feelings, Emotions, Self Talk, Attitudes, Memories, Tendencies, Genetic Predispositions, Patterns, Programs and Influences.
7. Clearing, Transmuting, Healing, Releasing and Dissolving all Negative Energies, Influences, Beings, Implants, Devices, Cords, Hooks and Attachments that Anchor, Support, Strengthen or Reinforce Self Sabotage, Procrastination Doubt and Self Destructive Behavior.
8. Clearing, Transmuting, Healing, Releasing and Dissolving Self Sabotage, Procrastination, Doubt and Self Destructive Behavior and Their Energetic Imprints from Our Cellular Memory, Genetics, the Minds/Brains and the Genetic/Past Life Archives.
9. Clearing, Transmuting, Healing, Releasing and Dissolving the Seeds, Causes, Origins and Roots of Self Sabotage, Procrastination, Doubt and Self Destructive Patterns, Programs, Feelings, Thoughts, Attitudes, Behaviors, Influences, etc. Across Time, Space, Dimensions, Angles, Vectors and Directions.
10. Clearing, Transmuting, Healing, Releasing and Dissolving Self Sabotage and Self Destructive Patterns, Programs, Feelings, Thoughts, Attitudes, Behaviors and Influences around Money, Wealth, Abundance, Prosperity and Success.
11. Clearing, Transmuting, Healing, Releasing and Dissolving Self Sabotage and Self Destructive Patterns, Programs, Feelings, Thoughts, Attitudes, Behaviors and Influences around Love, Family and Relationships.
12. Clearing, Transmuting, Healing, Releasing and Dissolving Self Sabotage and Self Destructive Patterns, Programs, Feelings, Thoughts, Attitudes, Behaviors and Influences around Our Optimal Physical, Emotional, Mental and Spiritual Health and Well-Being.
13. Clearing, Transmuting, Healing, Releasing and Dissolving Self Sabotage and Self Destructive Patterns, Programs, Feelings, Thoughts, Attitudes, Behaviors and Influences around Our Job, Work, Vocation and Career.
14. Clearing, Transmuting, Healing, Releasing and Dissolving a Negative Mental Attitude, Guilt, Whining, Blaming, Judging, Comparing, Complaining, etc

15. Clearing, Transmuting, Healing, Releasing and Dissolving Self Sabotage and Self Destructive Patterns, Programs, Feelings, Thoughts, Attitudes, Behaviors and Influences around Growing Personally and Spiritually.
16. Clearing, Transmuting, Healing, Releasing and Dissolving ALL Energetic Weaknesses, Allowances, Blockages, Imbalances, Payoffs or Benefits We Receive from Procrastination, Sabotaging Ourselves and Engaging in Self Destructive Behavior
17. Clearing, Transmuting, Healing, Releasing and Dissolving Blocks We May Have Around Playing Nicely with Others and Getting Along Well with Others.
18. Clearing, Transmuting, Healing, Releasing and Dissolving Blocks We May Have Around Realizing Our Full Potential.
19. Clearing, Transmuting, Healing, Releasing and Dissolving Blocks We May Have Around Not Being True to Ourselves, People Pleasing, Emotional and Financial Neediness and Codependency.
20. Clearing, Transmuting, Healing, Releasing and Dissolving Our Inner Judge and Inner Parents and Punishing Ourselves.

## **Releasing Addictions & Self Destructive Behavior**

1. Clearing, Transmuting, Healing, Releasing and Dissolving Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances as well as ALL Associated Thoughts/Beliefs, Feelings/Emotions, Tendencies, Genetic Predispositions, Attitudes, Memories, Self Talk, Patterns, Programs and Influences..
2. Clearing, Transmuting, Healing, Releasing and Dissolving Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances from the Moment of Conception to You in the NOW.
3. Clearing, Transmuting, Healing, Releasing and Dissolving Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances from Your Past Lives, Future Lives, Parallel Lives and Parallel Life Bleedthrough.

4. Clearing, Transmuting, Healing, Releasing and Dissolving Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances from Your Cellular Memory, Genetics and the Genetic/Past Life Archives.
5. Angelic Healing Profiles for Clearing, Transmuting, Healing, Releasing and Dissolving Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances.
6. Clearing, Transmuting, Healing, Releasing and Dissolving Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances as well as ALL Associated Thoughts/Beliefs, Feelings/Emotions, Attitudes, Tendencies, Genetic Predispositions, Memories, Self Talk, Patterns, Programs and Influences.
7. Clearing, Transmuting, Healing, Releasing and Dissolving all Negative Energies, Influences, Beings, Implants, Devices, Cords, Hooks and Attachments that Anchor, Support, Strengthen or Reinforce Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances.
8. Clearing, Transmuting, Healing, Releasing and Dissolving the Seeds, Causes, Origins and Roots of Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances Including All Associated Patterns, Programs, Feelings, Thoughts, Attitudes, Behaviors, Influences, etc. Across Time, Space, Dimensions, Angles, Vectors and Directions.
9. Clearing, Transmuting and Healing, Releasing and Dissolving the Energetic Distortions, Disruptions, Blockages, Weaknesses and Imbalances Created by Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances.
10. Clearing, Transmuting and Healing, Releasing and Dissolving Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances and ALL Associated Thoughts, Beliefs, Emotions, Feelings, Memories, Attitudes, Influences, Programming and Life Experiences from our Genetics, Subconscious Mind, Brain Chemistry, Neuronets, Personality Self/Selves.
11. Clearing, Transmuting and Healing, Releasing and Dissolving Negative, Fearful, Self Talk and Random Inner Dialog that Energetically Anchors, Reinforces and Supports Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances.

12. Clearing, Transmuting and Healing, Releasing and Dissolving Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances from our Genetics, Epigenetics and the Master Cell of the DNA in the Pineal Gland.
13. Angelic Love and Healing Wash for Our Energetic Spaces, Fields, Organs, Systems and Bodies that are Negatively Impacted by Addictions, Obsessive and Self Destructive Behavior and Cravings for Addictive Substances.
14. Angelic Clearing, Healing, Upgrading and Rescripting Profiles for Forgiving Yourself, Others and Spirit.
15. Angelic Clearing, Healing, Upgrading and Rescripting Profiles for Self Love, Acceptance and Confidence.
16. Angelic Clearing, Healing, Upgrading and Rescripting Profiles for Being True to Yourself and Believing in Yourself.
17. Angelic Clearing, Healing, Upgrading and Rescripting Profiles for High Self Esteem and Self Worth.
18. I would like to conclude this session with energies from the Creator to help each of us to deepen the healings we have received and to help us to deeply integrate and ground them into our body with ease and grace.

During each group healing session, I do some individualized healing. I ask the Creator to connect with each of our soul and transmit to each of us the healing and enlightenment energies and coding that will most help us to move forward on our path. I encourage people who participate in this session to set an intent for this healing session. If you feel comfortable, I would appreciate it if you would send me a detailed statement of their intent for this session.