Call for the Arresting of the Spirals

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In the name of my Mighty I AM Presence and the Great Divine Director; in the name JESUS CHRIST, I demand and command the arresting of the spirals of negative karma throughout my entire consciousness, being and world!--that every single cycle of every single cell and atom within my form that is not outpicturing the perfect cycles of the Christ consciousness be now dissolved, be now arrested and turned back by the authority of my God Presence! And in the name JESUS CHRIST, I demand and command that the cycles of immortal Life and my Divine Plan be fulfilled and that my ascension prevail!

(This should be decreed each morning by those who are working to ascend in this lifetime)