



## Ask and Let Go(d)

I ask God and Let Go for God to Handle

Pendulum: Ask “May I, Can I, Should I, and Is this the right time?” and receive on yeses before proceeding

1. Is there a genetic cause?
2. Is there a contract causing this?
3. Is there a contract with a person causing this?
4. Is forgiveness needed?
5. Is release of anger needed?
6. Is there a mental disorder?
7. Is there a spiritual issue?
8. Is a chakra out of alignment?
9. Is a professional needed?
10. Is a homeopathic remedy needed?
11. Is there a stone that would help?
12. Are there negative entities?
13. Are there negative entities with foundations?
14. Is there a foundation to be neutralized?
15. Is there an emotion.
16. Are there organs to be aligned?
17. Are there glands to be aligned?
18. Are there systems to be aligned?
19. Is there a combination to be aligned?
20. Is there a combination with a foundation to be aligned?
21. Is there a past life effect on organs?
22. Is there a past life effect on glands?
23. Is there a past life effect on systems?
24. Is there a past life effect on a combination?
25. Is there a correction of the Akash DNA needed?
26. Is there a person (alive or dead) that is causing this issue?
27. Is there an event causing this issue?
28. Is there an event, body part, and/or person causing this issue?
29. Is there a meridian causing this issue?
30. Is the Master Healer needed to completely heal this issue?



## Ask and Let Go(d)

I ask God and Let Go for God to Handle

**Pendulum:** Ask “May I, Can I, Should I, and Is this the right time?” and receive on yeses before proceeding

### 1. Is there a genetic cause?

I ask God to neutralize the genetic cause that impacts [client's] [issue].

### 2. Is there a contract causing this?

I ask God to cancel the contract that causes [client's] [issue].

### 3. Is there a contract with a person causing this?

I ask God to cancel the contract with the person that causes [client's] [issue].

### 4. Is forgiveness needed?

I forgive [person] for [person] knows not what [person] does in relation to [client].

I forgive [client] for [client] knows not what she does in relations to [person].

I thank you, [person].

I love you, [person].

### 5. Is release of anger needed?

I ask God to release the anger held by [person] toward [client].

I ask God to release the anger held by [client] toward [person].

### 6. Is there a mental disorder?

agoraphobia

Insomnia

phobias

I ask God to neutralize [client's] [mental disorder] that causes [client's] [issue].

### 7. Is there a spiritual issue?

fear of being God's truth

fear of creating personal form of God's truth

fear of doing God's work

fear of feeling God's presence

fear of hearing God's truth

fear of seeing God's truth

fear of singing God's truth

fear of speaking God's truth

fear of standing for God's truth

fear of trusting God for abundance

fear of writing God's truth

I ask God to neutralize [client's] [spiritual issue] that causes [client's] [issue].



## Ask and Let Go(d)

I ask God and Let Go for God to Handle

Pendulum: Ask “May I, Can I, Should I, and Is this the right time?” and receive on yeses before proceeding

### 8. Is a chakra out of alignment?

Root  
Sex/Creative  
Solar Plexus  
Heart  
Throat  
Third Eye  
Crown

I ask God to align [client's] [chakra] that causes [client's] [issue].

### 9. Is a professional needed?

Acupuncturist  
Chiropractor  
Homeopathist  
Internist  
Naturapath

I ask God to direct [client] to the correct [professional] to help with [client's] [issue].

### 10. Is a homeopathic remedy needed?

See the list at [www.askandletgod.com/remedies.pdf](http://www.askandletgod.com/remedies.pdf).

Buy this [remedy].

### 11. Is there a stone that would help?

See the list at [www.askandletgod.com/stones.pdf](http://www.askandletgod.com/stones.pdf).

I ask God to imbue the essence of the stone, [stone], to address [client's] [issue] (until the actual stone can be purchase).

### 12. Are there negative entities?

Attachments on  
Negative Entities around  
Negative Entities in  
Possessions in

I ask God to take [client's] [number] [negative entity type] that cause [client's] [issue] to the Other Side where they will be given the appropriate treatment and moved onto the proper realm.



## Ask and Let Go(d)

I ask God and Let Go for God to Handle

**Pendulum:** Ask “May I, Can I, Should I, and Is this the right time?” and receive on yeses before proceeding

### 13. Are there negative entities with foundations?

Negative Entity Type	Foundations
Attachments on	Animal
Negative Entities around	Beliefs
Negative Entities in	Emotions
Possessions in	Inherited
	Memories
	Past Life
	Person
	Programs
	Thoughts

I ask God to neutralize the [client's] [number foundations] that creates [client's] [number] [negative entity type] that cause [client's] [issue] and to take them to the Other Side where they will be given the appropriate treatment and moved onto the proper realm.

### 14. Is there a foundation?

Animal  
Beliefs  
Emotions  
Inherited  
Memories  
Past Life  
Person  
Programs  
Thoughts

I ask God to neutralize the [number] [foundations] that cause [client's] [issue].

### 15. Is there an emotion?

See the list at [www.askandletgod.com/emotions.pdf](http://www.askandletgod.com/emotions.pdf).

I ask God to neutralize the [emotion] that causes [client's] [issue].

### 16. Are there organs to be aligned?

Bladder  
Brain  
Colon  
Heart  
Ileocecal Valve  
Kidneys  
Liver  
Small Intestine  
Spleen  
Stomach  
Uterus

I ask God to align [client's] [organ] that causes [client's] [issue].



## Ask and Let Go(d)

I ask God and Let Go for God to Handle

**Pendulum:** Ask “May I, Can I, Should I, and Is this the right time?” and receive on yeses before proceeding

### 17. Are there glands to be aligned?

Adrenals  
Hypothalamus  
Ovaries  
Pancreas  
Pineal Gland  
Pituitary Gland  
Prostate  
Testicles  
Thyroid Gland

**I ask God to align [client’s] [gland] that causes [client’s] [issue].**

### 18. Are there systems to be aligned?

Circulatory system  
Digestive system  
Elimination system  
Ligaments  
Lymphatic system  
Muscles  
Muscles and skeletal system  
Muscles and tendons  
Muscles, tendons, and nerves  
Nerves and nervous system  
Nerves and skeletal system  
Nerves and tendons  
Respiratory system

**I ask God to align [client’s] [system] that causes [client’s] [issue].**

### 19. Is there a combination to be aligned?

<b>Glands</b>	<b>Organs</b>	<b>Systems</b>
Adrenals	Bladder	Circulatory system
Hypothalamus	Brain	Digestive system
Ovaries	Colon	Elimination system
Pancreas	Heart	Ligaments
Pineal Gland	Ileocecal Valve	Lymphatic system
Pituitary Gland	Kidneys	Muscles
Prostate	Liver	Muscles and skeletal system
Testicles	Small Intestine	Muscles and tendons
Thyroid Gland	Spleen	Muscles, tendons, and nerves
	Stomach	Nerves and nervous system
	Uterus	Nerves and skeletal system
		Nerves and tendons
		Respiratory system

**I ask God to align [client’s] [organ], [gland], and/or [system] that causes [client’s] [issue].**



## Ask and Let Go(d)

**I ask God and Let Go for God to Handle**

**Pendulum:** Ask “May I, Can I, Should I, and Is this the right time?” and receive on yeses before proceeding

### 20. Is there a combination with foundation?

Glands	Organs	Systems	Foundation
Adrenals	Bladder	Circulatory system	Animal
Hypothalamus	Brain	Digestive system	Beliefs
Ovaries	Colon	Elimination system	Emotions
Pancreas	Heart	Ligaments	Inherited
Pineal Gland	Ileocecal Valve	Lymphatic system	Memories
Pituitary Gland	Kidneys	Muscles	Past Life
Prostate	Liver	Muscles and skeletal system	Person
Testicles	Small Intestine	Muscles and tendons	Programs
Thyroid Gland	Spleen	Muscles, tendons, and nerves	Thoughts
	Stomach	Nerves and nervous system	
	Uterus	Nerves and skeletal system	
		Nerves and tendons	
		Respiratory system	

**I ask God to neutralize the [number] [Foundations] and to align [client’s] [organ], [gland], and/or [system] that causes [client’s] [issue].**

### 21. Is there a past life effect on organs? This usually needs to be done more than once.

- Bladder
- Brain
- Colon
- Heart
- Ileocecal Valve
- Kidneys
- Liver
- Small Intestine
- Spleen
- Stomach
- Uterus

**I ask God to neutralize the past life effect on [client’s] [organ] that causes [client’s] [issue].**

### 22. Is there a past life effect on glands? This usually needs to be done more than once.

- Adrenals
- Hypothalamus
- Ovaries
- Pancreas
- Pineal Gland
- Pituitary Gland
- Prostate
- Testicles
- Thyroid Gland

**I ask God to neutralize the past life effect on [client’s] [gland] that causes [client’s] [issue].**



## Ask and Let Go(d)

I ask God and Let Go for God to Handle

**Pendulum:** Ask “May I, Can I, Should I, and Is this the right time?” and receive on yeses before proceeding

**23. Is there a past life effect on systems? This usually needs to be done more than once.**

Circulatory System  
 Digestive system  
 Elimination system  
 Ligaments  
 Lymphatic system  
 Muscles  
 Muscles and skeletal system  
 Muscles and tendons  
 Muscles, tendons, and nerves  
 Nerves and nervous system  
 Nerves and skeletal system  
 Nerves and tendons  
 Respiratory system

**I ask God to neutralize the past life effect on [client’s] [system] that causes [client’s] [issue].**

**24. Is there a past life effect on a combination? This usually needs to be done more than once.**

<b>Glands</b>	<b>Organs</b>	<b>Systems</b>
Adrenals	Bladder	Circulatory system
Hypothalamus	Brain	Digestive system
Ovaries	Colon	Elimination system
Pancreas	Heart	Ligaments
Pineal Gland	Ileocecal Valve	Lymphatic system
Pituitary Gland	Kidneys	Muscles
Prostate	Liver	Muscles and skeletal system
Testicles	Small Intestine	Muscles and tendons
Thyroid Gland	Spleen	Muscles, tendons, and nerves
	Stomach	Nerves and nervous system
	Uterus	Nerves and skeletal system
		Nerves and tendons
		Respiratory system

**I ask God to neutralize the past life effect on [client’s] [organ],[gland], and/or [system] that causes [client’s] [issue].**

**25. Is there a correction of the Akash DNA needed?**

*The Twelve Layers of DNA* by Lee Carroll with Kryon is the source of this information.

**I ask for [client] that [client] has the attributes that [client] has earned in what [client] calls [client’s] past that will enhance the ability for [client] to live [client’s] current life with more ease and grace. I ask for [client] to recall those things that will allow [client] to live longer, do [client’s] work better, and give [client] peace over things that [client] desires to do. I wish to mine the Akash for [client’s] issue, [issue], which is in [client’s] DNA.**



## Ask and Let Go(d)

I ask God and Let Go for God to Handle

**Pendulum:** Ask “May I, Can I, Should I, and Is this the right time?” and receive on yeses before proceeding

**26. Is there a person (alive or dead) causing this issue? Use your family history and determine the person and their message.**

**Person** Foundation Emotion

Man or Woman

Mom’s side or Dad’s side or partner

I ask God to neutralize the [number] [foundation] of [person] to free [client] of [issue].  
I ask God to neutralize the person’s emotion, [emotion], to free [client] of [issue].

**27. Is there an event causing this issue?**

Age of Event Foundation Emotion

I ask God to neutralize the [number] [foundation] of [person] to free [client] of [issue] at the age of [age].

I ask God to neutralize the person’s emotion, [emotion], to free [client] of [issue] at the age of [age].

**28. Is there an event, body part, and/or person causing this issue?**

Age of Event Person Body Part Foundation Emotion

I ask God to neutralize [client] of emotion, [emotion], to free [client’s] [body part] of effect of [person] at age [age of event] of [issue].

I ask God to neutralize the [number] [foundation] of [person] to free [client’s] [organ] of [issue] at the age of [age].

I ask God to neutralize the [number] [foundations] of [person] to free [client’s] [organ] of [issue].

**29. Is there a meridian causing this issue?**

**Meridian**

gall bladder

heart

kidney

large intestine

liver

lung

pericardium

small intestine

spleen

stomach

triple heater

urinary and bladder

I ask God to align the [client’s] [meridian] meridian that causes [client’s] [issue].

**30. Is the Master Healer needed to completely heal this issue?**

I accept the Atonement for [client] which means [client’s] [issue] no longer exists, bringing [client] to inner peace.