

# First Go Command

This process for clearing and healing your energy field of limiting energies focuses first on the various subtle fields making up your system. We clear the surface discord in these areas so that deeper issues can be revealed. As the surface is cleared, these levels of your system come into balance and strengthen you in your authentic Self. From this foundation, you can move into clearing and releasing the deeper issues that are agitating the entire energy system. These deeper issues can then be addressed by the Deep Go Command later in the sequence.

Breathe into the heart.

**I call upon Divine Mother and all the Divine Beings to clear and release the following levels of my system from all discordant energy, blocks, and confusion.**

Continue saying lovingly but firmly from your Divine Authority, not from your small self:

**I now address blockages and discord in the emotional level of my energy field – go into the Light. Go... Go... Go... Go.....**

As needed, repeat:

**Go into the Light...go...go...go...go into the Light...go...go...go...go into the Light...**

**In the name of God, I command you to go into the Light now.** *(Continue repeating "Go" until you notice a lift, perhaps a sense of expansion, or a settling indicating there has been a release)*

You are clearing layers of your emotional system. By repeating "Go into the Light" over and over, you are clearing deeper and deeper layers. Keep repeating "Go" until you feel smooth and open at each level.

Next, the mental level. Say:

**I now address blockages and discord in the mental level of my energy field – go into the Light. Go, go, go....**

At every level, follow the same instructions for clearing as stated above.

Now the etheric level. Say:

**I now address blockages and discord in the etheric level of my energy field – go into the Light. Go, go, go....**

Follow instructions as stated above.

Clear the physical level. Say:

**I now address blockages and discord in the physical level of my energy field – go into the Light. Go, go, go....**

Follow instructions as stated above.

Clear the astral level. Say:

**I now address blockages and discord in the astral level of my energy field – go into the Light. Go, go, go....**

Follow instructions as stated above.

Clear the causal level. Say:

**I now address blockages and discord in the causal level of my energy field – go into the Light. Go, go, go....**

Follow instructions as stated above.

Clear the celestial level. Say:

**I now address blockages and discord in the celestial level of my energy field – go into the Light. Go, go, go....**

Follow instructions as stated above.

Clear the level of Pure Spirit. Say:

**I now address blockages and discord in the level of Pure Spirit in my energy field – go into the Light. Go, go, go....**

Follow instructions as stated above.

Finally, clear the Avenue of Awareness. This governs the way life is perceived. When the Avenue of Awareness is clear, life is perceived as harmonious, connected and whole. When the avenue of awareness is blocked life is perceived as separate, disconnected and fearful. Say:

**I now address blockages and discord in the Avenue of Awareness in my energy field – go into the Light. Go, go, go....**

Follow instructions as above until clear.

Then conclude by saying:

**All limited energies, entities and negative programs are now released and let go on every level of my multidimensional energy system. All doors, openings, holes, portals or pathways to these areas are now closed and sealed. I am opening only into the Wholeness of my Authentic Self, and it is now flowing through my individual life with integrity, Grace and power.**

**Thank you Divine Mother and so it is.**

# About the First Go Command

## **Why do we use the First Go Command?**

This process for clearing and healing your energy field of limiting energies focuses first on the various subtle fields making up your system.

We clear the surface discord in these areas so that deeper issues can be revealed. As the surface is cleared, these levels of your system come into balance and strengthen you in your authentic Self. From this foundation, you can move into clearing and releasing the deeper issues that are agitating the entire energy system by following the recommended sequence of Divine Mother's vibrational tools.

## **What are we clearing in the Go Command?**

In the Go Command, you, in your God Self, are telling limiting energies to leave your life stream. No matter why they are there, all of them are limiting the Truth of who you are, which is Infinite and Whole. The energies we are clearing in the Go Command prevent you from experiencing your union with God.

In the Go Command, you claim the Truth of who you are, and allow the Truth of your infinite nature to command all limitations to release. These limited energies can be called entities, and they can be of a positive or negative quality. You are engaged in recognizing your Oneness with God and living that stature of life. Anything that diminishes your conscious awareness of your Oneness with God must be released.

## **Using the word "Go"**

The command "Go" has an impact on the energies that are jamming the infinite flow of your energy field. The sound of the word and the Divine authority with which it is spoken dissolve the blockages on many levels, until there is nothing but Divine Self. The phrase, "Go into the Light" tells the energy where to go to be lifted and freed.

## **Why do we repeat "Go" over and over?**

We are clearing layers. You are a multidimensional being. Each time you say "Go", you clear a layer of your multidimensional system. All layers need to be cleared, so we repeat "Go" until there are no more obstructions to the expression of your God Self. You will know that you are finished when you have a sense of lightness and centeredness.

## **Descriptions of the Levels of your energy field – What Are They?**

**Emotional** - This is a vibrational field that holds the emotions. It is a part of the subtle energy structure of all humans. We are dissolving the underlying habits and concepts that activate emotional responses which contract your system. The emotional field is healthy when it is expansive and whole.

**Physical** - The physical body. We are dissolving subtle discordant energy in the cells, organs, bones, tissues, and in all that comprises and supports the material physical body.

**Mental** - The human thinking mind. We are clearing the thoughts and belief systems, patterning and conditioning that do not support the knowledge of oneness held by your Infinite Self.

**Etheric** - The etheric field surrounds you as an expansive subtle energy sheath. It is impacted by the effects of tension, fear and pain in the mental, physical and emotional fields as well as in your environment. You are freeing the blocks that have been lodged there so that this field can support your complete union with the Infinite Self.

**Astral** – It is the field through which the human individuality accesses other planes of existence. You have access to this larger astral plane through your individual astral field. You are healing limited, disruptive energies, entities, and thought forms that have attached to your individual astral field. They inhibit the expression of the Truth of who you are and impede your evolutionary path.

**Causal** – This is the level where the cause or purpose for your life steers you forward into higher expressions of your Divine Nature. The causal level of a person's system can become blocked with old energies resulting from constricting responses to past life events. If you responded to some life experience with fear, anger, guilt, or any negative, contracting reaction, the energy of that response gets stuck in your system as an energy loop or a blockage in your life energy. The stuck energy causes you to respond again and again in the same old pattern with fear or pain. In this First Go Command, we are releasing that blockage so that your life energy can flow fluidly and powerfully. You are then free to respond from an expanded sense of Self.

**Celestial** - The purpose of our individual celestial field is to enable us to experience the celestial realm. This is a very refined field inhabited by very high level beings. We clear this level in ourselves because even in the celestial realm some ego-sense can be present. Because we are focusing on gaining and living our Infinite Self any ego taint influencing our sense of Self even at this level must be removed.

**Pure Spirit** - Being, Infinite Source, Unified Field, Wholeness. When clearing this level, you are clearing your perception of Pure Spirit. Many times people will identify Pure Spirit with an emotion or a mental concept of God. We clear this level so you may have the pure experience of the infinite, eternal Presence of God.

**Avenue of Awareness** - Governs the way life is perceived. It is the pathway through which our awareness flows. When it is blocked, life is perceived as disconnected, chaotic, and fearful. When the avenue is clear, life is perceived as harmonious, balanced, and whole.