

Break Command

Breathe into the heart and center in your Divine Self, which is in the heart. Continue breathing into the heart and say the following words:

I call upon Divine Mother, Archangel Michael, and all the Divine Beings to break, shatter, and dissolve all old patterns, grids, frameworks, structures, and multidimensional matrices that are limiting me or holding negative energies in my system. These structures are now broken, shattered, cracked up, dissolved, released, and completely let go throughout my multidimensional energy system.

Then take some deep breaths through the heart and chest to activate the life force for healing and transforming your system.

Say the word “**Break!**” out loud (silently if other people not involved in the healing are nearby) and image these structures breaking, shattering, and dissolving. Your imaging tells the energy what to do.

Repeat the word “**Break!**” lovingly but firmly from your Divine Authority, not from your small self.

Say “**Break! Break! Break ...**” many times as deeper layers of your system are cleared of the old structures, while continuously imaging the structures breaking and collapsing.

As you say “**Break,**” your voice may soften as you reach the deeper levels of your system. At some point, it will be appropriate to say “**Break**” inwardly. Keep repeating “**Break,**” imaging and feeling the structures dismantling at deeper, more subtle levels. Soften and let go as you break these structures.

In addition to saying “**Break, Break,**” you can use the words, “**Shatter,**” “**Burst,**” “**Smash,**” “**Dissolve,**” “**Melt,**” “**Collapse,**” or other words commanding the dissolution of the old stuck vibrational patterns and structures.

Remember to keep softening and letting go, knowing that the Divine power is doing the breaking, not your individual will.

Notice your energy as you do this and continue until you have a sense of new freedom and expansion in your energy field.

End with:

These old grids, frameworks, and structures are now completely broken, shattered, and dissolved and I am Whole. I am aligned with Truth.

Thank you Divine Mother, and so it is.

Finish by bringing in the Divine Nectar, the liquid Love, to nourish your system and fill the space, now that these grids of untruth are gone. It is the next Tool in the sequence.

About the Break Command

After clearing with the Go Command, now you collapse the vibrational structures that had supported the negative energies in your system. Like the Go Command, speak the Break Command from your Divine Authority, shattering the structures that have compromised you.

What Are We Breaking?

Every thought is a flow of energy. Thoughts about yourself as limited, weak, afraid, unworthy, or ashamed, create an energy contraction in your life force. Life force wants to expand you into greater growth. Thinking any negative thought again and again creates a limiting belief structure, and you become the expression of that belief in the way you live. Whatever your thought patterns created, your thought commands can dismantle.

You are breaking up those thought patterns and belief systems that bind you. The Break Command sets your energy free to embrace the Truth that you are an Infinite Being of Light. You are full of creativity and knowledge that you cannot access when caught in vibrational patterns of fear, shame, and pain. These patterns can cause codependent behaviors, conditioned responses, addictions, depression, and other habits that imprison you and diminish your life force. With this Tool, you can break out of these vibrational cages.

Even the physical body reflects these confining vibrational patterns by eventually compromising your physical system. This may take the form of illness, depression, and other mild to severe discomforts. The Break Command heals all levels of your energy field, including the physical body as you, in your Divine Authority, command the restrictive vibrational patterns to break.

How to Say the Break Command

As in all of Divine Mother's Healing Tools, speak this command from your Divine Self. Don't say the command in the anger or frustration of your small self, but rather in the firm, confident authority of your Divine Self.

Continue softening as you repeat the Break Command. Softening helps you access the deeper layers of the energy.

Image the Structures Breaking

As you speak the command, visualizing structures, frameworks, and grids breaking further communicates to the energy what you want it to do. This imaging is an important aspect of the Break Command.

Why Bring in the Nectar of Love at the End?

It's important to fill the space just healed with positive energy, so that other negative energies don't come in to occupy it. Divine Nectar is a powerful healing substance and acts like a rejuvenating massage oil for the energy system, healing, relaxing, and soothing everything that has been compromised by these structures. Divine Nectar is the flow of Love as a tangible substance and brings your entire system into a deeper level of health and well-being.

Suggestions for Using the Break Command

Use the Break Command if a loved one seems to be stuck in an old pattern of anger and depression, perhaps complaining of things that happened years ago. This Tool will dissolve the energy of a thinking pattern that keeps repeating.

If you have a health issue, use this Tool to break the vibrational structures of the illness in that organ or system. Then intend to fill the area with Divine Love and Divine Light. This helps healing energy flow into the area.

If people, especially family members, start arguing around you, silently repeat "Break, break ..." with the intent to break the pattern that traps them in an exchange of negative energy.

Use this Tool to break the energy around long-standing issues like anger, fear, or shame that you have had difficulty letting go of. Dissolving the energy of such issues will make a big difference and help you make positive changes in your life.