

Break Command

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

I am Whole and One with All That Is. I am aligned with Divine Truth. In the name of Truth, in the name of Love, I call upon Divine Mother to break and release the grids, structures, and frameworks of untruth throughout my multidimensional energy system.

These old energy patterns, conditioned responses, and negative programming are all now broken, collapsed, dissolved, released, and let go. Their vibrational structures within my system are shattered by the power of Divine Love and my connection to Divine Truth.

Take some deep breaths through the heart and chest, drawing the life force from outside the body, directly into the heart area.

Say the word:

Break

out loud (silently if with other people) and image these structures breaking, dismantling, 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 when you reach the deeper levels of your system. At some point, it will be appropriate to say "Break" inwardly. Keep repeating "Break" and imaging the structures dismantling at deeper, more subtle levels. Soften and let go as you break these structures.

Note: 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 vibrational 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 grids, frameworks, structures are now completely dissolved and I am Whole, I am aligned with Truth.
Thank you Divine Mother, and so it is.**

Finish by bringing in Divine Nectar, the Liquid Love, to fill the space and nourish the area, now that these grids of untruth are gone.

About the Break Command

What are we breaking with this command?

Every thought is a flow of energy. If the thought is about you as a limited person, afraid, unworthy, undeserving, or angry, that creates an energy flow in your system. Thinking that thought again and again creates a belief system, and you become the expression of that belief in the way you live your life.

We 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 you are caught in vibrational patterns of fear, shame, and pain.

These patterns have caused the codependent behaviors, conditioned responses, addictions, and all habits of untruth that have imprisoned you. You are now breaking out of these vibrational cages.

Even the physical body reflects these confining vibrational patterns, which eventually compromise the 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, this command is spoken from your Divine Self. Don't say the command in anger or frustration, but rather in the firm, confident authority of your Divine Self.

Continue softening as you repeat the Break Command, knowing that Divine Mother is doing the breaking, not your individual will. You will be breaking through layers, and softening helps you access the deeper layers of the energy.

Why bring in the Nectar of Love at the end?

We want to fill up the now empty space where the structures had been with a powerfully healing substance. The Divine Nectar is like a special massage oil for the energy system, healing, relaxing and soothing everything that has been disrupted by the presence of untruth.

Divine Nectar is the flow of Love as a tangible substance. It allows the warmth of Liquid Love to melt into you like soft golden butter on a warm summer day. This Nectar brings your entire system into a deep level of Wholeness.

Experiences of using the “Break” Command

I use the “Break” Command when my husband starts up an old pattern of depression. He complains about things that happened ten years ago. The pattern keeps repeating. I use the “Break” Command to demolish the energy of his repeated thinking pattern, and it works!

I use this command if people start arguing around me, especially family members who react in the same way to each other again and again. I silently say, “Break, break” with the intent to break the pattern that traps them in this old exchange. I find they eventually stop when I do this.

I break the energy around personal issues like fear and shame that I haven’t let go of even though I’ve been aware of them for a long time. Breaking the energy of the issue makes a big difference, and is changing me.

When I feel I am not appreciated by my family, my workplace, or my friends, I break the structures of unworthiness within me. Amazingly, I then feel strong and confident in myself.

I have a health issue, and when I break the vibrational structures of sickness in that organ, I find that I have less pain. I am hopeful that with the “Break” Command and the support of the other Divine Mother healing tools, I can recover completely.

I am frequently breaking structures in my lower back, a place of chronic pain for me. I have found significant improvement in the area, and fewer visits to the chiropractor.