

First Go Command

This Tool clears the discord and blockages that have accumulated in the subtle fields of your energy system and are compromising the full expression of your True Self. Later in the healing session, the Deep Go Command Tool will clear blockages at even deeper levels.

Breathe into the heart. Say:

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

First, clear the emotional level.

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

I now address all blockages and discord at the emotional level of my energy field. Go into the Light. Go ... Go ... Go ... Go into the Light ...

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 shift, like a sense of expansion, a deep breath, 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 clear deeper and deeper layers. Keep repeating “**Go**” until you feel clear and complete at each level.

As you proceed, alternate saying “**Go**” with filling the level with Diving Light. Say:

Divine Light is filling the emotional level, Divine Light is pouring into the emotional level, Divine Light is saturating the emotional level, more and more Divine Light fills the emotional level.

Then return to saying “**Go, Go into the Light ...**” until you sense that level is clear and complete.

Next, clear the mental level. Say:

I now address all blockages and discord at 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 clear the etheric level. Say:

I now address all blockages and discord at 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 all blockages and discord at 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 all blockages and discord at 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 all blockages and discord at 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 all blockages and discord at 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. Pure Spirit is always clear. Here, we clear any mental, emotional, and spiritual misconceptions which limit the experience of this level. Say:

I now address all blockages and discord at the level of Pure Spirit. Go into the Light. Go, Go, Go ...

Follow instructions as stated above.

Finally, clear the Avenue of Awareness, which governs the way life is perceived. Say:

I now address all blockages and discord in the Avenue of Awareness. Go into the Light. Go, Go, Go ...

Follow instructions as stated above.

Then conclude by saying:

All limited energies, entities, and negative programs are now released and let go on every level of my energy system. All doors, openings, holes, portals, or pathways to these areas are now closed and sealed.

See, know, and feel your aura is strong and powerful.

Then say:

I am now opening into the Wholeness of my Authentic Self, and it is flowing through my individual life with Grace, Power, and Divine Integrity.

Thank you Divine Mother, and so it is.

About the First Go Command

Purpose of the First Go Command

There are two Go Commands in the Divine Mother system of Healing Tools. This First Go Command focuses on clearing and healing your energy field of blockages in the various subtle fields making up your system.

We clear the discord in these areas so that deeper issues can be revealed. As these levels of your system clear and come into balance, the connection to your authentic Self is strengthened. From this foundation, continue the recommended sequence of Divine Mother's Healing Tools to release even deeper issues. These deeper issues will be addressed by the Deep Go Command later in the session.

What Is Being Cleared?

We clear the blocks in the flow of your life force. This includes limited energies, entities, negative programs, error belief systems, false identities, fear, shame, unworthiness, and anything else that masks the Truth of who you are. As these release and the flow of your life force is strengthened, your True Divine Nature is revealed, and you move through your individual life with Grace, Power, and Divine Integrity.

Using the Word "Go"

The command "Go" has an impact on the energies that block the flow of your life force. The sound vibration of the word and the Divine authority with which it is spoken dissolve the blockages. Everything in the universe is intelligent and understands "Go into the Light." The command is loving, yet firm. You are sending the energy to its next perfect place to grow and evolve.

Why Repeat "Go" Over and Over?

We are clearing subtle levels of your complex energy system. There are layers within each level. Every "Go" is addressing a deeper layer. You repeat "Go" many times to clear many layers at each level.

You will know that each level is clear when you have a sense of lightness, expansion, or more depth. This sense continues to develop with consistent use of the Tools.

Why Use Divine Light at Each Level?

Divine Light clears discord, lifts vibration, and fills each level with Light. Filling each level with Light clears the discord quickly and efficiently. It also empowers each level to resist additional discord in the system.

Levels of Your Energy Field

Every human has each of these levels in their subtle energy structure:

Emotional – This vibrational field holds the emotions. This Tool dissolves blocks in the emotional field caused by fear. All negative emotions are a form of fear. These fear-based blocks contract your system and you feel pain, shame, anger, or unworthiness. When the emotional field is free from blocks, it becomes healthy and supports positive emotional responses, like happiness, joy, love, and contentment.

Mental – This is the field of thought. This Tool dispels thoughts, belief systems, patterning, and conditioning that do not support the Divine Truth. The Truth is that you are Whole and One with God. The mental level is cleared of thoughts, concepts, and belief systems that make you feel afraid, small, weak, and isolated. What's left are thoughts that let you feel creative, expansive, and Whole.

Etheric – This is an energy field surrounding and permeating the body that feeds the physical body with vital energy necessary for its health and survival. It is impacted by the tension, fear, and pain in the mental, physical, and emotional fields, as well as in your environment. Your use of the Go Command frees the blocks that have been lodged here so that this energy field can fully support your health and vitality.

Physical – This level comprises the physical body. Using this Tool, you dissolve subtle discordant energy in the cells, organs, bones, tissues, chemistry, systems, and everything included in the material physical body.

Astral – This is one of the fields through which human individuality accesses other planes of existence. You have access to a larger astral plane through your individual astral field. This Tool heals limited, disruptive energies, entities, and thought forms that have attached to your individual astral field. This includes all the limited energies we close our aura to when we use the Closing Holes Tool. 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 a loop or blockage in your life energy. The stuck energy causes you to respond again and again in the same old pattern. 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 differently from an expanded sense of Self.

Celestial – Our individual celestial field enables us to experience the celestial realm. Beings with very high consciousness inhabit this level. We clear this level in ourselves because even in the celestial realm some ego-sense can be present in us or in an unenlightened celestial being, inducing us to attach ourselves to a life that is less than the Supreme experience of Pure Unbounded Self. Because we are focusing on gaining and living our Infinite Self, any ego taint influencing us, even at this level, must be removed.

Pure Spirit – This refers to our Infinite Wholeness, Pure Being, your Divine Self. Pure Spirit is always clear. You are not clearing your Pure Spirit, you are purifying your perception of Pure Spirit. Many times people identify Pure Spirit with an emotion or a mental concept of God. Pure Spirit is beyond mental concepts and definitions. Dissolving these false concepts about God allows the innocent pure experience of the Infinite, Eternal Presence of God.

Avenue of Awareness – This is not one of the levels of the human energy field, but it is important that we clear it. It has to do with your perception of the world around you. As your consciousness grows, the five senses become refined until they perceive the unity of life. Clearing the Avenue of Awareness of blocks assists in developing this perception.

The Avenue of Awareness is the pathway through which our awareness flows. When it is blocked, life appears separate, disconnected, chaotic, and fearful. When the avenue is clear, life is perceived as unified, harmonious, balanced, and Whole.

When the avenue is clear, you are working with the world, not fighting against it. For example, if you hear about a shooting and you put a wall up to disconnect you from that situation, you are separating yourself from the world. If you hear about the shooting and you feel compassion and think, “This is something I need to heal,” you stay connected to the world. So when the avenue is clear, a person feels connected. When the avenue is not clear, a person has separated from the world.

During each healing, the experience of the unity of all life is enhanced. As one continues to heal and gain full awakening, one sustains this perception longer and longer. Eventually life is always perceived as unified, harmonious, balanced, and Whole.

Suggestions for Using the First Go Command

Clear all levels of your system as a daily, energetic hygiene. Then you can maintain the power of your True Self expressing in all you do.

Say “Go into the Light” whenever you engage in negative thinking. This is especially helpful with self-critical thoughts. After commanding the thought to go, focus on thoughts of self-respect and self-value.

As a regular routine, use the First Go Command to clear your family or roommates of any limiting energies they have picked up. It will keep your home life joyful and positive.

If you are in a public place and see people speaking harshly to their companions or children, start silently repeating the Go Command to clear the energies constricting their hearts. Then fill them with Divine Love.

When you feel extreme negativity within yourself, use the First Go Command, along with the Break Command, to release the negative energy that is stuck in your system.