

## **ABUSE CONTRACT REVOCATION & HEALING by Martina Grubmueller**

**Inspirational sources: Andrew Bartzis / Access Consciousness / Alchemised by : MG**

I call to my sacred medicine spread, that which aides me in understanding my infinite spirit. The healer's tools have been laid out in ceremonial fashion. I call to the four elements and bring their essence into my sacred healing space in equal co-creation with all sentient kind. I call to the ancestors to be part of this healing to bring communal balance with the words being manifested in the now. I call to the dreamers of the southern skies, our mediums to the innocence of our seven future generations.

In this shamanic healing moment of no-time now I ignite a sacred fire burning in my root, my sacrum, my belly, my heart, my throat, my spirit eye to cleanse and clear my body, mind and spirit and send prayers of vitality, prosperity and health into the alchemical flames of transmutation & transformation.

I herewith choose to create a spiritual court of equity and engage all my I AM selves, all shards, parts and avatars, that have endured a strict, enforced and perverted discipline: emotional, physical, sexual abuse from caretakers, guardians, custodians, keepers, supervisors and others unnamed as the I was going through infant, puberty and adult years, that has squashed, pent up or limited my true feelings and forms of natural authentic joyful and sacred sexual creative expression.

I, the I AM Apex being of the now, claim back all of my power, from the very first moment of abuse until the very moment of the now. I let no piece of abuse go uncovered as I retrieve my energy, in equal co-creation, non-duality, non-competition, non-hierarchical order. I do this out of love and compassion for myself and not out of vengeance and betrayal for you are still my mother, my father, my sibling, my husband, my wife or any other being I co-created with through ancestral karmic retribution, seen or unseen, in this and other lifetimes, dimensions, timelines, galaxies and universes.

I, as this I AM Apex being of the now, I am going through a process of reclaiming all of my power and replaced energies, so that this sovereign being may learn the lessons from the abuse. I now neutralise, nourish and nurture all potential concepts of charge and polarity that have been projected upon me by the abuse. I turn them, transmute them into creation, inspiration and dreams.

All dramas, traumas that have been enforced upon my body, my mind, my spirit by the verbal, physical, emotional, financial, social, sexual or any other abuse seen or unseen, in this and any other lifetimes, dimensions and time streams, I now with every cellular level of mine, reject that energy with such force of love, that it is returned to the abuser as empowering forgiveness and unbiased compassion, because I am linked to my I am heart foetus, knowing that love is the way and vengeance is not.

I remove unawareness, vengeance and revenge and all other aspects of that, from the abuser to the abusee, from the victim to the tyrant, so this I AM now can be fully empowered as a heart spaced aware love being with no restrictions or limitations on the journey to the unlimited point of view of the sacred neutral observer, the true joyful consciousness explorer and celestial experiencer of the 8<sup>th</sup> colour of time.

Every time my personal space has been violated, my energy been infiltrated and my consciousness anaesthetized, my knowingness been questioned, my awareness been undermined, I now revoke, recant, renounce, denounce, destroy and uncreate all the oaths, vows, contracts and agreements to my abusers as well as my numerous disowned shadow selves created through those violations, in knowing and in unknowingness.

All the decisions, judgements, conclusions, computations, separations, projections and expectations of self and others of being damaged, being rejected goods, not ever been good enough to be loved, being worthless, being bad, being singled out, being targeted, I now destroy and uncreate and return to zero balance minus infinity.

I, in this ADULT I AM NOW, I open the trinity of my eyes and heart to the true potency and kindness of my being and acknowledge all the times where I sacrificed myself because I had an awareness that I was stronger than any of my siblings, parents, friends, comrades, or else and took on the abuse for others in unawareness. The time is now to let go of all the old martyr and misapplied empath programs of self-defeat and self-deprivation, lack of self-value and eradication of the self for the false empowerment of others.

All the oaths, vows, contracts, fealties and agreements from this and other lifetimes, dimensions and time streams with regards to having to sacrifice myself for others, I now pull that treacherous programming and categorically revoke, recant, rescind all of my given consent and signatures. I, as an empowered being of this 5<sup>th</sup> world of peace, commit to my individual path of awakening through taking up the mantle of responsibility to personal choice and sacred discipline.

I now destroy and uncreate all the decisions, judgments, conclusions, projections and expectations of myself and others, made in and outside of this 3D reality, for taking on forward shame, blame, regret and guilt to haunt and limit me in this particular lifetime for having been the abuser, the narcissist, the perpetrator, the assassin, the enforcer, the slaughterer, the killer, the executioner in all eras of time and no time.

All the sobbing energies and uncried tears of earlier versions of myself that felt that they could never get out of the imprisonment of mind and body, I now let flow those tears, transform and alchemise them into oceans of infinite possibilities. I ask those younger entities of the self to take a leap of faith and moment to grow up. Imagine him, her, them to stand in front of you and watch them gain in size, in shape, in form, in age and confidence and courage, turning on their inner wisdom of their ancient past, present and future to become the co-creators of magnitude they truly be.

All the limitations, abuse, constrictions, regrets that I have contained in my neurotransmitters, pineal gland, throat, hypothalamus, brain, visual field, cells, molecules, sensory circuitry, sexual and pro-creative organs, my vagus nerve as echoes from the programmed parasympathetic gone awry, I now dissipate and release from my physical cells and expand out into the 99.9999% energy, space and consciousness between the atoms.

I now consciously choose to let go of all the vibrational, virtual realities that I have impelled within my sympathetic and my parasympathetic nervous system that keep me abused, constricted, in destructive and addictive habit patterns and on autopilot. All the secret, hidden, invisible, covert, unseen, unsaid, unacknowledged and undisclosed implants and explants, on and offworld, and hidden agendas of all kinds of abuse I now destroy and uncreate them and send them back to sender with consciousness attached to never return to this mind, this body, this reality ever again.

All the causal incarcerations, incarnations, inculcations, invocations, spells, curses and impelled beingness of pain embodied through abuse and ignorant denial of my potency I now untwist, unturn, unravel, untie, unground, revoke and dissipate the electromagnetic energy from every single cell and molecule of my body.

All the stupidity and unawareness that am I using to unconsciously invoke and perpetrate the biomimetic and biomimetric mimicry of all my abusers, my parents, my siblings, my exes, my ancestral relations, all their pathways, pains and realities that I have been choosing I now state my sovereign FUCK NO MORE to all of that and release, disentangle and disconnect all feedings tubes and cords with immediate effect. I am a sovereign being of the now, no longer prey to tacit consent in unawareness or awareness.

For all the times the body thought it was the soul or the soul the body, my body shut down and malfunctioned as the vehicle of experience due to subconscious painful awareness overload, leaving less space for the soul to be in the body or kicking the soul out of the body, I now claim it back, neutralise the charge and polarity left in the cellular memories and herewith declare that I am the soul who chose this body and no one else. My skinsuit is my tool, my vehicle, the home of my DNA, a loyal and trustworthy companion and as such my chosen instrument of a blissful, joyful, sensual humanoid experience.

All the emotional hits I have taken onto my sternum, my shoulders, into my belly, my back, my head, like sledgehammers knocking the spirit out of me, I now claim back my strength and transform this power of the impact into potency and sacred determination and commitment to serving the I AM Apex self.

Everywhere I fell into the trap of false control, as the victim of abuse, I pull all old martyr programs and distortions of attention, instant gratification, false validation, perverted vengeance power in this and other lifetimes, dimensions and time streams to finally take on the

mantle of responsibility to my celestial inner dharmic warrior and celestial teacher of peace, harmony and unity.

Everywhere I have given control to others over me, through tacit consent given in ignorance, I now take back that power to transform it into questions, choices, possibilities and contributions to serve the new rising of celestial consciousness on this planet and beyond.

What bastardisation of infinite being have I been using to tolerate the abuse, by keeping up my blinders to what other people were choosing, as it didn't match my judgments of loving kindness and its distortions? I now, in this new frequency, of being a celestial mind and medium of the 5<sup>th</sup> world of peace, herewith acknowledge the kindness of my former infantile versions and I embrace them with my warming loving adult heart for they can now let go of all the drama, hurt and rejection turned against them through their innocence.

All the choices of my own that I kept refusing, by trying to control and match the choices of others that I was choosing, I now allow them to come forward to guide and trustingly lead me to the field of plenty, igniting the flame of ease, joy, abundance and transformation burning without end.

What natural signature frequency, vibration and harmony match can I and my body now be to finally start living radically alive, on the creative edge of possibilities, as an abundant sacred neutral observer, as a celestial mind and medium of peace, in equal co-creation, non-hierarchy, non-competition, non-duality, non-agenda being in full mutual contribution of my fellow kind for all eternity?

Self-illumination and FREE WILL is my legacy, it is one of the hardest ones, as it asks me to self-heal, nurture, at the activation of my sacred intent at the adult level. I now see my old victim programs in action, everywhere I am arguing in my mind, two programs resisting and reacting, aligning and agreeing, creating moments of paranoia, like two poles of a magnet keeping each other stuck in a false structure of outdated familiarity and content.

With gratitude, I acknowledge the value of my old rebel programs of the past that no longer serve my natural highest evolution and I now revoke all contracts, vows and agreements hereto and sack all staffing agencies and entities that serve rebellion and war rather than co-creation and peace.

I use this moment of the now to declare my independence to any need of having to fight and prove myself for and against another in order to feel visible, realised, heard and seen. I herewith disconnect, I sever and unplug all cords and energy insertions for still having to fight and flight against any stipulations of authority, of order, of rules & regulations as I am no longer allowing my energy to be harvested through resistance, domination and control.

All backdoors are now closed and I simply rest, relax and surrender into the knowingness of my heart's wisdom: I am the I AM Apex of the now, in trust, in faith, in charge and no one and

nothing can make choices for me and as me as I am the true architect of my reality in divine co-creation with the beings of my choice. I create and generate supreme levels of consciousness, of happiness, vitality and prosperity in linear and unlinear fashion.

I now finally consent to my awareness being my responsibility at all times for the future is not something I plan or attach to but I duly prepare for in the present moment now. I treasure and trust in the edge of unknowingness and I willingly add chaos, discomfort and free flow to good old comfort, routine and structure merely as tools of choice into my toolbox of living, creating, outcreating and co-creating . Sacred healing, sacred recreation, sacred self-time is part of who I am, I have been and ever will be, for me to generate moments of resolution and illumination through repetition and sacred discipline.

I, in the ever present moment of now, choose to acknowledge my seen and unseen world. I declare my spiritual strategy, my rules, my boundaries, policies and procedures as part of every prayer that I have created in this lifetime, as a part of every victory that I have created in this lifetime.

I build a house on the strong foundations of my learnings and victories that is me and say every choice that I have made in the past about me, here, now is present, here, now and no other outside source may interfere, without my full awareness and agreement.

I am willing to accept my blue road responsibility that uses a different frequency of time, my ancestral connection and my red road responsibility, my physical world that I walk in. It has a seen and unseen world layered over the uni worlds of great spirit, for we have victories we must start counting as a cyclical process of reminding us of how time has passed through the spirit and the power of my memories coming back, for the purpose of creating change, the purpose of making love & peace.

Life is not what you think it is, it is what you believe. Through the acknowledgment of my victories I can see and create new positive programs in action to change the fraud programs with my infinite imagination and connection to all that is using magic & gratitude and beyond. I can create new words, new scales, new forms of expressions, new structures that need labels to help the mind to go beyond them and become infinite again.

From this point forward and backward in all perceptions of time I honour my spiritual contracts with mother Earth to become the greatest photonic being of light. I make this statement, a standing energy sine wave of self-truth and trust in my own auric and Akashic frequency for all sentient beings to know "I AM" is not just words any more.

This is my manifestation of potency, discernment, unity and sovereign creation, as a celestial member of the stars, as this I AM APEX presence, (full name) manifested in the now.

And so it is. AHO