

Right permission and ability to be free of painful deformed stiff joints, free to fully regenerate all parts of the joint free of all related disease and degeneration completely restoring youthful juicy fluid flexible health 100%to all my joints spine neck jaw shoulders elbows wrists fingers hips knees ankles feet toes removing amalgamated controlling damaging delusion disgust evil intertwined intolerant parasitical suppressing

Blueprint Clearing style	Programs	Emotion and mental anchors	Anchors	Spiritual interferences 1-8	Spiritual interferences 9-40
Essence Matter Genesis Embodiment Amplification  Chopping Double pump	Mental timeline Soul contracts Undeserving Satanic curse Avaricious Suffering not for me Ancestral contracts Life cycle covenant Genetic covenant Bloodline Physical timeline Unworthy Control energy Scapegoat Meme Destiny	Glee Neutrality Revulsion Anxiety Shame Remorse Terror Irritated Unsuccessful Sorrow Nervous Helplessness Crushed Resentment Entanglement Embarrassed Impoverished Frazzled Engulfed Desperate Overwhelm Despair Dishonesty Unforgiving Scorned	Embedding Demonic stops Duct Mechanism Starts Nano quad Alter ego Holographic staples Implants Coil       ~~~~~ Z 7 risen demon 8 M 8 Walk in zeta Walk in risen demon	L1 Reticulan b 2 Devil 2 L 2 Pleadian 3 Spider 3 White orb 3 Higher commands of light 3 C 3 F 3 K 3 U 3 Dwarf 4 Archon 4 J 4 P 4 Morgellans 5 Martian 5 F 5 L 5 Preying mantis 6 Ghosts 6 I 6 Draconian 7 Bortean 7 Djinn 7 L 7	C 9 D 10 E 11 L 11 D 13 E 15 C 19morality enforcer D 20 C 22 blocks to permanence D 23 H 23 entanglement G 26 C 28 J 37 C 40 resentments family line

## **The JOINT Challenge:**

### **Change your diet**

For 21 days remove these items from your diet:

1. Night shades
2. Dairy
3. Wheat
4. Sugar
5. Red meat and chicken
6. Fried foods

### **Supplement**

Add one or two joint enhancing supplements daily. There are some great ones out there including homeopathic remedies.

### **Stretch!**

Start a daily yoga or stretch routine. Use your imagination to open achy joints over time, see and affirm every day: I just keep opening to more and more!