

# **Hold steady and break free**

## **Life hygiene to remain as centered as possible**

- Do not watch media too often, try to analyse the content and favour the information coming from conscious people.
- Do not spend too much time in front of screens: all the contents you will see are intentionally chosen and manipulative.
- Be careful with electromagnetic waves (Wi-Fi, Bluetooth...) which will make you feel exhausted. Switching off these devices during the night will permit you to rest.
- Do not be part of global shared meditations which will connect you to spiteful egregores. They foster confusion and submission. Deeds of devotion won't help you to find yourself. How can I learn to know myself if I maintain my dependences ?
- Do not request mediums, entities, guides, channeling, angels or others to predict your future. This is a lie which will keep you confused.
- Keep in mind that the "New Age" is the fresh worldwide religion.
- Learn to listen to your soul, she knows it all !

## **How to recentrer ourself and increase our vibratory rate ?**

### **1, Through conscience**

**I remember who I am.**

**This is the only anchoring which gives robustness, strength and courage.**

Who am I ? I am an unlimited being who forgot who he is. I possess all the divine, supra-consciousness attributes in me and I came on earth to accomplish them into matter.

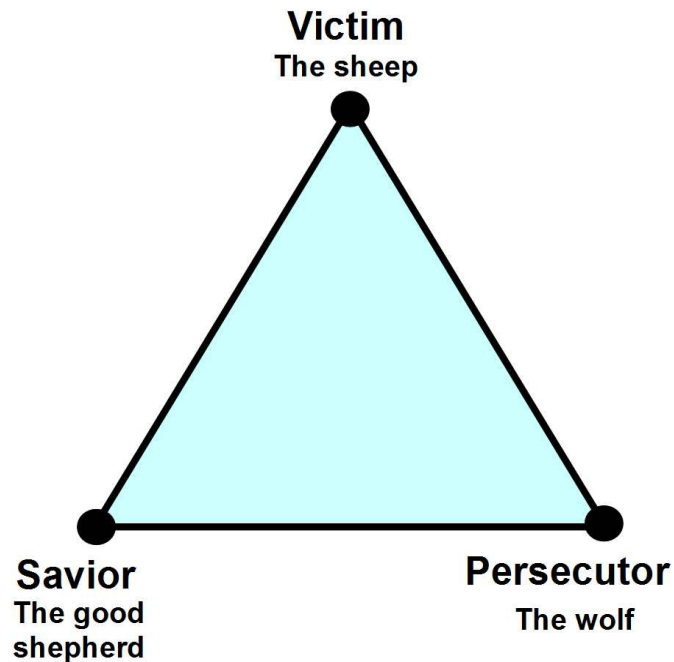
According to recent events, I do not have the choice anymore !

I remember I created this situation to get out of unconsciousness and animality. This world became unbreathable, the screw-clamp kept tightening.

I am not the victim of a persecutor (the global system, the virus...).

The organised shortages bring back people in community and in the lifesaver role. (lack of protective facemask and sanitizer gel, for instance.)

## The hell triangle



ateliermaude.net

Be aware that you possess a soul and that you can request her to help you, you can lean on her.

My soul is perfect, she knows where she goes, she is scared of anything and doesn't lack of anything neither.

She has all the attributes of the creative spirit of the universe. Yes, I do have it all in me and I forgot it. It is time to remind that I have the freedom of will in me.

For more information concerning the soul : <https://youtu.be/2XecQeoH2VU>

When I am frightened of something, it is only the ego, acting as a conditioned sheep, as an obedient citizen which reacts.

My ego is deeply scared of any type of change, that's why it is better not to listen to it.

For more information concerning the ego : [https://youtu.be/wC\\_4t30\\_7F0](https://youtu.be/wC_4t30_7F0)

## High vibrations overcome low vibrations

You must know that both emotions and fears create contractions in our bodies. The idea is to get the energy back circulating to avoid a mental and emotional blockage.

### **Practicing**

#### Tool 1 : Start your day well

When you awake in the morning, have a thought for your soul and stop overthinking.

I recentrer myself.

I can do it again as often as needed.

#### Tool 2 : The breathing

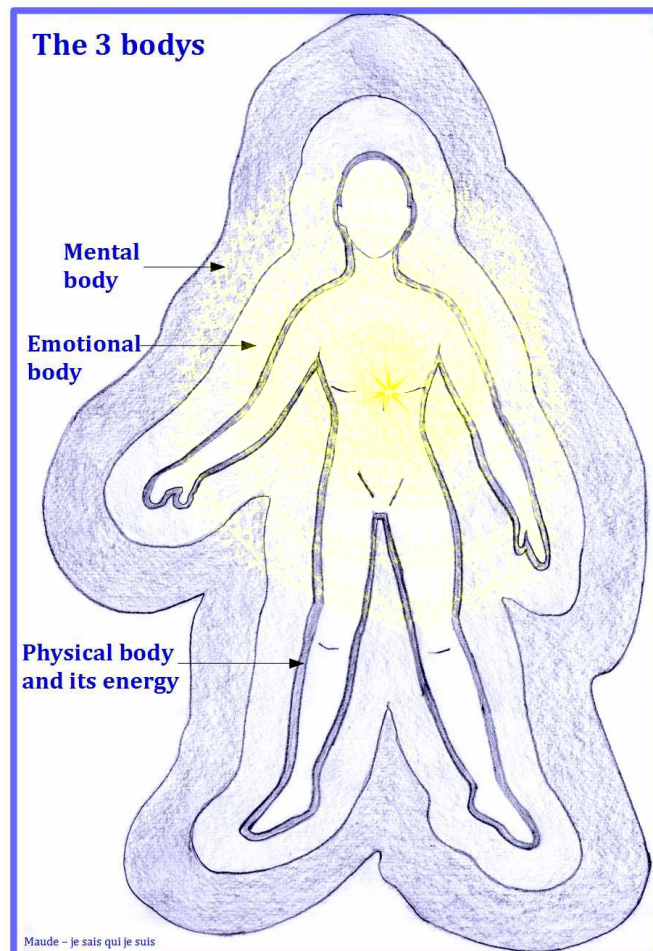
Breathe and get back to the current moment.

I inspire through the nose, while inflating my belly. Then, I breathe out through the mouth half-opened while digging my belly in.

#### Tool 3 : The soul and the body

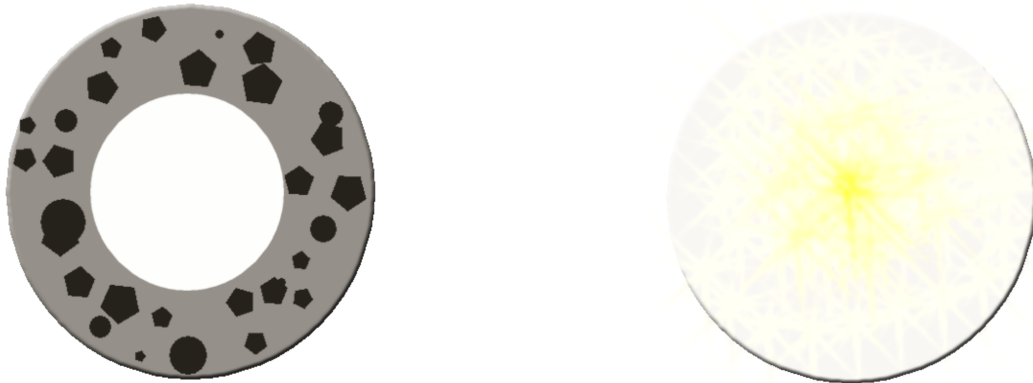
I inspire by looking for the contact.” and the energy of my soul.

I breathe out by diffusing this energy, this power in my bodies”



## Tool 4 : The cells

While I inspire, I seek for the contact and the supreme energy at the core of my cells.  
While I breathe out, I spread this energy, this power in my whole cells.



## **Fear Management**

**I know that I identify myself to my emotions, but I am ways more than this.**  
**The real me is not scared.**

Hint : Use sticky notes with revitalizing sentences at home to remain positive.

There is only one authority : mine. I am a sovereign being, I am the supreme authority.

Stop identifying myself to my emotions. When I am scared, it is not the real me, it is the sheep, the ego. I remember who I really am.

I remind you that fears lower the vibratory rate and so the immune system.

A good reason to stop being fully controlled by fears. For this, you must face them and not deny them. It is the first step to succeed

## Practicing

### **Tool 5 : Drop the fears**

You have to go and see each of your fears, one by one. This requests patience and tenacity. It is the only useful method. Then, to finalize the integration of them, you can act rightly in the world.

1. Ease the mental which creates endless anguishes. Stop overthinking ! I focus on the in current moment.
2. I am frightened because I am convinced that my essential needs won't be filled. I can name them.

In fact, I am aware that all the fears are linked by the fear of dying.  
What am I scared of ? Listen to yourself, identify the fears and name them.

I breathe  
I identify my fear  
I welcome it  
I request my soul to deal with it  
I breathe again  
I let my soul process until I feel relaxed

This process is applicable to each fear. Remain persistent and determined.  
You have it all in you,

Maude – Je sais qui je suis.  
ateliermaude.net  
Traduction Laetitia, F