



## Expunging Negativity SFT Protocol

*Say each statement three times while tapping on your head, a fourth time while tapping on your chest, and a fifth time while tapping on your abdomen.  
Take a deep breath after finishing the series.*

All nefarious energies that cause \_\_\_\_\_ are unclenched from the microcosm,  
in all moments.

All nefarious energies that cause \_\_\_\_\_ are unclenched from the macrocosm;  
in all moments.

All nefarious energies that cause \_\_\_\_\_ are expunged from the physicality; in all moments.

All nefarious energies that cause \_\_\_\_\_ are expunged from the physical realm;  
in all moments.

All nefarious energies that cause \_\_\_\_\_ are expunged from the emotional make up;  
in all moments.

All nefarious energies that cause \_\_\_\_\_ are expunged from the astral realm; in all moments.

All nefarious energies that cause \_\_\_\_\_ are expunged from all experiences; in all moments.

All nefarious energies that cause \_\_\_\_\_ are expunged from causal realm; in all moments.

All nefarious energies that cause \_\_\_\_\_ are expunged from the mind; in all moments.

All nefarious energies that cause \_\_\_\_\_ are expunged from the mental realm;  
in all moments.

All nefarious energies that cause \_\_\_\_\_ are expunged from the belief system;  
in all moments.

All nefarious energies that cause \_\_\_\_\_ are expunged from the etheric realm;  
in all moments.

All disruptive energy matrices are sent into the Light and sound that cause \_\_\_\_\_;  
in all moments.

All complex energies are commanded into the Light and Sound that cause \_\_\_\_\_ ;  
in all moments.