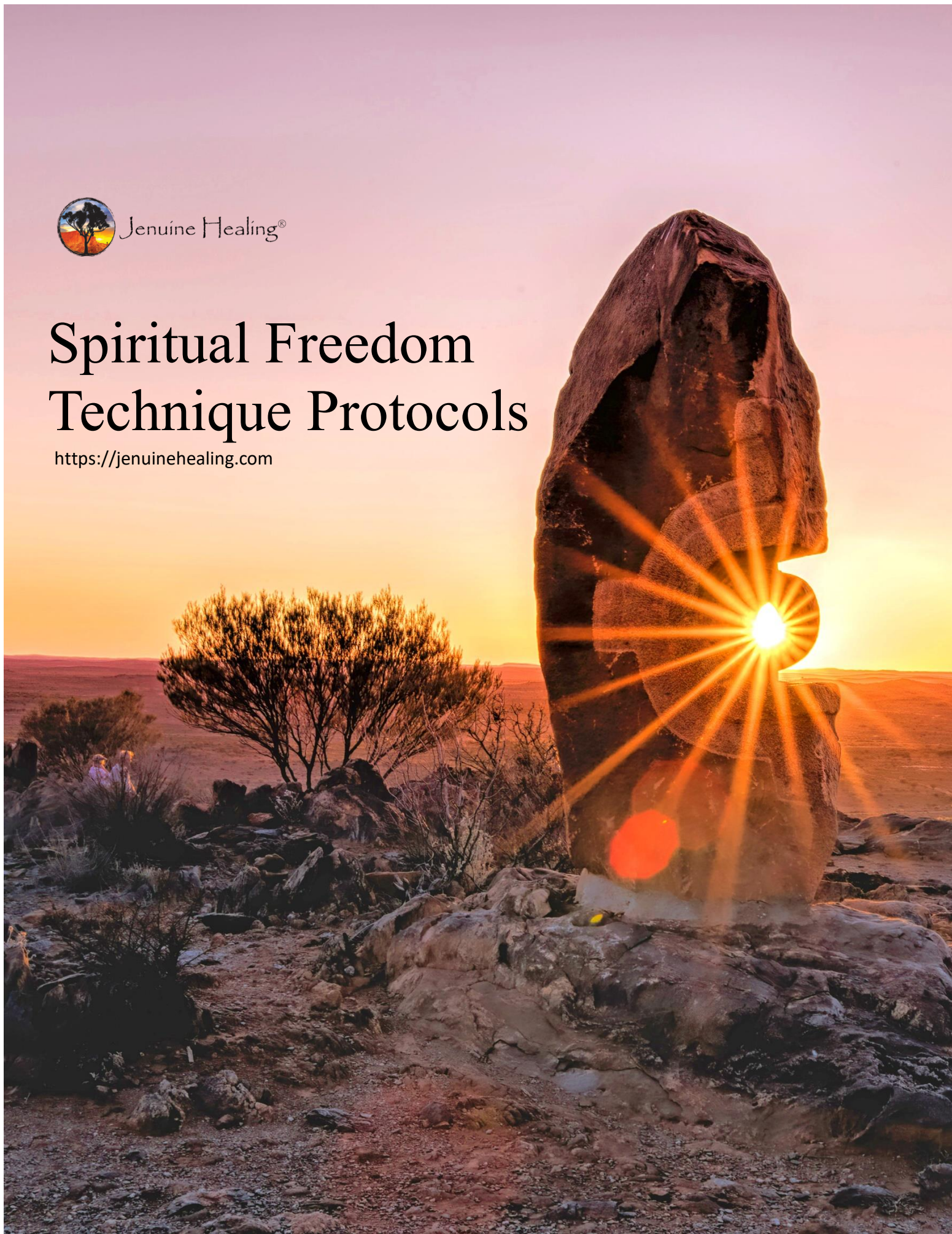




Jenuine Healing®

Spiritual Freedom Technique Protocols

<https://jenuinehealing.com>



Introduction to the SFT protocols

The Spiritual Freedom Technique (SFT) protocols were developed by world-renowned energy healer, Jen Ward, over a period of more than a decade. The protocols were developed in partnership with her spirit guides, the Adepts.

Everything in the universe is energy – frequencies of sound and emanations of light woven together in the illusion of form. Everything you experience in your life is an interaction between the energy you put out into the universe and the energy directed towards you from the collective consciousness of the universe.

You do not have to be an energetic victim of the collective consciousness of the universe. You have it within you to be an empowered sovereign Being. All you need to do is pinpoint the issues that are blocking your energy from flowing in a constructive synchronicity with the universal energy. On the surface, the blockage will usually relate to a person, place, or thing. On a more subtle level, the blockage is related to a belief system or an experience that is triggering an unresolved past life trauma.

SFT tapping is a powerful way of releasing stagnant energy that is causing blockages in you experiencing your optimal joy, love, abundance, freedom, health, and success. There is a lot to be understood about the SFT tapping process and how it clears stagnant energy. Perhaps you may be interested in signing up for an SFT tapping workshop or masterclass. In the meantime, we are pleased for you to have access to the SFT tapping protocols.

Repeat each statement in the protocol a total of five times in a commanding and deliberate tone of voice while continuously tapping on different parts of the body – three times while continuously tapping on the top of your head, a fourth time while continuously tapping on your chest, and a fifth time while continuously tapping on your abdomen. These are powerful statements to the universe. So repeat them deliberately, consciously, and with intention.

The Energetic Cleanse Protocol

The Energetic Cleanse protocol has been designed to allow you to insert your own issue into the blank spaces provided so that you can release the stagnant energy related to a person, place, thing, belief system, past life experience, trauma, or pain point.

1. Feeling beholden to _____ is eliminated; in all moments.
2. All dependency on _____ is released; in all moments.
3. All claws of _____ are removed; in all moments.
4. All tentacles of _____ are removed; in all moments.
5. All vivaxes with _____ are removed; in all moments.
6. All glass ceilings that _____ have put on us are removed; in all moments.
7. The first cause of enabling _____ is eliminated; in all moments.
8. All curses with _____ are removed; in all moments.
9. All blessings with _____ are removed; in all moments.
10. All masks, walls and armor are removed from _____; in all moments.
11. All illusion is stripped from _____; in all moments.
12. All portals to _____ are collapsed and dissolved; in all moments.
13. All psychic energy of _____ is dissipated; in all moments.

14. All brainwashing or hypnotism of _____ is removed; in all moments.
15. All mind games of _____ are removed; in all moments.
16. All the pain, burden, limitations and engrams that _____ have put on us are removed; in all moments.
17. All the pain, burden, limitations and engrams that we have put on _____ are removed; in all moments.
18. All the pain, burden, limitations and engrams that we have put on others due to _____ are removed; in all moments.
19. All energy matrices that enable _____ are sent into the light and sound; in all moments.
20. All complex energy matrices that enable _____ are commanded into the light and sound; in all moments.
21. All contracts with _____ are nullified; in all moments.
22. All vows and agreements with _____ are recanted; in all moments.
23. All karmic ties with _____ are dissolved; in all moments.
24. All strings and cords with _____ are severed; in all moments.
25. All energy is withdrawn from _____; in all moments.
26. Resonating with _____ is released; in all moments.
27. Emanating with _____ is released; in all moments.
28. All that _____ has taken from us is returned; in all moments.
29. All that was taken from _____ is returned; in all moments.

30. All muscle memory of _____ is removed; in all moments.
31. All engrams of _____ are removed; in all moments.
32. All negative engrams that have been caused by _____ are removed; in all moments.
33. All of _____ is removed from our sound frequency; in all moments.
34. All of _____ is removed from our light emanation; in all moments.
35. All etheric echoes of _____ are removed; in all moments.
36. All etheric flecks of _____ are removed; in all moments.
37. Our paradigm is shifted from _____ to transcendence; in all moments.
38. All of _____ is transcended; in all moments.
39. The Wei Chi of all bodies is repaired; in all moments.
40. All bodies are aligned; in all moments.
41. We are centered and empowered in Divine Love; in all moments.
42. We resonate, emanate and are interconnected with all life in Divine Love; in all moments.

The Peanut Butter & Jelly Protocol

The Peanut Butter & Jelly protocol (PB&J) has been designed to allow you to release the stagnant energetic connection between two things – usually you or something positive in the first blank; and an issue related to a person, place, thing, belief system, past life experience, trauma, or pain point in the second blank.

1. All imbalances between _____ and _____ are released; in all moments.
2. All dysfunction between _____ and _____ is released; in all moments.
3. _____ being at the mercy of _____ is released; in moments.
4. _____ being enslaved to _____ is released; in all moments.
5. _____ being the victim of _____ is released; in all moments.
6. All the suffering accrued between _____ and _____ is removed; in all moments.
7. All peripheral suffering caused by _____ and _____ is removed; in all moments.
8. _____ being manipulated by _____ is released; in all moments.
9. All injustice and inequality between _____ and _____ is removed; in all moments.
10. All exploiting and demigod interactions between _____ and _____ are released; in all moments.

11. All enabling between _____ and _____ is released; in all moments.
12. All blinders are removed from _____ or _____ in regard to one other; in all moments.
13. All agendas that _____ or _____ have put on the other are removed; in all moments.
14. _____ is free of the claws of _____; in all moments.
15. All tentacles between _____ and _____ are removed; in all moments.
16. All vivaxes between _____ and _____ are removed; in all moments.
17. All programming and conditioning between _____ and _____ is released; in all moments.
18. All negative engrams between _____ and _____ are removed; in all moments.
19. All psychic energy between _____ and _____ is dissipated; in all moments.
20. All brainwashing or hypnotism between _____ and _____ is removed; in all moments.
21. All mind games between _____ and _____ are removed; in all moments.
22. All energy matrices are sent into the light and sound that enable _____ or _____ to take from the other; in all moments.

23. All complex energy matrices are commanded into the light and sound that enable _____ or _____ to take from the other; in all moments.
24. All masks, walls, and armor that _____ or _____ have donned to protect one from the other are removed; in all moments.
25. All contracts are nullified between _____ and _____; in all moments.
26. All vows and agreements between _____ and _____ are nullified; in all moments.
27. All curses between _____ and _____ are removed; in all moments.
28. All blessings between _____ and _____ are removed; in all moments.
29. All karmic ties between _____ and _____ are dissolved; in all moments.
30. All strings and cords between _____ and _____ are severed; in all moments.
31. All pain, burden and limitations between _____ and _____ are eliminated; in all moments.
32. All illusion of inadequacy, rejection, abandonment and separation between _____ and _____ is eliminated; in all moments.
33. All that _____ and _____ have taken from each other is returned; in all moments.
34. All resonating between _____ and _____ is released; in all moments.

35. All emanating between _____ and _____ is released; in all moments.
36. All need and dysfunction between _____ and _____ is removed from each other's Sound Frequency; in all moments.
37. All need and dysfunction between _____ and _____ is removed from each other's Light Emanation; in all moments.
38. All paradigms are shifted from the dysfunction of _____ and _____ to perpetual Joy, Love, Abundance Freedom and Wholeness; in all moments.
39. All need and dysfunction between _____ and _____ is transcended; in all moments.
40. _____ and _____ are centered and empowered in perpetual Joy, Love, Abundance Freedom and Wholeness; in all moments.
41. _____ and _____ resonate, emanate, and are interconnected with all life in perpetual Joy, Love, Abundance, Wholeness and Freedom; in all moments.

The Expunging Negativity Protocol

The Expunging Negativity protocol has been designed to allow you to release nefarious energies associated with an issue related to a person, place, thing, belief system, past life experience, trauma, or pain point from all vantage points.

1. All nefarious energies that cause _____ are unclenched from the microcosm, in all moments.
2. All nefarious energies that cause _____ are unclenched from the macrocosm; in all moments.
3. All nefarious energies that cause _____ are expunged from the physicality; in all moments.
4. All nefarious energies that cause _____ are expunged from the physical realm; in all moments.
5. All nefarious energies that cause _____ are expunged from the emotional make up; in all moments.
6. All nefarious energies that cause _____ are expunged from the astral realm; in all moments.
7. All nefarious energies that cause _____ are expunged from all experiences; in all moments.
8. All nefarious energies that cause _____ are expunged from the causal realm; in all moments.
9. All nefarious energies that cause _____ are expunged from the mind; in all moments.

10. All nefarious energies that cause _____ are expunged from the mental realm; in all moments.
11. All nefarious energies that cause _____ are expunged from the belief system; in all moments.
12. All nefarious energies that cause _____ are expunged from the etheric realm; in all moments.
13. All disruptive energy matrices are sent into the Light and sound that cause _____; in all moments.
14. All complex energy matrices are commanded into the Light and Sound that cause _____; in all moments.

The Positive Protocol

The Positive protocol has been designed to allow you put energy into the universe to manifest a positive outcome. It is usually best complete the other protocols first in order to create space in energy for the positive outcome. Do not put any expectations on how or where the positive outcome will manifest. It may be given to you in a very unexpected way.

1. Space is made in this world for _____ to manifest; in all moments.
2. All blockages to manifesting _____ are removed; in all moments.
3. All blockages to _____ are removed; in all moments.
4. All capacity to manifest _____ is stretched; in all moments.
5. All portals to manifesting _____ are opened; in all moments.
6. All walk through the portal to _____; in all moments.
7. The first and all subsequent causes to manifesting _____ are initiated and activated; in all moments.
8. All glass ceilings on manifesting _____ are removed; in all moments.
9. All portals that do not support _____ are collapsed and dissolved; in all moments.
10. The manifestation of _____ is infused into my Light Emanation and Sound Frequency; in all moments.
11. The manifestation of _____ is infused into the universal Light Emanation and Sound Frequency; in all moments.

12. All are centered and empowered in _____; in all moments.

13. All resonate, emanate and are interconnected with all life in manifesting _____; in all moments.

Social Media Links

Jenuine Healing website <https://jenuinehealing.com>

Jenuine Healing YouTube channel: <https://youtube.com/jenuinehealing>

Jenuine Healing private session: <https://jenuinehealing.com/jenuine-healing-private-session/>

Jenuine Healing community: <https://jenuinehealing.com/jenuine-healing-community/>

The SFT Lexicon book: <https://jenuinehealing.com/the-sft-lexicon/>

Jenuine Poetry for Life book: <https://jenuinehealing.com/jenuine-poetry-for-life/>