**Hi! Merry Christmas!** I am Jackie from Ladybug Wellness. I would like to wish you the best blessings of the season with some Soul Food. I would like to introduce you to a non denominational spiritual healing modality called Court of Atonement. At-One-Ment means bringing things together to heal the past. Simply read through this document and say your name in the blanks. Yes, it is that simple. More information in website www.ladybugwellness.ca

**Court of Atonement® Empowering Humanity**

**The Court of Atonement is a spiritual healing modality.** We request the Souls we are working with to meet each other in a sanctuary of healing (The Court of Atonement) so that these souls can discuss their differences beyond the constraints of human emotions. The souls decide how they are going to choose to proceed and the changes in energy are brought back to the cells in the body. This is a way to assist yourself and others while still allowing for, and respecting, free will.

Because our Souls exist in a realm without time or space, we can request our Souls speak with each other (beyond the constraints of human emotions) and resolve the conflicts between them. **Conflicts often dissolve completely and the issues resolve.**

**How to call a Full Court of Atonement**

The Court of Atonement is a spiritual healing modality based on the principle that our souls are much more expansive than we are and that our souls can be in many places at once.

Our souls remain neutral. Even when we are fighting with others, our souls remain free of all the negative emotions of the human condition. Using the Full Court of Atonement, we are requesting that the souls meet in a sacred space and discuss the problems between them. Once the soul understands why things happen, the relief will soon be felt in our nervous system, and things that used to be upsetting to us stop triggering a response from us.

**The most basic Court of Atonement intention is:** “I, \_\_\_\_\_\_\_\_\_\_\_\_ (state your whole name) \_\_\_, place myself, \_\_\_\_\_\_\_\_\_\_\_\_ (State your name again) \_\_, into a Full Court of Atonement for the purpose of Soul Recognition. I ask to have my timelines analyzed and I ask to heal any and all conflicts. I ask for amenable dissolution of this energy.

(This simple intention will assist grounding your spirit into your physical body and calling back all your energy to you when you’re feeling scattered).

**Below is a simple explanation of the five steps to using the Full Court of Atonement.**

1. Always start with your name: Our names are the power generator that gives us access to the Full Court of Atonement. Without using the name, it will not work! Our names are mandatory every time!

2. Say the words “Full Court of Atonement!”: We have to say the words “Full Court of Atonement” each time we intend to use it. You must ask for what you want in life, never assume that God, divinity, the angels, or even the Full Court of Atonement, understand what you are requesting. Spell it out in easy-to-understand words and stay positive.

3. Name the target: The target is who or what you want to resolve. Who are you bringing in? Think about the person you intend to work with and use as much of their name as you can. If you do not know their name, describe your connection to the person just as you would describe them to a friend. “I bring in the person I met at the party at my sister’s house.” “The guy who stole my jacket.” “My sister’s brother-in-law”.
To strengthen the connection, try looking at a person’s photo while you make the statement. A photo is the strongest energy connection outside of looking right at a person. (I like to use social media to gain access to photos of people.)

4. State what you are asking for: A. “I ask to resolve all conflicts between us at their points of origin. I ask to make peace with the past.” B. “For the purpose of earning more money.” You can use a Speed Call phrase below. “For the purpose of (speed call phrase like “Soul Recognition”).

5. Request desired outcome Request your desired outcome in the most positive wording you can muster. “I ask to have our timelines analyzed and correct all conflicts between us.” “I ask to create compatibility and camaraderie between us.”

“I ask for divine intervention, and divine right actions for the highest and best results ask us to make amends. I ask for positive resolution of this situation. I ask for the Most Benevolent Outcome for all”.

**Simple Outline**

1. I, \_\_\_\_\_\_\_ place myself, \_\_\_\_\_\_\_

2. Into a Full Court of Atonement

3. I bring in, \_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. For the purpose of, \_\_\_\_\_\_\_\_\_\_

5. I ask for positive resolution. (Or I ask for, \_\_\_\_\_\_\_\_.)

**BASIC STATEMENT:**

I, \_\_\_\_\_\_\_ place myself, \_\_\_\_\_\_ into a Full Court of Atonement with, \_\_\_\_\_\_\_\_ I ask to have our timelines analyzed. I ask to correct any and all conflicts between us at their points of origin. I ask for amenable dissolution of this energy.

**Next is the wording to resolve a conflict between other people.**

I, \_\_\_\_\_\_ place, \_\_\_\_\_\_ into a Full Court of Atonement with, \_\_\_\_\_\_. I ask to have their timelines analyzed. I ask to correct any and all conflicts between them at their points of origin. I ask for amenable dissolution of this energy.

You can add as many people as you like.

You can make the statements one after the other. You do not need to wait.

You only need to say a Full Court of Atonement once, but you may say it as often as you like.

Having a strong connection to your name is important. There are videos to help get you in alignment on the website

**www.courtofatonement.com**

**Additional Resolution Statements**

1. I ask us all to redeem ourselves and make amends.

2. I ask us all to forgive and pardon each other.

3. I ask to resolve any and all reasons we are unwilling to forgive and pardon each other.

4. I ask to bring in the entirety of my Family lineages, God, and All Guides.

**Speed Calls to use**

**Soul Recognition.** This helps to strengthen the connection of your Soul’s energy to your physical body, allowing the Court of Atonement results to by applied. It clears our energy and helps us feel healthier.

**Developing Healthy Boundaries:** Anchors our energy into our core and helps us relax and radiate peace. It helps us to let go of other people’s energy and allows us to stand in our power, no matter what is going on around us.

**Forgive Me for Not Forgiving You**

If you find that the Court of Atonement has not delivered the desired results, it is usually because we are not ready to stop enjoying our victimization. Sounds odd, but we love to luxuriate in our stories! Use this statement a few times and then try the Court of Atonement again.

I, \_\_\_\_\_\_\_ have not forgiven you, \_\_\_\_\_\_\_. Please forgive me for that.

**Clearing Detrimental Beliefs**

I, \_\_\_\_\_\_\_\_\_\_, place each and every level of my consciousness that believes \_\_(example “I am not good enough”)\_\_\_\_\_\_\_\_ into a Full Court of Atonement I ask to resolve any and all reasons I believe \_\_\_\_\_\_\_\_\_\_ at their points of origin. I ask for amenable dissolution of this energy. I forbid this energy any further access to my body, my energy field, or my timelines.

**Location security, home security:** These intentions bring about peace in your living arrangements and home environment.
**A whole list of phrases you can intend for yourself:**

I, \_\_\_\_\_\_\_\_\_ place \_\_\_\_\_\_\_ along with all levels of consciousness, God and (my/her/his/their) Divine Guides, along with the entirety of my family lineages, into a Full Court of Atonement for the purpose of education in the benefits of Full Court of Atonement and other beneficial energy healing modalities and for the purpose of creating openness and willingness within all levels of (my/her/his/their) consciousness to allow, accept, trust and follow the guidance of (my/her/his/their) Divine Guidance team.

I, \_\_\_\_\_\_\_\_, place \_\_\_\_\_\_\_\_\_\_\_ into a full court of atonement for the purpose of Soul Recognition, Location Security, Home Security, and for the purpose of re-evaluating and revising any and all soul contracts, soul mate contracts, life lessons, and karmic debt. I ask to correct any and all conflicts and I ask to enhance the effects of Full Court of Atonement to bring about the highest and best resolution for \_\_\_\_\_ to have a happy healthy life.

I, \_\_\_\_ place, \_\_\_\_ into a Full Court of Atonement for the purpose of recognizing where (I/he/she/they) (am/is/are) in (my/her/his/their) life compared to where (I/he/she/they) thought (I/he/she/they) would be. I ask to bring in each-and-every level of (my/her/his/their) consciousness for the purpose of creating openness and willingness to change (my/her/his/their) life by changing (my/her/his/their) habits and (my/her/his/their) mental capacity for diligence in thinking the thoughts that bring in solitude and peace of mind. I, \_\_\_\_ place, \_\_\_\_ into a Full Court of Atonement for the purpose of taking full responsibility and accountability for (my/her/his/their) own recovery choices and decisions. I ask for amenable dissolution of this energy.

I, \_\_\_\_\_\_\_ place\_\_\_\_\_\_\_\_\_\_\_ into a Full Court of Atonement for the purpose of creating mindful focus on wellbeing, wellness, kindness, gratitude, and abundance.

I ask to align \_\_\_\_\_\_\_\_\_with Divine Guidance, Divine Opportunities, Divine Truth, Divine Intelligence, Divine Wisdom, Divine Health, Divine Abundance, Divine Unconditional Love, Divine Timing, Divine Synchronicity, Divine Wealth, Divine Success, Divine Cleanliness, Divine Possibilities, Divine Maturity, Divine Inspiration, Divine Encouragement, Divine Discernment, Divine Alchemy, and Expecting Miracles.