

DAY

01

OF 43

Releasing the Broadcast

Day 1 of the Clearing · Choosing the Fast Form Your Body Can Hold

THIS CARRIES
HEALING.
THIS IS
THE CURE.

BEFORE · WHAT I NOTICE IN MY BODY RIGHT NOW

☐ tight chest ☐ racing thoughts ☐ hunger ☐ headache ☐ sadness ☐ peace ☐ fatigue ☐ shallow breath ☐ heaviness *other*

01 PREPARE

Water close by. The fast form you have chosen — water only or the Daniel approach. *Choose what your body can hold safely.*

02 BREATH PROMPT

INHALE

Receive Him as the air.

EXHALE

Release the broadcast.

INHALE

Seal the date.

03 TODAY

The Clearing. Positioning the body to dine with the risen Christ.

04 THE WORD

"He maketh the storm a calm, so that the waves thereof are still."

PSALM 107:29

05 WHAT TO EXPECT TODAY

Day 1 often brings hunger waves, mood swings, and the old broadcasts trying to reassert themselves. The body is asking for what kept it riding the lower jurisdiction. Stay with the breath. Stay with the declarations. This is the broadcast leaving — not the body failing.

06 TODAY'S DECLARATION

"Christ has already finished the work. I am not repeating His tomb. I am positioning my body to receive what He already deposited."

07 · The Diary — What Is Coming Up in My Nervous System

What is coming up in my nervous system right now? What is my body asking for? What feeling is surfacing as I stop feeding the old broadcast?

08 · SEAL

Tetelestai. It is finished.

He ever lives to make intercession for me — to the uttermost.

HEBREWS 7:25

Forget not all His benefits.

PSALM 103:2

09 · END OF DAY — WHAT I WANT TO REMEMBER

One thing — one phrase, one sensation, one thing Papa whispered —

Bring somebody with you.