

DAY

02

OF 43

The Substrate Is Shifting

Day 2 of the Clearing · Often the Hardest Day

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

"Be still, and know that I am God."

PSALM 46:10

05 WHAT TO EXPECT TODAY

Day 2 is often the hardest. Headaches, fatigue, irritability as the body shifts substrate. Drink water. Rest if you can. Keep declaring. The body is releasing the broadcast it has been riding so it can receive a different one.

06 TODAY'S DECLARATION

"Jesus is an overpayment. There is surplus in my account. I am not asking Papa to do something He has not done. I am coming online with what He already finished."

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

What is my body telling me today? Where do I feel tightness, ache, emptiness, or release? What thought keeps surfacing? What is Papa whispering underneath the noise?

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.