

Brad Yates – Be Set Free Fast.

- KC Even though I have this issue  
I choose to love and accept myself  
Even though I have this issue  
I choose to love and honour myself  
Even though I have this issue  
I choose to deeply and completely love, honour and accept myself  
and anyone else who may have contributed to this issue
- EB I am now eliminating all of the sadness and trauma in all of the roots,  
and the deepest cause of all of this issue
- SE I am now eliminating all of the anger and resentment in all of the roots,  
and the deepest cause of all of this issue
- UE I am now eliminating all of the fears and judgements in all of the roots,  
and the deepest cause of all of this issue
- UN I am now releasing all of the embarrassment in all of the roots, and the  
deepest cause of all of this issue
- UM I am now eliminating all of the shame and guilt in all of the roots and  
the deepest cause of all of this issue
- CB I am now releasing any remaining fears in any of the roots and the  
deepest cause of all of this issue
- UA I am now releasing all of the low self-esteem in all of the roots and the  
deepest cause of all of this issue
- TH Choosing to be free in body, mind and spirit. I now align myself with my  
highest truth and my highest purpose and accept healing in all levels

Take a deep breath