



## Prenatal Healing Process

(Updated August 16, 2017)

Developed in 2012, the prenatal healing process is proving to be a powerful tool for bringing profound inner healing and spiritual freedom to many individuals, accelerating the journey especially for ritual abuse survivors. The process involves tracing a person's developmental history from the time of his creation by God just prior to conception through each prenatal month to the birth process, allowing God to reveal everything that needs to be addressed at each stage in order for the person to have spiritual, dissociative, and emotional healing at this foundational level of his life.

The process is totally dependent on God's revelation and the discernment gifts of the client, facilitator, and/or a support person in the session who is able to align his spirit with the Spirit of God (1 Corinthians 16:7) to receive what He wants to reveal concerning this otherwise secluded period of the person's history.

### I. Scriptural support

#### A. For the process of God's revelation

That God is willing and able to reveal this part of the client's history is consistent with His goals, His character, and His capabilities, according to the following Scriptures:

1. His passion is to bind up the broken-hearted and to set the captives free (Isa. 61:1).
2. He sent His Son to destroy the works of the devil (1 John 3:8).
3. All things are "open and laid bare" before Him (Hebrews 4:13).
4. He knows what lies in the dark, and the light belongs to Him (Daniel 2:22).
5. He reveals the "profound and hidden things" (Daniel 2:22).
6. He has told us, "Call unto me and I will show you great and mighty things which you do not know" (Jer. 33:3).
7. He willingly imparts a "spirit of wisdom and revelation" (Ephesians 1:17).

#### B. For a person's life beginning with God before conception<sup>1</sup>

1. Ecclesiastes 12:7: ". . . the spirit will return to God who gave it."
2. Jeremiah 1:5: "Before I formed you in the womb I knew you, . . ."
3. Ecclesiastes 11:5: "As you do not know how the spirit comes to the bones in the womb of a woman with child, so you do not know the work of God who makes everything" (RSV).

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<sup>1</sup> How long before conception God creates a person's soul and spirit is unknown. It may be just a millisecond, but it allows for important spiritual interaction to occur en route to the womb.

## II. Benefits

### A. Spiritually

1. Getting to the very roots of many of the spiritual bondages in the person's life
  - a. Most of these bondages were put in place by the free will decisions of one's previous generations.
    - 1) To live in entrenched patterns of iniquity, the consequences of which are passed on to future generations (Exodus 34:7)
    - 2) To make direct dedications and transactions with Satan concerning future generations
  - b. When a survivor is given the opportunity to accept or reject the bondage brought by the previous generations, God allows his declared free will choice<sup>2</sup> to trump the free will choices of his ancestors.
  - c. This free will choice made by the Original Self, or any of the pain-buffering primary identities representing the Original Self, also seems to trump the free will choices of all subsequently formed identities, including the cult-connected primaries.<sup>3</sup>
2. By addressing the spiritual bondages at their roots, every entity that entered the person throughout his life because of each identified root can be removed all at once, setting many identities free simultaneously.

This has major implications for shortening the journey to freedom for ritual abuse survivors coming from generational Satanism, as the roots of their cult-related spiritual bondages are almost all established during this prenatal period.

3. Bypassing the entire cult system

Furthermore, coming before the heavenly court and asking God to take ritual abuse survivors back to the very beginning of their lives essentially takes an end run around the entire cult system and all programming and blocking mechanisms put in place within it at a later time in the person's life.

### B. Dissociatively

1. Finding out what happened to the Original Self

This key part of the system brings a solidity of identity and quality of life that surpasses that of any other identity. The whole goal of healing is to bring this part back into life and all dissociative parts merged back into her.
2. Bringing her forward into the healing process
  - a. Sometimes you will be able to have immediate access to her.
  - b. If she was taken into bondage, you can address the issue, rescue her, and start bringing her into the healing process.
3. Learning what early splits were possibly made during this time of life

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<sup>2</sup> See "The Power of the Free Will in Spiritual Warfare" by Diane Hawkins, which is available both as free download under Articles or as a CD under Products on our website: [www.rcm-usa.org](http://www.rcm-usa.org). See also Revelation 12:11 that speaks of the "word of our testimony" as a critical component in overcoming Satan.

<sup>3</sup> This document is written especially for dissociative individuals, but the process is applicable to non-dissociated individuals as well.

### **C. Emotionally**

Identifying and addressing emotional wounds, conflicts, and false beliefs that originated in the womb.

1. These may be from things that happened while the person was in the womb.
2. They can also be picked up from what the spirit of the fetus absorbed from the mother's spirit.
  - a. I believe that the child's spirit is closely entwined with the mother's spirit while in the womb.
  - b. Studies in Europe have indicated that a mother's thoughts and feelings during pregnancy are the single greatest determinant of the psychological and emotional well-being of the child, with the relationship of the father to the mother during this period also being critical.<sup>4</sup>

This emphasizes the great importance of bringing healing to wounds that occurred during this time.

3. Resolving these issues would be very difficult without getting to these roots.

In sum, prenatal healing provides the opportunity to restructure the spiritual, emotional, and psychological foundation of the person's life.

## **III. Timing**

I recommend doing the Prenatal Healing Process as soon as possible after the following are achieved:<sup>5</sup>

### **A. Stability**

1. Crises

Dealing with any current crises obviously needs to have priority attention.

2. Distressing symptoms

If any kind of spiritual dynamics or emotional distress is affecting the person's quality of life, these also warrant priority attention.

3. Frequent switching

Usually frequent switching is the result of an overwhelmed or absent primary identity system. An attempt should be made to identify and address the reason for the frequent switching.

Attempting to do the prenatal healing process with an actively switching system may be extremely frustrating with frequent interruptions—or, on the other hand, it possibly could take the person outside of what is causing the switching.

### **B. Identification of the main primary identities**

1. Primary Presenter

You should at least know who the Primary Presenter (the identity that leads life most of the time) is and be assured that it is one of the pain-buffering primaries, as they are the ones who seem to have authority to represent the Original Self in making decisions for the entire system.

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<sup>4</sup> Thomas Verny with John Kelly, *The Secret Life of the Unborn Child* (New York: Dell Trade Paperback, 1981), pp. 47-50. The research mentioned was conducted by Dr. Monika Lukesch of Germany and Dr. Gerard Rottmann of Austria.

<sup>5</sup> For non-ritual abuse survivors the priority of prenatal healing is not as critical.

*If for some reason, one of these main primary identities is not serving as the Primary Presenter, you must be able to locate one of them to do the process with you.*

2. Pain-buffering trio: Denial, Buffer, Pain

Having identified all three of these is helpful but not absolutely necessary for proceeding. *What is necessary is that you know you have one of them with whom you can do the process.*

3. Cult-connected primaries

Having these identified and on board with doing the process is certainly a plus. However, success is not reliant on this.

These identities may or may not come out to object while you are doing the process. If they do, this provides the opportunity to work with them on their beliefs and loyalty issues. Interspersing this kind of system work with the prenatal healing process is necessary in some systems.

## **IV. Preparations**

### **A. Salvation**

Healing on an emotional and dissociative level can perhaps occur without the person having had a genuine experience of personal salvation. However, attempting to do spiritual deliverance with an unsaved person would be impossible if not dangerous (Acts 19:11-16). This is because the power of the name and the shed blood of the Lord Jesus Christ on the Cross of Calvary is what will break the spiritual bondages and protect the survivor from retaliation for the decisions against Satan that are made. Only persons who have aligned themselves with Christ have the authority to use this power in spiritual warfare.

### **B. Renunciations**

Doing the following renunciation procedures<sup>6</sup> before doing the Prenatal Healing Process can lessen the spiritual complications encountered during the process for ritual abuse survivors.

1. Renunciation of Satan's Counterfeit Religious System

This powerful, generational renunciation is beneficial for almost anyone in the human race but especially for those who have been overtly involved in Satanic activity or false religions. It forms the largest umbrella over the spiritual dynamics of ritual abuse and virtually all false religions and occult practices.

2. Kundalini Renunciations

The Queen of Heaven is a powerful conniver in the kingdom of darkness and is known by different names in different cultures. Kundalini is one of her names, known most prevalently in the Hindu religion. In the western world she is known as the false holy spirit. Like the true Holy Spirit, Kundalini is associated with energy and power.

Kundalini underlies the very structure of Freemasonry, making this an essential renunciation for ritual abuse survivors. She and her powers are also involved in Yoga, Martial Arts, and energy-based, Eastern alternative medicine practices. Any who have participated in these activities will also benefit from these renunciations.

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<sup>6</sup> These renunciations can all be found at: <http://www.rcm-usa.org/downloads.html>.

3. Prayer of Release for Freemasons and their Descendants

Nearly all organized ritual abuse is connected to the hidden dynamics of the Freemasons. Therefore, all ritual abuse survivors will benefit from these renunciations.

Descendants of Freemasons who are not involved in ritual abuse have also benefitted from this prayer, with unexpected physical healings and cessation of nightmares reported as results.

4. Prayer of Release for Roman Catholics

This prayer is recommended for everyone to do, whether they know of Roman Catholic ancestors or not, because of its widespread prevalence throughout the world and the seriousness of the connections.

**C. Someone with the gift of discernment**

This procedure requires someone who is gifted in seeing in the spiritual realm. Having two people with this type of discernment present provides even better validation and confirmation for the person.

**D. Part of the person with whom to work**

1. Begin the procedure with the Primary Presenter as long as this is one of the pain-buffering primaries.

*Please note that doing the procedure with this part is very important as only the Original Self and the pain-buffering primaries have the authority to make decisions for the whole person.*

2. Once you have connected with the Original Self in the Father's Hand, you can continue the process with either her, if she is ready, or the Primary Presenter.<sup>7</sup>

**E. Preliminary Questions that May Be Helpful**

1. Do you know if you were a wanted baby? By both parents?
2. Do you know if they wanted a particular sex?
3. How many siblings do you have and where are you in the birth order?
4. What were their genders?
5. How many years older was your next older sibling?
6. Had your mother had any miscarriages, abortions, or difficult pregnancies before your conception?
7. Had your mother ever been told that she shouldn't have any or any more children for any reason?
8. Do you know if you had a natural conception and delivery?
9. Were there any complications in regard to the pregnancy and/or delivery?
10. Do you know if your mother was on any medications or was abusing any substances while you were in the womb?
11. Were your biological parents married at the time of your conception?
12. Do you know anything about their relationship while you were in the womb?
13. Was your father around most of the time while you were in the womb?

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<sup>7</sup> I have not found any difference in authority between these two in doing this procedure.

14. Do know if either of your parents as going through any kind of grief or other emotional struggles while you were in the womb.
15. Do you know if your mother or father went through any tragedies while you were in the womb?
16. Were you adopted or raised by someone other than the woman who carried you in the womb?

## V. Procedure

### A. Begin with the binding and separating prayer.

Most High God, I ask You, in the name of the Lord Jesus Christ, to bind and bring into full restraint in your heavenly court all ungodly creatures, familial spirits, and evil spiritual beings from the lowest demonic rank to the highest cosmic rank, including all ungodly powers, energies, forces, lights, and life forces, that are connected in any way to any part of this person or to his generational lines, sending the Angel of the Lord with the Sword of the Spirit, if necessary, to sever anything of an evil spiritual nature that is fused to any part of the person's humanity. I ask that You forbid them to see, hear, act, or speak without the express permission of the Lord Jesus Christ. I also ask you to remove all watchers, reporters, monitors, sentinels, remote viewers, messenger bats, robotic spies, drones, or any other kind of ungodly surveillance entity or device; to block or scramble all ungodly communication, power, and transportation lines coming into this person and place; and to cancel all assignments made against this session. Please encircle us with your protecting angels and sanctify this time for this person's healing and spiritual freedom. I pray this in the name of the Lord Jesus Christ, Amen.

### B. Enter the heavenly court

Tell the Most High God that you wish to enter with the person into His presence in His heavenly courtroom,<sup>8</sup> expressing honor to the Godhead and appreciation for this privilege made possible through the shed blood of the Lord Jesus Christ (Ps. 82; Heb. 4:16).

1. This provides a safe place to work that is above the jurisdiction of the evil realm.
2. It is an appropriate legal setting to deal with whatever spiritual bondages need to be broken.
3. It also brings the person's spirit to a place that is outside the dimension of time and thus able to connect with the early phases of his life.
4. Make sure that the person has a sense of being in this place or at least a positive feeling of safety.
  - a. You don't want to be in Satan's counterfeit "kangaroo court." Usually something will rather quickly be perceived as not being right when this occurs, and then you can ask God to bring you into the correct courtroom.
  - b. The extent to which the heavenly courtroom is visualized will vary greatly. Sometimes there will only be a sense of being there rather than clear imagery being seen.

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<sup>8</sup> Please see "Appeal to the Heavenly Court" document available as a free download at [www.rcm-usa.org](http://www.rcm-usa.org) for a fuller explanation of the heavenly court. The concept is taken from Psalm 82 and Hebrews 4:16.

5. If God reveals any unusual imagery in the courtroom or while trying to connect to it, this usually indicates something He feels needs to be addressed before proceeding with the prenatal healing process.

### **C. The Father's hand**

Ask the Father to connect the person back to when he was in the Father's hand before being released to the womb.

Ideally, you want the person to experience being actually in the Father's hand and to experience the rest of the prenatal journey firsthand as well. If the person reports only seeing it in third person and you cannot succeed in getting him/her into a firsthand position, you may proceed with the process as they see it.

1. Ask what he feels, sees, or senses.<sup>9</sup>
  - a. Usually this will be a positive experience if the person is able to sense in his spirit.
  - b. If there is any confusion, ask God for clarification.
2. Ask the Father if He wants to tell the person what He said to him when He released him to go into his mother's womb.
3. If the client is unable to see, sense, or feel, the process can proceed with the perceptions of the facilitator or anyone else in the room with discernment.

It is always best if what is reported by someone else resonates in some way with the client.

### **D. Off the Father's hand**

Ask the Father to begin moving the person forward out of His hand towards the mother's womb.<sup>10</sup>

1. Ask what the person is feeling, seeing, or sensing.
2. Ask God to help him understand what this means. Continue asking clarifying questions until you understand the issue that God is bringing to your attention.
3. Address whatever spiritual bondages are encountered at this point.

Spiritually, this is one of the most important periods of the entire prenatal journey, as this is where Satan gets his foundational footholds in the person's life through generational rights having been given.

Be aware that God will most likely show you multiple things to be addressed at this stage. He may reveal them all at once or one at a time. Each of these can be critical spiritual roots from which you have the opportunity to set the person free.

- a. Generational inheritances
  - 1) These can be revealed by an infinite variety of imagery.
  - 2) Ask God for clarification as to what the specific generational iniquity being indicated is.
    - a) God may clearly reveal this.
    - b) Most often patience is needed to use a trial and error method of guessing the iniquity and addressing it.

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<sup>9</sup> Researchers believe that the spirit is conscious from the moment of its creation and is capable of thoughts and feelings.

<sup>10</sup> Once, when the person was too scared to leave the Father's hand to face what they would then encounter, I had the Father show her what happened from the vantage point of her remaining in His hand. This seemed to work in this situation.

- (1) You will know that you are on track if the imagery changes.
- (2) You will know that you have succeeded in breaking the specific generational inheritance that God was indicating when the imagery is completely gone.
- (3) See “Breaking Ungodly Generational Inheritances,” which is available at <http://www.rcm-usa.org/articles.html> for the procedure to use here.

b. Generational claims

Be particularly tuned to anything indicating a generational “claim” of Satan intercepting the person to bring him into some form of bondage in his domain.

- 1) This may be visualized as some sort of snatching, hooking, tugging strings, or by hearing words such as “She’s mine.”
- 2) A generational claim is usually the result of:
  - a) A generational dedication
  - b) A generational bargain or barter
  - c) A selling of the person’s birthright.

Because determining which of these is in play can be difficult, cover all bases by doing the renunciations for all three of these possibilities. They are all available as free downloads at [www.rcm-usa.org](http://www.rcm-usa.org).

4. Determine how the Original Self (OS) responded to any generational claim.

Two scenarios seem possible:

- a. The OS responded to it as an intolerable conflict and split so only part was taken by darkness while the OS was spared. (Yes, intolerable conflicts can cause dissociation to occur even before the newly created soul and spirit are connected to the fertilized egg at conception.)

In this case two further scenarios seem possible:

- 1) The OS went into conception.
- 2) Further conflicts created further splitting, and primary identities went into the womb while the OS was kept safe by God and did not enter the womb.

- b. The OS was deceived and lured in some way to follow the overtures of the Satanic emissaries sent to claim what was legally theirs through the generational bargain or dedication. In this case:

- 1) The OS herself might be in bondage and need to be rescued.
  - a) The renunciations made to break the power of any generational claim should be sufficient to release her.
  - b) However, if she made any type of agreement to go with the Satanic emissaries, she may need to renounce that.
- 2) If this occurs, a split of some sort undoubtedly occurred to form primary identities to go forward into conception.

- c. In summary, the Original Self may have:

- 1) Gone into the womb
- 2) Been successfully lured into Satan’s domain where she is captive
- 3) Been kept safe by God outside of the body

## E. Conception

When everything seems clear between the Father's hand and the womb, ask the Father to bring the person forward to the conception process.

1. Ask what she is seeing, feeling, or sensing.
2. Ask God to clarify anything that is uncertain.
  - a. A closed womb may indicate an unwanted pregnancy.
  - b. A metal-looking entrance to the womb may indicate an artificial conception.
  - c. A chair lift cycling into the womb may indicate a Breeder womb.
  - d. Sometimes generational inheritances are still revealed at this point.
  - e. The presence of spiritual entities can indicate a conception ritual.
3. Deal with whatever is revealed at this juncture.
  - a. Explore the emotional ramifications, conflicts, and beliefs of anything unusual that has been revealed. Remember the spirit is conscious since creation by God.
  - b. If the person seems to have been conceived in a ritual:
    - 1) Ask the person:
      - a) Do you accept or reject this ritual?<sup>11</sup>
      - b) If any false gods were called upon to preside over this ritual do you desire to be completely disconnected from them?
      - c) Do you reject all curses, incantations, and/or ungodly blessings put on you at conception and desire for the Most High God to declare them all null and void?
      - d) Do you reject and desire God to annul any vows that were made by your mother, your father, and/or any other ancestors or relatives or by powers of attorney representing them in this ritual that would adversely affect your life?
    - 2) Appeal to the Father on the basis of the person's expressed free will decision and through the blood of the Lord Jesus Christ to annul the conception ritual in its entirety, including all curses, incantations, ungodly blessings, and parental or ancestral vows, and to free the person from all the spiritual effects that it has had throughout her entire life and from the lives of her descendants to a thousand generations going forward.
    - 3) Ask God to declare that through the power and authority of the shed blood of Jesus Christ the person is set free from all cosmic beings presiding over the ritual and every ungodly and evil entity, energy, force, and light that gained access to any part of her being at any point in her life because of this ritual.

Ask God to:

      - a) Pass judgment on them and to send them to the destinations of His choosing.
      - b) Fill all evacuated places with His true Holy Spirit.
      - c) Close all portals and orifices used by these entities to access the person's body, soul, or spirit and to seal them with the blood of the Lord Jesus Christ.

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<sup>11</sup> Different types of rituals can be carried out at various times throughout the pregnancy. They can all be broken in a similar way as outlined here.

- 4) Have the person break all ungodly relationship bonds<sup>12</sup> with:
    - a) All people involved in the ritual, including her mother and father
    - b) All people and/or animals sacrificed to empower it
    - c) Any familial spirits assigned to the person as a result of it.
  - 5) Ask God to release from captivity, to cleanse with the blood of Jesus Christ, and to return safely to the body all dissociated parts of the person that were taken into captivity in spiritual dimensions, vortexes, or black holes because of this ritual.
  - 6) Ask God to retract the announcement of the person's conception that was made to the spiritual realm of darkness.
  - 7) Ask God to seal the work and to prohibit any retribution or retaliation whatsoever because of the actions taken.
- c. If this renunciation does not remove the spiritual imagery seen at the point of conception, the person may have been conceived in an Illuminati conception ritual. In this case you may request a copy of "Breaking an Illuminati Conception Ritual" from RCM at 540-249-1027 or [office@rcm-usa.org](mailto:office@rcm-usa.org). Assume this to be true if any indications of involvement with the Illuminati have been detected in the person's life.
4. If not already done, have the person break all ungodly relationship bonds<sup>13</sup> with his mother and father.

This removes connection to the ungodly spiritual baggage that each may have brought into the conception. It does not affect the normal, healthy relationship bond with the parents.
  5. When the conception is "clear," ask God:
    - a. To remove all effects of shock and trauma on the person's body, soul, or spirit that occurred during conception
    - b. To allow the healing balm of Jesus to seep into and heal every wounded place
    - c. To cleanse every part of her body, soul, and spirit with the blood of the Lord Jesus Christ and to bring them into alignment with His original design
    - d. To bless the person's conception.

## **F. First month**

Ask God to move the person to be in touch with the first month in the womb.

1. Ask what she is seeing, feeling, or sensing.
2. Ask God to clarify anything that is uncertain.
3. Deal with whatever is revealed at this juncture.

There may be physical and emotional issues as well as conflicts and beliefs that will come to light in addition to further spiritual bondages. These can be resolved in the same way as if they were revealed at any other time in the person's life.

- a. Emotional dynamics
  - 1) Try to discern between:
    - a) Emotions of the fetus concerning what is happening
    - b) Emotions picked up from the mother
  - 2) Ascertain the beliefs underlying the emotions and ask Jesus to speak truth to them.

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<sup>12</sup> See procedure which is available as a free download at [www.rcm-usa.org/articles.html](http://www.rcm-usa.org/articles.html).

<sup>13</sup> See procedure which is available as a free download at [www.rcm-usa.org/articles.html](http://www.rcm-usa.org/articles.html).

- b. Dissociative dynamics
  - 1) If dissociation is perceived to have occurred in the womb, try to determine the intolerable conflict that caused it and address it as for any such conflict after birth.
  - 2) As much as possible try to resolve all prenatal dissociation as you proceed through the womb.
  - 3) If the Original Self was rescued from captivity, try to bring her forward through the womb journey with you if God allows this.
- c. Spiritual dynamics
  - 1) Rituals

Follow the pattern of the procedure given above to renounce a non-Illuminati conception ritual.
  - 2) Curses

If curses are perceived:

    - a) Ask the person to reject the curse verbally.
    - b) Ask God to honor this and through the blood of the Lord Jesus Christ to remove the curse and all of its effects from the person, along with all evil entities assigned to carry it out.
    - c) Ask God to replace it with His blessing.
  - 3) Death-related issues
    - a) When any kind of death-related issue arises, assume that the Spirit of Death and other cosmic beings from the underworld have gotten a foothold through it. These could be:
      - (1) Abortion attempts or thoughts or discussions by or with the mother
      - (2) Suicide attempts or thoughts by the mother
      - (3) Death wishes by the fetus
    - b) Ask the person to forgive the mother for her actions or thoughts.
    - c) Have the person renounce and repent of any wishes on her part to die.
    - d) Ask the person if she desires to reject all connection to the Spirit of Death and other entities associated with death and the underworld that may have gotten a foothold in her.
    - e) Ask the Most High God to honor the choice of the person and to remove all connections to these entities in the name of the Lord Jesus Christ, passing judgment on them and sending them to the destinations of His choosing.

Ask God to close and to seal with the blood of the Lord Jesus Christ all portals and orifices used for their connection to the person and to fill the evacuated places with His Holy Spirit.
    - f) Ask God to close all connections and portals to the underworld.

4) Twins

If it is perceived that the person had a twin who died in the womb, this can present some unique issues to address.

a) Explore and address the person's emotions, beliefs, and conflicts arising out of this.

b) Make sure that the person has fully released this twin to God and is not holding onto a bond with the twin's spirit.

c) Have the person break all ungodly relationship bonds<sup>14</sup> with the twin.

This is necessary when unhealthy factors are in place, such as:

(1) The person has held onto the twin's spirit.

(2) The person has taken on a false sense of responsibility for the twin.

(3) The person has taken on a false guilt for the twin's death.

4. When the first month is "clear," ask God:

a. To remove all effects of shock and trauma on the person's body, soul, or spirit that occurred during the first month in the womb;

b. To allow the healing balm of Jesus to seep into and heal every wounded place

c. To cleanse with the blood of the Lord Jesus Christ every part of his body, soul, and spirit and to bring them into alignment with His original design.

d. To bless the person's first month in the womb

### **G. Remaining months and birth**

Go through the same procedure for each month in the womb and then the birth process.

This entire procedure will take varying amounts of time depending on the complexity of the issues needing to be addressed and the spiritual acuity of the person doing the discerning. It will generally take multiple sessions to complete, however.

### **H. Ending a session**

Wherever you end a given session, ask God:

1. To seal the work that was done

2. To destroy all back-up plans

3. To prohibit all retaliation

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<sup>14</sup> See "Breaking Ungodly Relationship Bonds," which is available at <http://www.rcm-usa.org/articles.html>, for the procedure for this.