21-Day Archangel Michael Cleansing Prayer

The 21-Day Archangel Michael Cleansing Prayer is a spiritual practice meant to be read aloud for 21 consecutive days to release negative energies, dissolve past contracts, and dedicate oneself to the vibration of Christ. The process involves invoking Archangel Michael and spiritual guides, revoking unserving vows, and declaring spiritual freedom. Practitioners often experience emotional release or vivid dreams in the first week, a sense of stillness in the second, and renewal by the third week.

What to Expect During the 21 Days

- **Days 1–7:** You may experience vivid dreams, slight emotional releases, or old memories resurfacing. This is a normal part of the clearing process.
- **Days 8–14:** A shifting sense of peace, clarity, and lighter personal energy usually begins to establish itself.
- **Days 15–21:** A feeling of spiritual renewal, stronger boundaries, and alignment with your inner purpose.

Note: If you miss a day, it is widely recommended in spiritual communities to restart from Day 1 to complete a full, uninterrupted 21-day cycle.

THE CORE PRACTICE

Use these same stages **every day**.

1. Enter the practice

Take several slow breaths.

Set the intention:

“For the next 21 days, I dedicate this practice to purification, healing, forgiveness, protection and liberation from patterns that no longer serve my highest good.”

This sentence is a practical adaptation, not part of the original text.

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2. Invoke Christ / Highest Self

The original begins by appealing to Christ to:

- calm fear;
- remove external mechanisms of control that interfere with healing;
- ask the Highest Self to close/protect the aura;
- establish a Christic channel for healing;
- allow only divine/Christic energies through that channel.

Visualization: imagine yourself surrounded by a coherent field of light extending around the entire body.

Do not try to force an experience.

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3. Invoke Archangel Michael

The next section invokes Archangel Michael and a protective “13th Dimension” security circle.

The stated intention is protection and removal of influences considered incompatible with the person's spiritual path. The text then asks for removal/dissolution of what it calls implants, seeded energies, spiritual weapons, parasites and self-imposed limitation devices.

Visualization:

Imagine a strong field of sky blue light surrounding you.

Rather than trying to visualize literal entities or objects, you can simply visualize **everything unwanted leaving your psychological and energetic space**.

Archangel Michael — 21-Day Spiritual Cleansing Prayer

Opening — preparation

Sit quietly. Take several slow breaths.

Place your attention on your heart and say:

I call upon the Divine Source, the Christ within me, my Highest Self, and all beings of Divine Light who serve the highest good.

I decrete that this practice be conducted only in alignment with Divine Love, truth, freedom, healing and the highest good of all concerned.

I release fear and resistance. I allow myself to become calm, present and receptive.

May my energy field be protected, strengthened and sealed throughout this practice.

May only that which serves Divine Love, truth and my highest good enter my field.

Pause.

1. Calling upon Christ and the Highest Self

I call upon the Christ within me, my Highest Self, Divine Presence:

I ask you to establish within and around me a clear and protected channel for healing and transformation, with support of Archangel Michael.

I Close and seal my energy field against anything that does not belong to me or serve my highest good.

I Let my connection with Divine Source become clear, strong and harmonious.

I Let fear, confusion and external influence fall away.

I surrender the need to control this process.

I ask that everything released today be transformed in accordance with Divine Love and wisdom.

Visualize a sphere of luminous light surrounding your entire body.

(Sky blue - Archangel Michael, Amethyst - St Germain, white Selenite vibration - Seraphis Bey)

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2. Invocation of Archangel Michael

Archangel Michael, warrior and protector of Divine Light, I call upon you now.

Stand beside me.

Surround me with your protection.

Establish around me a field of Divine protection that permits only what serves my highest good.

Cut away, dissolve and release every connection, influence, attachment and energetic pattern that is no longer appropriate for me and my highest purpose.

Remove from my field anything that interferes with my freedom, healing, clarity, integrity and spiritual development.

Let every limitation that I am ready to release be removed safely and completely.

Let every influence that does not belong to my true path be returned to its proper place, transformed through Divine Love.

Pause and visualize **sky blue light** surrounding the body. (with vocal sound vibration)

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3. Release of implants and limitation devices

This is one of the central parts of the Mize material.

I now consciously release every energetic limitation, mechanism, attachment, thought-form or pattern that I have carried and that no longer serves me.

I release everything that limits my ability to experience love, freedom, Divine truth, health, creativity, abundance, connection and spiritual growth.

I release anything that operates through fear, guilt, shame, manipulation, dependency or unconscious conditioning.

I decrete that all such patterns be removed from my energy field and transformed according to Divine wisdom.

I no longer consent to carrying what is not mine.

I no longer consent to patterns that contradict my deepest values and Divine purpose.

I reclaim my sovereignty, my clarity and my responsibility for my own life.

Pause.

Do not try to force a sensation.

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4. Declaration of freedom

Say slowly:

I am free. I am free. I am free.

I am free to choose.

I am free to love.

I am free to forgive.

I am free to change.

I am free to grow.

I am free to live according to Divine truth.

I am free from patterns that may be influencing me without my consent.

I am free from patterns that I consciously choose to release.

I reclaim my own energy.

I reclaim my own authority.

I reclaim responsibility for my thoughts, choices, actions and life.

Pause.

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5. Revocation of contracts, vows and agreements

This section closely follows one of the distinctive elements of the original prayer.

In the presence of Divine Source, my Highest Self and the forces of Divine Light, I now revoke and release every agreement, vow, contract, promise, commitment or obligation that is not in resonance with my highest good, From this or any other lives and dimensions are now revoked and released.

I release conscious and unconscious agreements based upon fear, suffering, guilt, shame, sacrifice, dependency, powerlessness or self-denial.

I release agreements that I no longer consciously choose.

I release promises that bind me to patterns I have outgrown.

I release identities that require me to remain small, fearful, dependent or disconnected from my own truth.

I release every commitment that prevents healthy growth and authentic expression.

I decrete that these patterns be dissolved peacefully and completely.

May whatever belongs to another person or being, return to that person or being.

May whatever belongs to me return to me purified, healed and integrated.

May every connection that is aligned with my Divine purpose be restored in Divine Loving Light.

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6. Release of attachments

Archangel Michael, assist me in releasing unhealthy attachments.

I release attachments to people, situations, memories, expectations and identities that no longer serve my Divine purpose.

Help me distinguish love from attachment.

Help me distinguish compassion from self-sacrifice.

Help me distinguish responsibility from guilt.

Help me distinguish genuine connection from dependency.

I release the need to control other people.

I release the need for other people to validate my existence.

I release the need to carry what belongs to others.

I return responsibility for their lives to them.

I take responsibility for my own life.

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7. Forgiveness

Bring to mind people or situations that arise naturally. Do not force yourself to forgive something before you are ready.

Divine Source, Holy Spirit and all beings of Divine Light:

I ask for assistance in healing the relationships, memories and experiences that may be emotionally or energetically influencing me,

I forgive those whom I am ready to forgive.

I release resentment or frustrations, or any linked expectations or unexpressed assumptions. I am now ready to release.

I release the desire to punish, blame or remain trapped in the past.

If I have caused harm, knowingly or unknowingly, I ask for forgiveness, Integrate the learnings and release guilt, and learn to act more consciously.

Where I have acted from fear, ignorance, anger or unconsciousness, I acknowledge it, Integrate the learnings and release guilt, and learn to act more consciously.

I accept responsibility for what belongs to me.

I forgive myself for the choices I made when I did not know how to choose differently.

I allow myself to learn from the past without remaining imprisoned by it.

I choose understanding.

I choose responsibility.

I choose freedom.

And I accept myself as I am.

Pause for several breaths.

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8. Healing of relationships

I release the need for every relationship to remain as it is or as it was, or as I expected it to be.

I allow relationships to transform according to Divine truth and my highest purpose.

May unhealthy bonds dissolve.

May healthy bonds become stronger.

May appropriate boundaries become clear.

May love remain where love is genuine.

May attachment fall away where attachment is causing suffering.

I release everyone from the role I assigned them in my unresolved patterns.

And I release myself from the roles others assigned to me.

I allow every person to follow their own path.

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9. Release of energetic cords

Visualize connections between yourself and other people dissolving gently.

Archangel Michael, assist me in releasing every unhealthy energetic attachment and cord.

Release connections based upon fear, obsession, resentment, guilt, control, dependency or unresolved pain.

I release any wish or intention to cause harm to others.

I do not need to take anything from anyone.

I simply release what is no longer appropriate.

I call my own energy back to myself.

I return to others what belongs to them.

May every connection be healed and placed in its proper relationship to Divine Love.

May I remain connected through love without remaining bound through fear.

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10. Restoration of energy

Now imagine your energy returning to you, purified.

I call back my energy from every situation, relationship, memory and experience where I have unconsciously allowed it to be drained. I now recall it back and purified.

I call back my attention.

I call back my vitality.

I call back my creativity.

I call back my confidence.

I call back my capacity to love.

I call back the parts of myself that I may have abandoned through fear, shame or rejection.

May all my energy return to me purified and integrated.

May everything that does not belong to me be released peacefully and completely.

I allow myself to become whole again.

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11. Violet Flame

The original practice invokes **Saint Germain and the Violet Flame**.

Visualize Amethyst violet light surrounding your body.

Supported by Saint Germain and the Violet Flame of transformation:

I decrete anything in my energy field that is not in tune with my highest purpose to be transformed with the Violet Flame, into Divine Loving Light.

I Transform fear into understanding.

I Transform resentment into freedom.

I Transform guilt into responsibility.

I Transform shame into self-respect.

I Transform confusion into clarity.

I Transform suffering into wisdom.

I Transform limitation into possibility.

May what is no longer needed for my highest purpose be released.

May what is valuable be retained as wisdom and experience.

Remain still for one or two minutes.

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12. Release of duality and conflict

Whatever is making me remain trapped in conflict, I now release.

Whatever is making me define myself through opposition, I now release.

Any belief that I must fight everything that I fear, i now release.

I choose discernment instead of fear.

I choose healthy boundaries instead of hostility.

I choose truth instead of confusion.

I choose love to others and to myself.

I choose freedom without denying responsibility.

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13. Healing

Place your attention on your heart.

Christ within me, remain with me.

Bring healing to every wound that I am ready to heal.

Bring light to every part of myself that I have rejected.

Bring compassion to every memory that still carries pain.

Heal the places where I have felt abandoned, betrayed, rejected, powerless or afraid.

Restore my connection with my highest self, my highest purpose, and my guides and any supporting beings that vibrate in the highest unconditional Divine Love.

I Restore my connection with Divine Source.

I Restore my capacity to trust my own discernment and my guidance from my highest self.

May my mind, emotions, body and spirit become increasingly integrated.

May I move forward with greater clarity, integrity and freedom.

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14. Protection

Calling upon Archangel Michael.

Archangel Michael, surround me with your protection.

Place around me a field of Divine Loving Light.

Protect me from influences that are not aligned to my highest good.

Strengthen my discernment so that I can recognize what is healthy and what is not.

Help me establish appropriate boundaries.

Help me remain grounded in Divine truth.

May my protection come not from fear, but from clarity, sovereignty and Divine Love.

I am protected.

I am grounded.

I am present.

I am responsible for my choices.

I am free to follow the path that is aligned with my highest purpose.

Eletromagnetic field arc Michael (torus protection)

Blue

Beloved Archangel Michael, and Arturians, with your support we create and electromagnetic torus field that is unbreakable, indestructible, invulnerable, undetectable and invisible around myself, my house, my pets, my car, my job, my work, my projects, on a ray of 7km so that only Divine unconditional Love can enter, affect or be in this field.

Golden

Beloved Arcturians with your support we activate a cosmic golden egg and a Golden octahedron of protection and merkaba, around ourselves and our space, energising and protecting in Golden Christic Divine Loving Light, all my physical, emotional, energetic and spiritual bodies in all dimensions of time and space.

Kodoish, Kodoish, Kodoish, Adonai Tsebayoth.

(x 3, 6 or 9)

(I recognize the Sacred in its highest expression, in all that surrounds me, and align myself with the greater harmony of the Universe.

15. Sealing the practice

Visualize the entire body surrounded by light.

I now seal this healing and cleansing in Divine Loving Light.

May everything released remain released.

May everything healed remain integrated.

May everything I have reclaimed remain aligned with my highest good.

May no fear or expectation interfere with this process.

I trust what is appropriate to unfold naturally.

I release the need to know exactly how or when change will occur.

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16. Thanksgiving and closing

Divine Source, Christ within me, Highest Self, Archangel Michael, Saint Germain, the Holy Spirit, angels, archangels and all beings of Divine unconditional Loving Light aligned with the highest good:

I give thanks for the protection, healing, forgiveness, transformation and clarity received through this practice.

I give thanks for the strength to take responsibility for my life.

I give thanks for the ability to release what no longer serves me.

I give thanks for the wisdom to recognize what should remain.

I give thanks for the freedom to choose my path consciously.

May everything that has occurred through this practice serve love, Divine truth, healing, freedom and the highest good.

And so it is x 3

Gratitude x 3

Take **three slow breaths**.

Then sit silently for 1–2 minutes.

Open your eyes.

For each of the 21 days

You do **not** need to invent a different prayer each day. Use this same sequence daily.

The useful progression is:

Days 1–7: release and forgiveness
Days 8–14: relationships, attachments and personal patterns
Days 15–20: restoration, integration and purpose
Day 21: complete the entire practice and consciously close the 21-day cycle