



# Court of Atonement

## SPEED CALLS

Speed Calls work like speed dial on your phone. You enter the name of the speed call into a Full Court of Atonement and it activates pages of previously written requests channeled by Amy Jo with her guides.

I, \_\_\_\_\_, place, \_\_\_\_\_, into a Full Court of Atonement for the purpose of \_\_\_\_\_. *(Name the speed call.)*

#	Speed Call	Description
1	Absorbed Sibling Resolution	Removes spiritual interference of any siblings that started out in the womb with us but died during the pregnancy. Helps resolve conflicts between the named party and their parents.
2	Bless-ed Travels	Clears your energy and the energy of the other drivers and buildings you will be entering as you travel. This call aims to work from when you leave the house until you return.
3	Clarity of Heart, Soul, and Mind	Use when feeling blocked. Asks to have the heart, soul and mind communicate. Helps us make the best choices.
4	Cleaning Up Its Act	Use on movies, TV Series, books, video games, corporations, and governments. Asks to clear detrimental energies and prevent spreading their energy.
5	Developing & Maint. Healthy Boundaries	Brings our energy back to our core and creates a bio film, like the film on a soap bubble to hold our energy to us. Use when feeling scattered or empathic.
6	Divine Guidance Optimization	Asks to bring in Divine Guides and resolves the reasons the named party was not being divinely Guided. (Same call as #29)
7	Enhancing Self Confidence	Asks for the soul to analyze the timeline and resolve conflicts of the past that shook our self-confidence. Helps resolve anxiety.
8	Enhancing and Protecting Education	Works to clear the energy in and around the school and all of the employees and students. Resolves reasons students and educators are not happy. And much much more.

9	Family Reunification	Works to bring in all of the Souls of family members who were seperated due to adoption, moving, not being accepted, shunned etc. It also asks to keep this at the Soul Level and not bring in anyone who is not beneficial to a happy healty life.
10	Good Night Sleep	Clears the energy of the room, asks the mind to quiet, balances hormones and much more. (I keep adding to this call, so keep testing it.)
11	Grief Recovery Resolution.	Asks to resolve the unfinished business helping to make loss less painful.
12	Heart Center Optimization	Corrects the polarity of the heart center and strengthens its signal. Use this to help with manifesting and energy work.
13	Home Security	Cleans up portals, detrimental energies and entities, Helps to secure finances as well, and lots lots more!
14	Improving Internal Dialogues	Requests divine assistance to help us stop repeating our limiting or fear-based thoughts.
15	Jobsite Security	Clears the energy of the location and the people working there, asks to increse profits and resolve conflicts at work.
16	Knowing How this Serves Me.	Helps to understand upsetting setbacks and move past them.
17	Location Security	Use to clear places you visit. (Businesses, schools, hotels, hospitals, gas stations, etc.)
18	Mind Center Optimization	Helps us to think clearly. Balances the brain.
19	Optimal Medical Assistance	Clears the facility and the staff asks for the best care and the best prices, creates synchronicities and miracles!
20	Optimal Working Conditions	Clears the energy of the person named in the call and helps to focus the mind for clarity and receptivity. Clears the location.
21	Optimization of Divine Life Force Energy Connections	Puts the person back in control of their thoughts. Helps resolve being acident prone and aims to improve memory. Formerly known as "Life Force Connection Optimization"
22	Optimization of Energy Encasements	Each energy body has an encasement that separates it from the others. This call gets our energy cleared and flowing correctly. Helps with adhd, light and sound sensitivity.
23	Oral Restoration	Teeth, gums, tongue, etc. Written as a group, this asks to clear the energy caught in the mouth.
24	Relieving Resistance to Change	Helps to calm the nerves and let the mind see a brighter future.

25	Relieving the Need for Addiction	Name the person and their vice, to help resolve the reasons they feel the need to partake. (Drugs, alcohol, video games, video, facebook etc)
26	Renegotiations of Soul Contracts	Stops detrimental patterns.
27	Removing Detrimental Programming	Evaluates the timeline for any and all detrimental subliminal programming, or detrimental programming established by authority that is hindering the positive flow of energy in a person's life
28	Resolution of Parental Control.	Evaluates the connection to the parent and resolves any detrimental beliefs against acting outside of their parents' wishes. Relieves the person of brainwashing and manipulation.
29	Requesting Divine Guidance	Evaluates the guidance system of the Named Party and brings in divine guides to assist, restores the most appropriate soul to the body and helps to guide in a healthy direction.
30	Requesting Transcendence Assistance	Requests the Souls of the departed to resolve their unresolved issues, so that less detrimental energy flows to descendants. Use for your family lineages for anyone who has died who is not filled with light.
31	Resolution of Abortions	Transcends any lingering spiritual energy of the aborted spirit. Ask to reunify the Soul with the family to stop issues.
32	Resolution of Ancestral Causes of Death.	Helps to alleviate genetic tracers for diseases in the DNA. (Genetic diseases, miasmas, etc.)
33	Resolution of Betrayal	Helps to let go of the past. Makes room for forgiveness.
34	Resolution of Detrimental Agreements	Also known as Resolution of Vows. This call request to look through the timeline and family lineages for any and all vows, agreements, pledges, or promises that have become void or detrimental and renegotiate the need for them.
35	Resolution of Detrimental Attachment.	Clears negative attachments to past sexual partners. Clears curses, hexes, spells, entity attachments and the reasons for them.
36	Resolution of Detrimental Predominances	Asks the Biological Parents and Grandparents to put a stop to negative patterns. Must be used in conjunction of naming the pattern or behavior. "for the purpose of resolution of detrimental predominances of _____."
37	Resolution of Detrimental Programming	Asks to analyze the person's timeline and resolve detrimental phrases and beliefs such as, "You are such a failure." "She's accident prone."

38	Resolution of Heartbreaks	Helps to stop obsessive thoughts and helps to resolve the conflicts of the past to ready the heart to love again.
39	Resolution of Humiliation	Frees us from mistakes and allows us to move forward. Also resolves conflicts with those who humiliated us.
40	Resolution of Inflammation	Asks to search for the inflamed emotions and resolve them. Reducing inflammation in the body.
41	Resolution of Internal Degradation	Asks to restore the health of the cells to their optimum vitality, and resolve the reasons for the degradation.
42	Resolution of Miscarriages	Transcends any lingering spiritual energy of the miscarried spirit.
43	Resolution of Muck.	Use to clear heavy situations such as political issues and polititions. It requests a lot of clearing Speed Calls to help the situation.
44	Resolution of Murder	Use for people who know people who were murdered or committed suicide or are suicidal. Helps to clear detrimental energies and resolve the reason for the murder.
45	Resolution of Parental Control.	Use on adults only. Asks to analyze the persons timeline and resolve detrimental thoughts or memories that force a person to obey their parents. Relieves brain washing.
46	Resolution of Personal Affronts	Asks for divine intervention to assist us to resolve the reasons we are unwilling to forgive those who have offended us.
47	Resolution of Sibling Rivalry	Searches through the family lineages and the named party's energy to resolve the reasons for jealousy and detrimental competition.
48	Resolution of Sexual Molestation	Searches through the family lineages and the named parties energy to resolve any detrimental patterns created by Sexual Molestation.
49	Resolution of Unhealthy Connections	Disconnects us from past lovers, clients, and enemies.
50	Resolution of Unrequited Love	Requests the Soul to speak to those who didn't appreciate our love and resolve the reasons for the seperation. Relieves low self esteem.
51	Resolution of War	Works with the named party and their family lineages to resolve any and all detrimental energy created by war and holds those who were in office creating the war accountable for their actions.
52	Resolution of War Crimes	Holds war criminals accountable for their actions, and follows the chain of command to whom ever gave the command.

53	Resolution of Wrath	Use when someone is angry or prone to violence. Resolves the reasons for anger, rage, violence with the family lineages.
54	Resolving the Loss of a Child	Helps to relieve the toxic thoughts of never seeing the child again. Connect the Spirit of the child to the living parent and aims to relieve grief.
55	Resolving the Loss of a Parent	Requesting Transcendence Assistance, and relieves grieving, reduces toxic thoughts and connects the Spirit of the parent to the named party and relieve grief.
56	Resolving the Loss of a Sibling	This helps with the spiritual connection of even siblings that were aborted or miscarried. It helps restore the family dynamic as well as relieve grief.
57	Resolving the Loss of a Spouse	Helps to remove fear of never seeing them again. Connect the Spirit of the spouse to the named party and relieve grief.
58	Restoration of Family Dynamics	Also worded "Optimization of Family Dynamics." Restores the hierarchy to its appropriate position. Helps to restore respect within the family.
59	Restoration of Self	Helps to create the best connection to our names and the Court of Atonement. Use on yourself, before working with the Court of Atonement and use it on anyone you are working on.
60	Sexual Assault Resolution	Looks to see if there was a negative entity involved and holds the person accountable for their actions. Asks to resolve the energy of the event to help relieve emotional discord.
61	Solidarity of Unique Individuality	This is not used much anymore because it is automatically written into the FULLCourt of Atonement to disconnect our energy from photographs and written uses of our names.
62	Soul Recognition	In case of a walk in or a possession this call restores the most appropriate soul back into possession of the body. It asks the original soul to look at their denied aspects and heal as many denied aspects as it is willing to resolve.
63	Spiritual 911	Asks divinity to assess the situation and do everything they can to resolve it. Use this call like you are dialing for emergency services. You may say it for yourself as often as you feel moved to do so, but there is no need to ask others to do it for you.
64	Traumatic Stress Resolution	Helps to quite the nerves in moments of stress. Use for people with PTSD.
		<b>Power Phrases that are NOT speed calls</b>
65	Amenable Dissolution	This statement pushes the energy and makes the clearing work faster. It means, "Agreeable Conclusion"

66	Divine Intervention	This is a request for divinity to check in on our behalf and do everything possible to resolve the issue.
67	Litigation of Statute of Derogatory Statements	Ask to evaluate the named parties family lineages and remove detrimental phrases that have been written into the DNA. I.E., "This family will never amount to much."
68	Resolution of Anger	It means what it says, there is no long winded document behind it.
69	Resolution of Hatred	It means what it says, there is no long winded document behind it.
70	Resolution of Sibling Rivalry	It means what it says, there is no long winded document behind it.
71	Resolution of unwillingness to forgive	I ask to resolve any and all reasons we have not yet forgiven and pardoned each other. (Adding this statement greatly increases your chances a desired outcome.)
72	Resolution of _____.	You can add any word you like in the blank. Upset, traffic, obesity. Then ask for amenable dissolution. It's worth a try!
73	Optimization of _____.	You can add any word you like in the blank. Health, wellbeing, performance, blood pressure.
74	Restoration of _____.	You can add any word you like in the blank. Health, stability, functionality...
75	Resolving Any and All Needs for Completion	Add this statement when working with someone who is not willing to forgive. They may need someone to appologize or have said, I will "Never" forgive you. This statement asks to resolve the things we believe need to happen before we can forgive.