

1. Place Sigil #1 on top of Sigil #2.
2. Make sure the arrows on the sigils point up, towards the head space under the heart chakra.
3. Remove all other sigils from under the bed for five days and nights.
4. After five days and nights, put all the other sigils back under the bed in their specific locations.
5. Keep the current sigils (Sigil #1 and Sigil #2) under the bed for an additional 85 days and nights, along with all the other sigils.

This process will help clear abandonment and betrayal from your lineage.