



Simple Ask and Receive

Ask and receive is based on the discovery that we all have a higher part of our self that has the answers to all of our problems. We just do not always have continuous access to that part. Ask and Receive allows direct access to this higher state information and then incorporates it into your body for use in your life.

This simple five step process can be used with or without muscle testing, SUD's ratings or felt sense guidance to identify and clear traumas and limiting beliefs.

Begin with an original positive statement of what you desire. Ex. My body knows instinctively and easily how to become my ideal weight.

1

There is a part of my being that already knows _____. (This is your ultimate goal statement. Make it the biggest juiciest goal you can think of.)

2

That part of my being is willing to inform the rest of me now.

3

It is doing so now with grace and ease.

4

My mind body and spirit are receiving this information.

5

Information transfer is now complete.