

## Ask and Receive

### 1. The five statements

- a. There is a part of my being that already knows how to ( .....
- b. That part of my being is willing to inform the rest of me now
- c. It is doing so with grace and ease
- d. My mind and body and Spirit are receiving this information now
- e. Information transfer is now complete.

What goes in (.....)? Examples include

- i. ***heal and release*** (*name it*), ***all that it represents, all of its roots and its point of entry***
- ii. **that it is SAFE to** (*name it*),
- iii. **unhook and clear all negative association with** (*name it*),
- iv. **the trauma associated with** (*name it*) **is over, I am safe.**
- v. **use** (*name it*) **to promote my health**

For further information see <http://askandreceive.org/>