Simple A & R Protocol

Ask and Receive is based on the discovery that we all have a higher part of ourselves that has the answer to all of our problems; we just do not always have access to that part. A&R allows direct access to this higher state information and then incorporates it into your body to use in your life.

Simple Ask and Receive merely has you repeat the 5 Steps of A&R. For deeper work, you can use SUDS (Subjective Units of Distress Scale), Felt Sense, and Muscle Testing to guide treatment to identify and clear traumas and limiting beliefs that are blocking your progress.

ORIGINAL STATEMENT OF WHAT YOU DESIRE:

“My body knows how to _______” (insert a positive affirmation or what you want to heal and release.)

Then insert your desired statement in the blank below in Step 1 of the Ask and Receive Steps. Follow with the A&R Steps 2-5.

ASK & RECEIVE STEPS:

1. “There is a part of my being that already knows how to __________.”
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.”

LIMITING BELIEFS:

Use the A&R Steps 1-5 to treat the limiting beliefs that are blocking your desires. Insert your original positive affirmation or the negative/emotional experience you want to heal/release. Examples for limiting statements are listed below. Begin with Step 1 of the A&R Steps stating: “There is a part of my being that already knows that….

it is safe to_________.”
I deserve to_________.”
it is possible _________.”
I keep my identity if I __________.”
I am a good person if _________.”
I am loyal to ________.”
I give myself permission to ________.”
I have support from others ________.”
EXAMPLES OF USING THE ASK & RECEIVE STEPS WITH LIMITING BELIEFS:

Safe

“There is a part of my being that already knows that it is safe to ___________. “
“That part of my being is willing to inform the rest of me now.”
“It is doing so now with grace and ease.”
“My mind, body, and spirit are receiving this information.”
“Information transfer is now complete.”

Deserve

“There is a part of my being that already knows that I deserve to ___________. “
“That part of my being is willing to inform the rest of me now.”
“It is doing so now with grace and ease.”
“My mind, body, and spirit are receiving this information.”
“Information transfer is now complete.”

Possible

“There is a part of my being that already knows that it is possible to ___________. “
“That part of my being is willing to inform the rest of me now.”
“It is doing so now with grace and ease.”
“My mind, body, and spirit are receiving this information.”
“Information transfer is now complete.”

SAMPLE ORIGINAL STATEMENTS TO TREAT WITH ASK & RECEIVE:

“My body knows how to be calm and relaxed.”
“My body knows how to be confident.”
“My body knows how to heal and release this pain/symptom.”
“My body knows how to heal and release this anxiety.”
“My body knows how to heal and release this tightness I feel in my ______.”
“My body knows how to absorb and utilize this food/supplement/medication.”
“My body knows how to no longer be fearful like it was when ___________ happened.”
“My body knows how to be comfortable doing ________, like I was when I did ________.”
“My body knows that I no longer need to carry my mother’s sadness.”