

CLARITY - ON THE GO ^{1.2}

Being you around other people...



"What habits of consciousness can I build that will allow me to remain fully and completely my infinite being at all times?"

Here is the kit of Access Consciousness tools I use to keep myself happy and aware when I'm out and about. Jaden

1. Sensing heavy, uncomfortable or odd energies in body? Ask:

"Who does this belong to?

Me? -if light, ask: *"What awareness am I not acknowledging here?"*

Someone else?" -if light, say: *"Return to sender with consciousness, Right & Wrong, Good & Bad, POD & POC, All 9, Shorts, Boys & Beyonds."*

2. Feeling crappy or emotional: Ask your energy to:

- ~ Expand to the size of the **state** say clearing --> *"Everything in the way,*
- ~ Expand to the size of the **country** say clearing --> *Right & Wrong,*
- ~ Expand to the size of the **planet** say clearing --> *Good & Bad,*
- ~ Expand to the size of the **solar system** clearing --> *POD & POC,*
- ~ Expand to the size of the **galaxy** say clearing --> *All 9,*
- ~ Expand to the size of the **universe** say clearing --> *Shorts, Boys & Beyonds."*

3. Release discomfort in your body: Ask your body:

"If I wasn't feeling this, what awareness would I be having?"

(Sense your body for a shift of energy) Repeat as needed

4. Turn a funky energy into a benefit: Ask your body:

"How can this energy be a contribution to me?"

(Sense your body for a shift of energy) Repeat as needed

5. Releasing overwhelm & chaos: Ask:

"Would an infinite being be overwhelmed?"

(Sense your body for a shift of energy) Repeat as needed

6. If you seem to "pick-up" other people's energies: Ask:

"Would an infinite being hold on to other's energies?"

(Sense your body for a shift of energy)

"All the energies I've picked up from other beings, I return to senders with consciousness."

"Right & Wrong, Good & Bad, POD & POC, All 9, Shorts, Boys & Beyonds." (and bring your awareness back into your OWN reality)

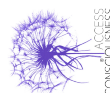


Assembled by: **Jaden Fox** C.F.M.W., The Miracle Mentor
find more free tools at: Jaden-Fox.com/mastery
find classes with Jaden: Jaden-Fox.com/programs

These tools were developed by:
Gary Douglas, founder of Access Consciousness.
To find out more, visit: AccessConsciousness.com

CLARITY - ON THE GO ^{1.2}

Being you around other people...



1. Who does this belong to?

Me? -if light: *"What awareness am I not acknowledging here?"*

Someone else? -light: *"Return to sender with consciousness, Right & Wrong, Good & Bad, POD & POC, All 9, Shorts, Boys & Beyonds."*

2. Expand: *state/country/planet/solar-sys/galaxy/universe Right & Wrong, Good & Bad, POD & POC, All 9, Shorts, Boys & Beyonds.*

3. If I wasn't feeling this, what awareness would I be having? *sense body*

4. How can this energy be a contribution to me? *sense body*

5. Would an infinite being be overwhelmed? *sense body*

6. Would an infinite being hold on to energies? *sense*
All the energies I've picked up from other beings, I return it to senders with consciousness. *Right & Wrong, Good & Bad, POD & POC, All 9, Shorts, Boys & Beyonds.*