

## Simplified Core Ask & Receive for Sensitivities

**1. There is a part of my being that already knows how to unhook and clear through all of my ages any traumas or negative associations with \_\_\_\_\_. All traumas with \_\_\_\_\_ are over now. I survived the traumas. I am safe and I can let down my guard and relax.**

**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.**

**2. There is a part of my being that already knows my immune system no longer needs to have an inflammatory reaction to \_\_\_\_\_. My immune system now knows that \_\_\_\_\_ is good and for me.**

**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.**

**3. There is a part of my being that already knows how to absorb and use \_\_\_\_\_ properly.**

**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.**

**4. There is a part of my being that already knows how to handle \_\_\_\_\_ and feel safe and comfortable.**

**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.**