




The Art & Science of Transformational Change
May 29 – June 2, 2025 | Litchfield, AZ

Experience the Power of Ask and Receive:
A Next Generation Technique

Askandreceive.org

27TH INTERNATIONAL ENERGY PSYCHOLOGY CONFERENCE

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The Creators

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Objectives

Objective #1: Name the 5 lines of Ask and Receive.

Objective #2: Describe the qualities of a positive statement..

Objective #3: Name the 3 forms of Ask and Receive.

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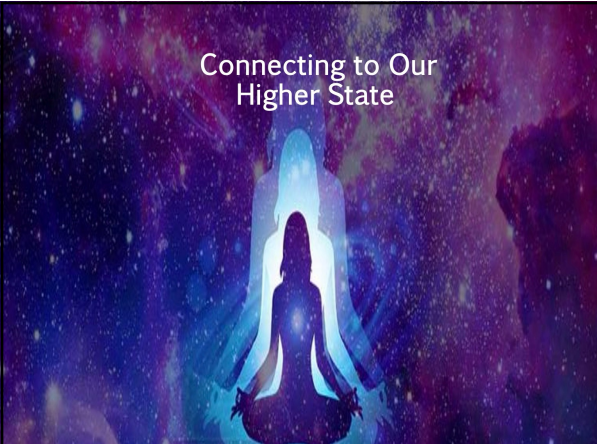
Concepts of Ask & Receive

- We all have a higher, broader perspective.
- We don't always have access to it.
- Trauma creates limiting beliefs that run us.
- Ask & Receive heals and releases the traumas and limiting beliefs.

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Connecting to Our Higher State

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5 A&R Core Sentences

1. There is a part of my being that already knows _____.
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.

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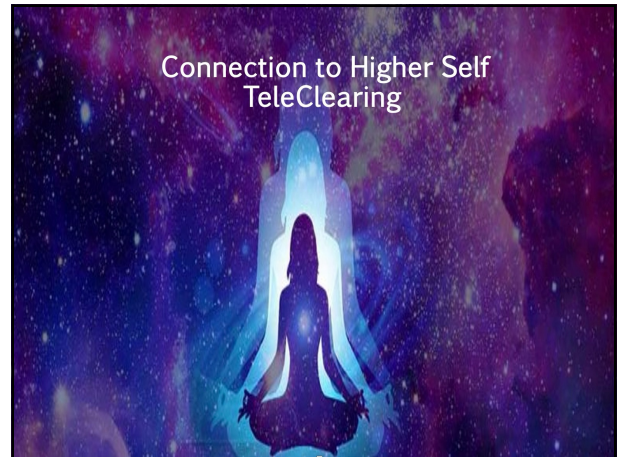
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Three techniques in one


- Core
 - You simply ask for WHAT you want.
- Felt Sense
 - You focus in on WHERE the sensations/beliefs/communications are held in or around the body so they can be released with Ask and Receive.
- Muscle Testing
 - MT is used to determine WHY you are stuck so it can be released by Ask and Receive.

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There is a part of my being that already knows how to be calm, centered and connected to my Higher Self.

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.

9




There is a part of my being that already knows how to be aligned with that part of me that existed before any trauma occurred.

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.

10


There is a part of my being that already knows my true self is indestructible and can never be harmed.



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.


11

There is a part of my being that already knows it is safe and permissible for me to experience love, joy and peace.



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.

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Believe in the power that is within you.


There is a part of my being that already knows I have access to the wisdom of my Higher Self.

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.

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There is a part of my being that already knows I use my Higher Self knowledge to navigate my current reality and decision making.

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.

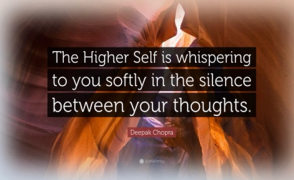


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There is a part of my being that already knows I stay in the present moment which allows my Higher Self to communicate with me.

The Higher Self is whispering to you softly in the silence between your thoughts.

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.




15




There is a part of my being that already knows I am aligned and delighted with the love and support offered by my Higher Self.
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.

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There is a part of my being that already knows I am a beacon of love, joy and peace.

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.



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Positive statement is the Beacon of Light that Guides us.

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Composing a Positive Statement

- Dynamic
- Short (if possible)
- Positive
- Feels good when saying it




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Felt Sense In A Nutshell

1. Create positive statement.
2. Repeat positive statement.
3. Check for sensations, sounds, thoughts, images (objections).
4. Do Ask & Receive for the sensations, sounds, thoughts or images.
5. Repeat positive statement.
6. Check for sensations, sounds, thoughts and images.
7. Continue until you feel congruent with the positive statement.


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Felt Sense Protocol

Do Ask & Receive on any Sensation, Thoughts, Sounds or Images for each round


1. "There is a part of my being that already knows how to heal and release _____, what it represents, all of its roots and its point of entry."
 - A. What it represents = Metaphor being unconsciously expressed.
 - B. All of its roots = The traumatic origin of the problem.
 - C. Point of Entry = The earliest origin beyond this lifetime.
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."


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Felt Sense Guided

Continue the Felt Sense cycle until congruent.




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Demonstration Guidelines

Please be responsible with what you share. This is not the time to attempt to resolve serious abuse or major chronic conditions. **Please sign Consent Form.**

- A&R likes to focus on the positive, to achieve what you want, not what you don't want.
- Do you want more clients in your practice?
- Do you want a different relationship with money?
- Do you want to feel more connected to your partner?
- Do you want to feel more comfortable in planes?

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Felt Sense Demo

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Muscle Test Guided In A Nutshell

Use same protocol for any physical or emotional issue.

1. Muscle test positive goal statement
2. MT – There is a trauma blocking this goal.
3. Identify blocking trauma and resulting emotions.
4. Use A&R for blocking trauma and resulting emotion.
5. Re-muscle test goal statement.
6. MT – There is a limiting belief blocking this goal.
7. Do A&R for limiting belief until statement is congruent.

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Muscle Testing Guided

There is a trauma blocking this statement.

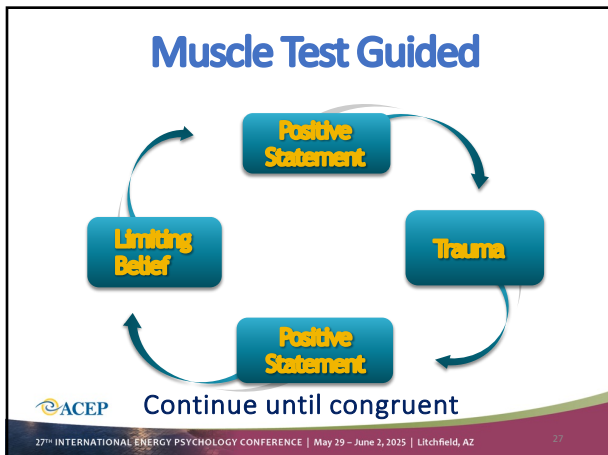
- Conception, 1st Trimester, 2nd Trimester, 3rd Trimester, Birth, Birth to 10, 10 to 20, 20 to 30...

There is a limiting belief blocking this statement.

- Safety, possibility, deserving, identity, permission, loyalty, willing, good person, good for me, good for others.

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Want to Learn More About Ask & Receive?

[AskandReceive.org](https://askandreceive.org)


For information about our extensive Ask and Receive online course.

please go to:

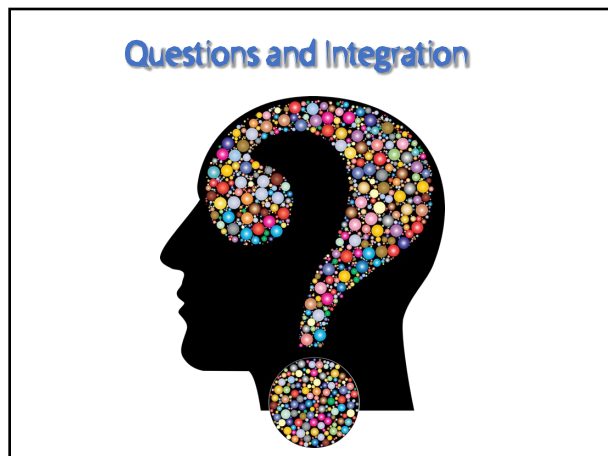
<https://askandreceive.org/power/>

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