

Instructions For Using The C.A.S.H. Grid

Part 1: Root Ball Technique

1. Choose what physical, emotional, spiritual or mental symptom or pattern you want to work on. For example: extreme fatigue, overworking, fear of failure, fear of rejection, fear of moving forward with your purpose, challenges with digestion, overeating, backache, difficulty breathing, etc.
2. When using the root ball technique, you can usually release up to 15-20 beliefs at one time regarding the specific problem that is presented. The good news is you don't have to know how many layers/beliefs there are for the presenting issue and we'll show you why below.
3. Intend to have Source/Spirit create an energetic root ball with "the exact amount of beliefs in divine order that you can easily process at this time." Know that it is done as soon as you set that intention. Visualize a root ball (like a root ball of a plant). If you can't visualize it, no worries; it is there. If it is a multi-symptom illness such as MS or Fibromyalgia, or a multi-layered problem such as growing your business to new heights just work on one symptom at a time. (For example numb hands is one symptom of MS, or fear of being visible could be one group of issues related to growing your business.)
4. Imagine putting the Root Ball in the C.A.S.H. Grid for you. The C.A.S.H. Grid is an 8-sided crystalline grid. C.A.S.H. stands for Crystalline Activated Sentelligent Grid. You can simply imagine an 8-sided octagonal crystal grid or if you cannot visualize it, just imagine a space or a box and intend that it contains a grid. If you are not good at visualizing, it will still work. Just set the intention and say the words below and it will work.

Silently say, " I ask Spirit/Source/God (of your choosing) to resolve and release these blocks to infinity and beyond in a timeline that is gentle on my body and soul. I let the Grid do the work." Next silently say "I ask Source/Spirit/God to fill my body with white light.
5. Drink water and take deep breaths and let go. Keep drinking water and letting go and surrendering until you feel good.
6. If you have a difficult time releasing, talk through it with someone else to see what is in your way of letting go or ask your angels or Spirit to help you know that it is safe to let go. Take deep breaths and let go and surrender throughout the day and drink plenty of fluids. You will know you are having a difficult time releasing something if you don't feel good afterwards. That is typically a sign of resistance. This does not happen very often.
7. It is best to do one root ball no more than every 10 days so your body has time to process and catch up with itself. If you believe your root balls were small (8-10 beliefs or less), you can put another root ball in the grid sooner. The Grid has a buffer so you don't get over-processed. (If you use a pendulum or muscle testing, you can test to see how many layers there are.)
7. It normally takes anywhere from 7-10 days for your body to process 15-20 emotional beliefs with the Grid. However, the amount of time it actually takes the body to heal depends on the issue. After processing beliefs related to a physical

symptom, you can ask to be guided to a remedy, supplements, cleanse, practitioner, etc. that will help your body to heal.

If after 10 days, you have a knowing that there are more emotional issues related to the situation or pattern or symptom, put another root ball in the Grid. It is best to continue to clear one issue at a time. For example, fear of success could have anywhere from 20-120 layers. So if you really want to deal with that issue, keep clearing root balls of that issue in succession every 10 days. That is the way you will notice a significant difference. As you peel back some layers, more layers/blocks can pop up. It doesn't mean that the Grid didn't work; it simply means there is more to let go of and transform.

8. Take time to observe changes in your behavior and document what you notice. If you are not getting results, be sure to focus on one issue at a time and keep working on it until you do get results.

Part 2: Instructions for using the C.A.S.H Grid for Attraction

1. Determine what you desire. For example, 10 clients a week or a new job that is in alignment with your skills and passions and pays you the salary that is commensurate with your skills.

2. Check in with yourself to see if you have any conflicting beliefs with what you desire or resistance to having what you say you want. Journaling is a good way to do this. (for example, you may want 10 clients a week but be afraid of not having enough time for fun or family). You can either clear blocks about being able to balance work and family efficiently and easily or similar or you can lower the number of clients you want to attract to a number that feels good doable to you at this time.

3. If you have conflicting beliefs or are not sure if you do, go ahead put root ball of those beliefs in the grid to resolve and release them. Remember, you do not have to know what they are. Follow the release instructions above in Part 1.

4. After putting conflicting beliefs in the Grid, wait 1-2 days and then say silently " I ask the Grid to attract that which I desire (insert thing you desire and your name, i.e. 3 new clients for your name." Then say: "I let the Grid do the work". Note that the Grid will be set in motion but the attraction wont start until the conflicting beliefs are released. You can ask the Grid to attract what you want as often as you want. No more than once every other day or so is best.

5. Do not put yourself or anyone or anything in the Grid other than a root ball.

6. You will know when the Grid has been set in motion as your vibration/mood will rise (yours may also rise).

7. Document results when possible. If you do not attract it, it either means you have more conflicting beliefs or you are worried about it too much and your fears of not having it are repelling it. (See below about releasing your worries.)

8. When used for attracting what you desire, the Grid acts in alignment with the Law of Attraction. Think of it as a propellant to the Law of Attraction – a catalyst of sorts!

Releasing Worries

1. Put a root ball of your worries about a certain thing in the grid as often as once a day and say the following " *I ask God/Source/Spirit to release my worries about 'x' and fill me with white light.* You do not have to know what all your worries are. Intend they will automatically be in the perfect size root ball via Source.

NOTE: Try to respect your body and don't keep releasing things until you and your body are ready. If you are tired, fatigued, or frail, listen to and honor your body. If you sense it is not a good time to release something, then you are probably right. Honor your intuition