

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

NOTE: The instructions below are simplified from what is on the audios. You can use whichever instructions you prefer. They all work.

Section 1: Technique for Physical, Spiritual, Mental, Emotional Issues for Humans and Animals

1. Choose what physical, emotional, spiritual or mental symptom/ailment 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. You don't have to know how many blockages/beliefs/traumas/emotions/stances, etc. there are for the presenting issue.
3. Healing Statement: **I ask God to PUT IN THE GRID ALL NEEDED TO HEAL "x issue" DIVINELY for (first name). Next say, I ask God to fill me with white light.**

NOTE: On the recording, we amended the statement to say what is "directly and indirectly related" to the issue. To make it easier on you, everything related directly and indirectly is now included in the original statement above. It is not necessary to specify.

If you are concerned about whether you are saying the statement right, surrender and let go and ask God to correct it in case it is wrong and it will be done.

It will not hurt to put a statement in the Grid more than one time, but is not necessary. The issue stays in there until it is completely healed. If you want to activate healing of an issue that is already in the Grid so more healing will occur sooner, all you have to do is think about the issue or state it silently along with the word "Grid".

Example – "Stomach - Grid" "Adrenals - Grid"

FYI. The C.A.S.H Grid is an 8-sided crystalline grid. C.A.S.H. stands for Crystalline Activated Sentelligent Grid. It is energized with Love and Blessings from God. It is NOT necessary to visualize it. No worries. It is not physical; it is energetic.

4. Drink water and take deep breaths and let go. Keep letting go and surrendering until you feel good. The Grid has a number of things that help you in attaining the results you want. This includes a bonus audio that you can listen to that helps you let go of resistance. You can find that on the download page.
5. If you don't feel good afterwards, then take deep breaths and let go and ask that God continue to find what is in your way of healing this issue. Then let go and let God. **NOTE: If your issue is chronic or complex, it may take a while to heal. The Grid may or may not heal it completely. The Grid is not a substitute for a medical professional and there are no guarantees. You are responsible for your own health and well-being.**

6. The amount of time it actually takes the issue to heal depends on the depth and complexity of the issue.

There is a buffer on the Grid. This means there is less than a 1% chance that this healing could be slightly too much for you in which case you may find yourself tired or fatigued or irritated. If it feels like you have done enough healing with the Grid, something may have gotten triggered. You can always ask God to take a break and stop the healing from the Grid for a divine amount of time or simply ask God to do what is Divine for you regarding the healing.

If you are using other healing methods, the Grid will back off if it senses that it will be too much on top of other work you are doing.

7. When appropriate, the Grid also chooses and energetically provides natural remedies, supplements, cleanses, and nutrition for the ailment that you asked it to heal.

(Example – colon cleanse, protein, soother for toothaches).

NOTE: If your field is weakened, you may not retain the energetic supplements. **You can ask God to put what is Divine for you in your drinking water or any beverage via the Grid**; then wait 15 seconds and drink as normal. Do that with all your beverages and you will receive what is divine for you throughout the day. Note: it will not taste any different.

8. Take time to observe changes in your behavior and document what you notice.

9. If the ailment or issue does not heal over time, see a health care professional. You might also benefit from a medical intuitive reading to learn more about what is going on and what it will take to heal it. (You can learn more about my readings at <http://www.thesentelligent.com>)

Section 2: Using the C.A.S.H. Grid for Dental Health

When using the C.A.S.H. Grid for Dental health, the emotional, spiritual and mental aspects related to dental issues will be set in place to heal in addition to the physical aspects. There are thousands of layers of beliefs related to the tarter, plaque, and your gums and teeth. The layers related to the issue along with traumas, beliefs, trapped emotions, stances, DNA, etc. will be healed divinely over time.

Healing Statement for Dental Cleaning: I ask God to put in the Grid what is needed to clean, floss and polish teeth, remove plaque, tarter and heal bacteria and other toxins thoroughly and do it divinely for (name) and set it to go at a time when you will be asleep. (Example: midnight EDT on x date). It is best to set it for 3 weeks ahead of time as if you were making an appointment with a dentist. That way if you have any subconscious resistance to it being done or any issues with dentists, etc., that could be in the way, they will be set in place to heal automatically. For most people this will sufficient. If you have a lot of resistance or fears, it could take longer.

Note that date on your calendar so you can wake up the next morning and remember to notice a difference in how your teeth look. If you had a lot of plaque and tarter buildup, the cleanings will continue daily and you will likely notice a gradual difference over the course of 2-14 days or more.

IMPORTANT NOTE: BE SURE TO BRUSH YOUR TEETH BEFORE YOU GO TO BED THAT NIGHT TO RECEIVE BEST RESULTS. THINK OF IT THE SAME WAY AS WHEN YOU GO TO THE DENTIST. YOU WOULDN'T SKIP BRUSHING YOUR TEETH THAT MORNING BECAUSE YOU ARE GOING TO THE DENTIST. ☺

Be sure to brush your teeth every night before bed. It is a good habit to do ongoingly.

You can ask that dental cleaning be set up on recurring as frequently as every 2 weeks.

1) Healing statement for specific dental issue

Have God put in the Grid if what is needed to heal _____ and everything related to it that is core and important to healing it and do it divinely for (name).

2) Here are some of the areas covered by the Dental Section of the Grid:

- 1) Have your teeth cleaned, flossed and polished, plaque, tarter, bacteria and/or other toxins removed and transmuted thoroughly
- 2) **Set in place to reduce plaque and gingivitis**
- 3) **Set in place to heal gum tissue and receding gums**
- 4) Set in place to heal cause of excess mucous.
- 5) **Set in place to uncover and heal infections** in your gums and mouth that are present at this time.
- 6) Set in place to **heal cause of current toothache(s) and sooth toothache pain**
- 7) Set in place to heal cause of halitosis.
- 8) Set in place to remove stains from your teeth on recurring.
- 9) Set in place to re-mineralize your teeth
- 10) Set in place to strengthen roots
- 11) Set in place to grow teeth over time

This is not intended to take the place of seeing your Dentist. You are responsible for your oral health and well-being.

Section 3: 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 and doable to you at this time.

3. If you have not attracted what you desire to date, you likely have conflicting beliefs about it. Use the healing statement below:

UPDATED STATEMENT: I ask God to put in the Grid 100% of what is in my way of attracting (x desire) and have God heal this divinely and completely. I also ask God to align (name) with that which (name) desires. I ask God to fill me up with white light.

NOTE: Healing will take place over time and this statement will automatically stay in the Grid until healed. There may be other issues contributing to it. See below

(If you do not feel good afterwards, follow instructions in Section 1 above.)

4. Do NOT put yourself or anyone in the Grid.

5. You will know when the Grid has been set in motion as your vibration/mood will likely rise.

6. Document results when possible. If you do not attract it, it may be too large of a quantum jump for your belief system or you are worried about it or repelling it in some way. (See below about releasing your worries.). **If it is too big a jump for your belief system you can clear issues about your belief system or your ability to do it easily, etc. or set what feels like a more reasonable goal.**

7. 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!

It also aligns you with believing that you can have what you want. Choose a medium size goal first and then once you achieve it, set a bigger goal and have the grid align you with it.

By aligning you with what you desire, you are improving your odds of attracting what you desire moderately to significantly.

Releasing Worries

- 1. I ask God to put 100% of what I am worried about and everything related to it that in the Grid and heal it 100% and do it divinely and completely. I ask God to fill me with white light.**
2. You do not have to know what all your worries are.

3. It is a good practice to do this once a day. If you want to do this more than once a day, you can. You can also have God set it up on recurring to do every day or even every hour.
4. You can also release worries about a specific issue separately.

NOTE: Try to respect your body and only release things when you and your body are ready. If you sense it is not a good time to release something, then you are probably right. Honor your intuition.

DISCLAIMER:

Stacey Mayo and The Center for Balanced Living, Inc. and The Center for Sentelligent Living do not take responsibility for your healing or health and well being using the CASH Grid or any of the healing tools we teach. You are responsible for listening to your body and your own health and well-being.