

EXPAND YOUR EDGE

Learn to Expand the Edge of Your Own Consciousness with Fun and Ease

The Three Levels of Possibility

Your Personal Edge—What you believe is possible for you

Your Theoretical Edge—What you believe is possible in theory or in general

Infinite Possibility—What is actually possible but outside the realm of your current consciousness

In this Course You Will Learn

How to identify the edges of what you believe is possible for you so that you can see the limitations you impose on yourself

What you believe is theoretically possible—but not possible for you—so that you know where to push your own edges into greater possibility

How to expand your personal edge to the very edge of what you believe is possible so that you are always living your most expansive life

How to access the field of all possibility so that you can experience the transformative energy of expanding into infinite possibility

How to use the field of all possibility to expand your own consciousness from learned limitations toward what is actually possible—and possible for you

The secret ingredient for turning the energy of possibility into your daily reality so that you can transform your life with greater ease

How to use these tools with **CONVERSATIONS from the EDGE** so that you stretch your own consciousness with each and every conversation

STEP 1: ACCESS YOUR INNER TRUTH WITH EASE

In this video you will discover a simple way to access your inner truth—what you believe is true for you—using a pendulum.

NOTES:

What is a pendulum and how does it work?

How do I choose the best pendulum for me? What is my plan to get a pendulum?

How do I clear my energy to get the most accurate information when working with my pendulum

How do I ask simple yes/no questions from my personal power?

Action Steps:

Find a pendulum that resonates with you
Practice clearing your energy and asking simple yes/no questions

STEP 2: EXPLORE WHAT'S POSSIBLE & WHAT'S POSSIBLE FOR YOU

In this video you will discover how to use yes/no questions to discover your personal edge & what you believe is theoretically possible, as well as where these possibilities are matched (the same for you and others) and where they are mismatched (what you believe is possible for you is less than what you believe is possible theoretically.)

Once you know how to do this, you can use it with anything using the phrases: "It's possible for me to..." and "It's possible for other people to...".

Workshop Query: *How can I make more money than I do now without having to work harder.*

NOTES:

Why is personal possibility often more limited than theoretical possibility?

Why & how do I phrase statements and questions in the positive?

Action Steps:

Clear your energy then:

Ask/Say: It's possible for me to make more money than I do right now without working harder

What happened? What did you notice?

Ask/Say: It's possible for other people to make more money than I do right now without working harder

What happened? What did you notice?

Be sure you feel like you have clear energy & accurate answers before proceeding

STEP 3: EXPLORE YOUR PERSONAL EDGE

In this video you will practice using yes/no questions to discover the particular areas where you limit your personal possibility any why it is important to know them. Note them for use in the next video.

NOTES:

TEST, adding: *...make more money than I do right now without working harder*

It's possible for me...	Y	N
I'm able to...	Y	N
I'm allowed to...	Y	N
I'm willing to...	Y	N
I know how to...	Y	N
I know how it feels to...	Y	N
I deserve to...	Y	N

Add other phrases below that seem relevant for you

Action Steps:

Practice using these statements with clear energy until you feel you have gotten accurate results. Note your answers for each to use in the next step.

STEP 4: SPIN THE IMPOSSIBLE INTO THE POSSIBLE

In this video you will learn the following ways to “spin” the energies of personal limitation into expanded possibility: Increase, Decrease, Neutralize (bring to Neutral), Harmonize, Install.

NOTES:

Action Steps:

Using the statements where you got a “No” in the previous step, create statements to use to spin the energy toward a “Yes.” Use the examples below for inspiration.

Increase (willingness, ability, knowledge, clarity, awareness, etc.)

Increase my ability to make more money without working harder

Increase my belief that it’s possible to...

Increase my awareness about how to...

Decrease (doubt, fear, resistance, confusion, etc.)

Decrease my resistance to...

Decrease my confusion around...

Neutralize/Bring to neutral (fear, doubt, judgment, expectation, control, etc.)

Bring to neutral my judgments around...

Neutralize where my control keeps me from...

Harmonize (with desired outcome, highest consciousness, soul, highest benefit)

Harmonize me with who I am as a person who...

Harmonize me with the feeling of....

Install (something new, an ability, awareness, understanding, feeling, etc.)

Install the vibration of what it feels like to...

Install the confidence to...

Have fun with it and practice until it feels comfortable.

STEP 5: ACCESS THE FIELD OF ALL POSSIBILITY

In this video you will learn what the field of possibility is as well as how, when and why to access it.

NOTES:

Action Steps:

Use the following steps to enter, experience and exit the field. Spend at least 10 minutes/day in the field if only to just experience the energy

Step 1—Clear the way (spin)

Bring to neutral all attachment to and energy around being right
Bring to neutral all attachment to and energy around being wrong
Bring to neutral all attachment to and energy around control

Step 2—Harmonize with the field (spin)

Harmonize me with the field of all possibility

Step 3—Request to Access the field (spin)

Dear Divine, I request to access the field of all possibility for my highest good and the highest good of all concerned

Step 4—Use your pendulum, journal, ask your Higher Self/Soul.

Spend at least 10 minutes/day in the field if only to experience the energy

Step 5—Exit the field with gratitude & spin out

From now on, do your spinning pendulum work in this field for best results

STEP 6: EXPAND POSSIBILITY IN THE FIELD

In this video you will play in the field and spin your pendulum to expand the energy of what is possible for you in general (not an exhaustive list—have fun and try different ideas and phrases)

NOTES:

Action Steps:

While in the field, spin your pendulum to expand the energy with phrases that resonate with you and the possibility/energy you desire to expand. There are both general expansion phrases and phrases from our workshop focus *“How can I make more money than I do now without having to work harder”* as example. You can bring in specific phrases from 2, 3 & 4 as well. Have fun with this and create your own phrases.

General Expansion Phrases

- Expand my awareness of what is possible for me to my highest beneficial level
- Expand/strengthen my trust in myself and my connection with my soul
- Increase my harmony with my higher self and soul
- Increase willingness and ability to love myself and others appropriately
- Neutralize self-judgment/increase awareness of where and how I judge myself
- Harmonize me with the life that is most beneficial for me
- Increase my ability to allow, receive & accept the gifts my soul desires to give me
- Increase my awareness of my natural gifts

Example Phrases related to making more money without working harder

- Increase my comfort and ease with money
- Harmonize my body and being with flowing abundance
- Increase my trust that I always have the money I need in all situations

Practice these regularly, and enjoy the awareness, expansion and other wonders that life brings you in your expanding state.

STEP 7: PRACTICE A LIFESTYLE OF EXPANDING YOUR EDGE

In this video you will discover how to use the pendulum techniques you learned in combination with ACTION and CONVERSATIONS from the EDGE to develop a lifestyle of expanding your edge & also what to do if you'd like more support.

NOTES:

Why is ACTION the key to experiencing possibility in the material world?

How can I tell when a conversation pushes my edge?

How do I use the Single Use Expand Your Edge Worksheet?

Rate your scale 1-10 of feeling Impossible to possible before & after ACTION STEP & how feel afterward

How can I use the process from this workshop along with CONVERSATIONS from the EDGE?

Sample phrase suggestion if this workshop were a CONVERSATION:

Neutralize my beliefs around money and how to receive it

Increase my awareness of all the ways money could flow to me

Install the feeling of what having abundant money flow feels like

Decrease my resistance to having more money than my friends and family

Harmonize me with work that I love and abundant money flow at the same time

Where do I get CONVERSATIONS from the EDGE and more help if I want to go deeper?

ConversationsFromTheEdge.net

Find links to all CONVERSATIONS from the EDGE

Sign up to receive new CONVERSATIONS from the EDGE via email

Find bios and links for all guests (including me) if you want personal help or to go deeper—unsure who to contact? Ask your pendulum!

Action Step:

Go to ConversationsFromTheEdge.net and explore!

EXPAND YOUR EDGE

Single Use Worksheet

What is the issue or question I want to clarify? Create a question or phrase to use

On a scale of 1 (impossible) to 10 (totally possible) how do I feel about my issue? _____

Clear your energy & connect with your heart

Clarify your yes/no direction before proceeding

With each step, be sure you are connected with your heart and asking from your power.

Step 1—Clear the way (spin)

Bring to neutral all attachment to and energy around being right

Bring to neutral all attachment to and energy around being wrong

Bring to neutral all attachment to and energy around control

Step 2—Harmonize with the field (spin)

Harmonize me with the field of all possibility

Step 3—Request to Access the field (spin)

Dear Divine, I request to access the field of all possibility for my highest good and the highest good of all concerned

Step 4—Do your pendulum work here, Connect with your Higher Self/Soul, journal, etc.

Ask/say: It's possible for me to... Y N

Ask/Say: It's possible for other people to... Y N

TEST for YOUR Possibility Edge, adding the phrase you are working with

It's possible for me... Y N

I'm able to... Y N

I'm allowed to... Y N

I'm willing to... Y N

I know how to... Y N

I know how it feels to... Y N

I deserve to... Y N

Add other phrases that seem relevant for you

Using the statements where you got a “No” in the previous step, create statements to use to spin the energy toward a “Yes.” Use the examples below for inspiration. Do this until you feel like what you desire is more possible. Do NOT overdo—you can only shift so much energy before needing time to integrate.

Increase (willingness, ability, knowledge, clarity, awareness, etc.)

Increase my ability to...

Increase my belief that it's possible to...

Increase my awareness about how to...

Decrease (doubt, fear, resistance, confusion, etc.)

Decrease my resistance to...

Decrease my confusion around...

Neutralize/Bring to neutral (fear, doubt, judgment, expectation, control, etc.)

Bring to neutral my judgments around...

Neutralize where my control keeps me from...

Harmonize (with desired outcome, highest consciousness, soul, highest benefit)

Harmonize me with who I am as a person who...

Harmonize me with the feeling of....

Install (something new, an ability, awareness, understanding, feeling, etc.)

Install the vibration of what it feels like to...

Install the confidence to...

Step 5—Exiting the field

Express heartfelt gratitude & spin with the intention of leaving the field

Expansion to Experience

On a scale of 1 (impossible) to 10 (totally possible) how do I feel about my issue AFTER finishing my pendulum work?

Action is the language of the material world. Now that you have expanded your energy, from this expanded energy, take an action that affirm the possibility you are expanding. Be patient, serendipity can take time ☺

My Action:

After taking this action I feel: