

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: