

## Sasha Allenby's Field Clearing Technique

KC: Even though I haven't always \_\_\_\_\_(insert new positive behavior)  
Repeat 3 times

EB: "Tomorrow I want to \_\_\_\_\_"

SE: "Tomorrow I choose to \_\_\_\_\_"

UE: "Tomorrow I love to \_\_\_\_\_because (verbalize what tomorrow looks like)"

UN: (Verbalize what you hear from yourself when you carry out this new behavior)

CP: (Verbalize what you hear from others about your new behavior)

CB: (Verbalize actions you need to carry out tomorrow)

UA: (Verbalize what it feels like tomorrow, where is it in your body, and amplify it)

Thumb: (Flash all the positive images of yourself carrying out the behavior)

Index: (Neurons rewiring your pathways with knowledge that this has happened)

Middle: (Send a signal to all your cells that this is what is happening tomorrow)

Ring: (Flash all those images into your heart)

Pinkie: (Turn up the colors bigger and brighter)

Wrist: (When that feels ready send new pictures out into the Matrix)

KC: (Verbalize all the things in your past, present, and future that created this for you)Thank you God