

**Important.** *If you are not familiar with the Innerphasing process please read the following instructions before using this Innerphasing.*

## **What Is an Innerphasing?**

Innerphasing is a technique of aligning the many levels of your consciousness so that you can live in “one accord” within yourself. You work with the spiritual Light to create a channel of communication between you, as a conscious self, and with your basic self, so you can redirect negative or limiting habit patterns into positive ones.

The basic self is an important part of this process as it maintains the physical body and can be involved with instincts, memories, and habits, much of which it learned when you were very young. It is also the level through which you communicate with your high self. Working with the basic self is an uplifting and creative process. It is a partnership in which you are learning to create what you want, bringing a more positive expression into what you do.

## **How to Use This Innerphasing**

Listen to this CD for 32 consecutive days. Any fewer will not be enough to help the basic self let go of old habits and anchor the

new ones into the many levels of your consciousness. You can listen for longer than 32 days and more than once a day. The more you listen, the more the basic self is able to integrate the new patterns you are establishing.

There are many ways of using this innerphasing. One is to find a quiet place where you will be undisturbed. Use headphones if necessary. Sit comfortably, but avoid a position in which you are likely to fall asleep. Another way is to play the CD through headphones at a barely audible level while doing other tasks. The basic self will be able to hear the information clearly, though you may not. You may also want to listen before you go to sleep at night. It is up to you to choose what works best for you.

***Do not listen to the innerphasing while driving a car or operating equipment that requires your full attention.***

## **The Keyword**

During the innerphasing, you'll be asked to use your keyword. This is made up of a color and a symbol but should not be a combination found in nature, e.g. "blue lake" or "yellow moon." "Pink lake" and "green moon" are fine. Some of the colors you might

use are red, orange, green, blue, pink, silver, gold. Some symbols you might use are sun, tree, flame, dove, rose, chair, fountain, lake, moon, diamond, swan, mountain, stairway, gate. If you already have a keyword that is still working for you, there is no need to create a new one.

The keyword is an integral part of this innerphasing, and we recommend you use it often throughout the day to contact the basic self and help reinforce the new, positive habits and qualities you are developing.

## **The Physical Cue**

The keyword in conjunction with the physical cue, assists in establishing a more direct relationship with your basic self. You will be asked to repeat it throughout the innerphasing while touching your thumb and first two fingers together (see illustration) to communicate with the basic self and get its cooperation. You can use either your right or your left hand. It is not necessary to hold the fingers together; a simple touching while saying the keyword inwardly is fine.

