

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

## as of July 8, 2013

### **Section 1: Root Ball Technique for Physical, Spiritual, Mental, Emotional Issues for Humans and Pets**

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. When using the root ball technique, you don't have to know how many blockages/beliefs/traumas/emotions/stances, etc. there are for the presenting issue.
3. Source/God will create an energetic root ball(s) with the exact amount of beliefs, emotions, traumas, stances, obstacles, all and related issues, etc. that will heal the issue 100%. You don't have to know what goes into the root ball. Use the wording below.
4. Healing Statement: **I ask God to take a root ball of all that is core and important and related to healing x issue 100% for (first name) and put it in the Grid and heal it divinely and completely. Next silently say, "I ask God to fill me 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.

**Healing Statement For Mass Consciousness issues** such as beliefs about aging or retrogrades, you can use the following statement to have the clearing happen daily:

**I ask God to take a root ball of all that is core and important and related to healing x issue 100% for (first name) and put it in the Grid on a recurring basis and heal it divinely and completely. Next silently say, "I ask God to fill me white light."**

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

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.

5. 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 modality that helps you let go of resistance, healing prayers, and a modality that works via God to uncover hidden obstructions to your healing that may be in your energy field or attached to it.
6. 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, the Grid may help to some extent but not heal it completely.**

8. The amount of time it actually takes the body to heal depends on the depth of the issue. The Grid senses in and detects when to do healing on a specific issue/ailment in divine timing via God. There is a buffer on the Grid that works perfectly 90-95% of the time. There is a 5-10% chance that it 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, then you can always ask God to take a break and stop the healing from the Grid for a divine amount of time or you can choose the amount of time.

9. The Grid also supplies you with physical healing of a health ailment via the highest and best modalities that are chosen by God. When appropriate, the Grid also chooses and energetically provides natural remedies, supplements, cleanses, and nutrition that will help your body to heal. Pain relief may also be given in instances where it will take a while to alleviate the symptom.

(Example – colon cleanse, soother for toothaches)

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

11. If the ailment or issue does not heal over time, there may be another issue that you need to put in the Grid.

12. Do not use the Grid with infants under the age of 4 unless you get information otherwise that you trust.

13. Do not use the Grid with anyone without his or her permission. If in a coma or otherwise physically unable to communicate, then you can get their higher self's permission.

## **Section 2: Using the C.A.S.H. Grid and Rootballs for Dental Health**

As of 7/1/13, the emotional aspects related to dental issues will be healed to the furthest extent possible in addition to healing the physical aspects. This will improve the long-term results significantly. There are thousands of layers of beliefs in the tarter, plaque, and your gums and teeth. The core and important layers related to the issue along with traumas, beliefs, trapped emotions, stances, etc. will be healed divinely.

**Healing Statement for Dental Cleaning:** Have God take a root ball of what is needed to clean, floss and polish your teeth, remove plaque, tarter, bacteria and/or other toxins thoroughly and do it divinely and put it in the Grid for (name) and set it to go at a time when you will be asleep.

(Example: midnight EDT today).

**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. ☺

If you have apprehension about having the dental cleaning or any other energetic dental treatments done, your resistance will be released via the Grid. Simply set it up to be done in the Grid done following the instructions above. If things are not done in the timeline expected, it is highly likely you have subconscious fears about doing it causing energetic resistance to it being done. Therefore, trust it will be done in divine timing, when the fears and apprehension are no longer blocking it.

NOTE: The dental cleaning will take longer than overnight if you have a lot of built up plaque and tarter. It will be done very gently in divine timing and may take as much as 5 days or more.

- 1) **Healing Statement for Good Dental Health:** Have God take a root ball if what is needed to heal any issue in your teeth, mouth, gums and everything related to it that is core and important to having 100% dental health and do it divinely and put it in the grid for (name).

(Includes numbers 2, 3, 4, 5, 6, 7, 8, 9 below. NOTE: This could take 5-10 weeks to be completed. It will happen intermittently in divine timing and order.)

## 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 thoroughly
- 2) **Stop plaque and gingivitis**
- 3) Heal root cause of excess plaque and tarter
- 4) **Heal gum tissue and receding gums**
- 5) Clear out excess phlegm
- 6) **Uncover and heal infections in your gums and mouth**
- 7) Seal your amalgams and cracks in your teeth to prevent leakage of mercury vapors or silver or other inorganic matter that could be toxic
- 8) **Heal root cause of toothaches and sooth toothache pain**
- 9) Heal root cause of halitosis
- 10) Remove stains from your teeth
- 11) Re-mineralize your teeth
- 12) Plus more

## 2) Healing statement for specific dental issue

Have God take a root ball if what is needed to heal your toothache everything related to it that is core and important to healing it 100% do it divinely and put it in the grid for (name).

## Part 2: 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 doable to you at this time.
3. If you have not attracted what you desire yet, you likely have conflicting beliefs about it. Use the healing statement below:

**UPDATED STATEMENT: I ask God to take a root ball of 100% of all that is core and important and related to what is in my way of attracting (x desire) and put it in the grid DAILY and have God heal this divinely and completely. I also ask God to align (name) with that which (name) desires DAILY and do it divinely. I ask God to fill me up with white light.**

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

4. Do NOT put yourself or anyone or anything in the Grid other than a root ball.
5. You will know when the Grid has been set in motion as your vibration/mood will likely rise. (yours may also 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!

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 take a root ball of 100% of what I am worried about and everything related to it that is core and important and put it in the Grid and heal it 100% and do it divinely and completely. I ask God to fill me up with white light.**
2. You do not have to know what all your worries are. Intend they will automatically be in the perfect size root ball via Source.

3. It is a good practice to do this once a day. If you want to do this more than once a day, just do your worries the 2<sup>nd</sup> time without everything related.
4. You can also release worries about a specific issues separately.

**NOTE: Try to respect your body and only release things when you and your body are ready. If you are tired, fatigued, or frail, listen to and honor your body. 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.**