

# THE 'CRAP' ANALYSIS

*With Dr Sally Gray PhD*

Neuroscientist Mark Waldman discovered that a very simple process that has come to be known as the CRAP Analysis serves to relieve the mind of its job of holding information. Revealing our own 'avatar' program is HOW we break free & CHOOSE again in alignment with Oneness..

Through this process, we identify the CRAP then write it down and engage in a focusing exercise to release its potential to impact our experience. Just by acknowledging our CRAP it loosens its hold on us. The mind basically goes, phew, you got that now, I can get rid of it! Neuroscientists have discovered that this tricks the mind into becoming less rigid and we can embrace this tool to begin the unburdening of our barriers to ultimate happiness and fulfilment. We are revealing the illusion of the personal 'self'. For the CRAP that remains, use the Self-Transcendence Alchemy Framework.

So here's how it works. You are expanding awareness, bringing that which is the dark into the light and exposing everything that exists only in the illusory field of phenomenal awareness. You cannot be anything you are aware of and this accelerates the recognition of the false as false, leaving the Truth to shine forth.

You are going to address the following four aspects and write down anything that comes to mind under those areas, but don't get caught up in worrying about whether you get it under the right heading, the point is to get it OUT into the open, just this exposure is incredibly powerful.

Conflicts    Resistances    Anxieties    Problems

After you have addressed these four areas, take the time to really focus on each individual one, start by taking some deep breaths and get relaxed. This process creates distance from them. You may feel uncomfortable, but stay with it, they're JUST feelings, the very things that you've unknowingly repressed all these years (decades) that have had ALL the power over you. ONLY then can the space filled by illusion be replaced by Grace.

This will reveal clearly the obstacles to your TRUE peace, your TRUE "Self". This CRAP represents the illusory program of person-hood which guarantees limitation, lack and sabotage.

Our ONLY job is to SPOT what's in the way of our True power in Oneness, so dive in with curiosity, self compassion, a willingness to "see", leading with the decision to accept the Truth.

Brainstorm away my friend, if you're like most, you'll need to turn the page of your journal and keep going. Be brutally honest, ANY disturbance to your peace must be seen!

Once you're done, reflect on each, you'll notice that your experience of each has changed. Some CRAP will have lost its energetic charge (perception) and you'll have greater clarity instantly. For the rest, the stronger healing nectar that is Quantum Forgiveness will be needed.

Right "Forgiveness" is the Supreme elixir of Love.

You've just exposed your CRAP and gained greater self-awareness, this is so powerful! You're taking back your potential to choose again in alignment with Pure Consciousness, this is REAL transformation in action!!!

Take the perspective of being the 'observer' & just look at each area of your life, this just gets easier & easier as you walk the path within; this is YOUR Hero's Journey 'home'...

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