

# SET ASIDES

Ingo Swann developed this practice in the 1970s for Controlled Remote Viewing.

However, we are going to borrow it to use it before doing any of our Shift Tools. You might also find it helpful to use before any kind of practice.

Once you get used to it, you might find yourself doing it many times during the day.

## **Do this talking out loud to yourself!**

1. Say what's worrying you. Speak to yourself like a caring mother. "Yes, that's happening. I understand."
2. Agree with it. "And I promise I will deal with it later. For now, I will not worry about it."
3. Set it aside: "For now I am setting aside: \_\_\_\_\_" (Write what you are setting aside.)
4. Remember to keep your promise to yourself about dealing with it later. Build your trust in yourself.

*The Shift Center: Beca Lewis*