



# **ASPS**

## **Book 3** **Charmed Life Quartet**

by Oyar

# Table of Contents

<b>ASPS</b> .....	1
TERMINOLOGY USED HERE .....	2
YOUR PERSONAL FLOW .....	3
<b>ANGST</b> .....	7
DENIAL LEGACIES .....	7
DIVINE LEGACY .....	7
AFFIRMATIONS.....	8
HO’OPONOPONO .....	8
OFF PERSONAL FLOW .....	8
A LITTLE BELIEF GOES A LONG WAY .....	9
FEAR OF REVISION LEGACY .....	10
NOT DESERVING LEGACY .....	10
FEAR OF RESOLUTION LEGACY .....	10
FEAR OF RESPONSIBILITY LEGACY .....	10
“LET IT GO” LEGACY .....	11
HOOKS .....	12
PRAYER AS CONDITIONER .....	13
OYAR’S PRAYER TO UNIVERSE.....	13
<b>STRESS</b> .....	16
INAPPROPRIATE STRESS RELIEF.....	16
SLOW ‘N SIMPLE .....	17
REFRAMING.....	17

UNRESOLVED LEGACIES .....	17
CATHARSIS .....	18
DIRECT QUESTIONING .....	19
MULTIPLE PERSONA.....	20
<b>PALSY</b> .....	21
PERSISTENCE .....	23
HOW TO USE AFFIRMATIONS .....	24
LISTEN TO THE AFFIRMATION.....	24
MENTAL REPETITION.....	25
REPEATING OUT LOUD .....	25
READ THE AFFIRMATION.....	25
READ THE AFFIRMATION OUT LOUD.....	25
WRITE THE AFFIRMATION.....	25
MAKE IT REAL .....	26
SUBLIMINAL TECHNIQUES .....	26
ANCHORING/AROUSING AWEN .....	26
SAMPLE AFFIRMATIONS .....	27
A RECOMMENDED PLAN .....	27
<b>SORROW</b> .....	29
FORGIVE YOURSELF.....	29
SEEKING FORGIVENESS FROM OTHERS .....	30
ATONEMENT.....	30
GOOD WORKS .....	30
TRANSFERENCE.....	30
AFFIRMATIONS .....	31

Section 2

<b>UNDERSTANDING AWEN</b> .....	32
CONTEMPLATING THE SUBCONSCIOUS.....	33
KNOW YOURSELF .....	33
AWEN AUTOPSIED .....	35
QUALITY CONTROL.....	38
LOVINGLY NAME YOUR AWEN.....	39
WHAT CAN BE CHANGED?.....	40
WHAT CAN BE ASKED FOR.....	41
WHAT SHOULD BE ASKED FOR .....	42
HALLELUJAH, THE LORD WILL PROVIDE .....	42
YOU DESERVE TO BE HEALTHY.....	44
YOU DESERVE TO BE RICH.....	46
YOU DESERVE YOUR SOULMATE.....	48
RITUAL AND ACCOUTERMENTS .....	50
ATTRACTING.....	52
EMOTION REIGNS .....	53
BRING THE AWEN INTO YOUR LIFE!.....	53
WHY ACCESS AWEN? .....	53
<b>WIMAGES</b> .....	54