

# **Quick Reference Cards**

by SalarsNet

## **Quick Reference Cards**

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# **Consciousness Expansion Quick Reference Cards**

**Print, Cut, and Keep Handy**

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# Card 1: Emergency Grounding Protocol

**When you feel:**

- Overwhelmed
- Anxious
- Dissociated
- Ungrounded
- Panicked

**Do this immediately:**

1. **FEET** — Feel your feet on the ground. Press down.
2. **BREATHE** — 4 seconds in, 8 seconds out. Three times.
3. **LOOK** — Name 5 things you can see right now.
4. **TOUCH** — Feel something textured (fabric, wood, skin).
5. **ANCHOR** — Use your anchor gesture.

**Repeat until stable. You are safe. You are here.**

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## Card 2: The 8 Sessions at a Glance

#	Session	Duration	Core Practice
1	Grounding Foundation	9 min	Root visualization
2	Breath Gateway	21 min	Extended exhale
3	Body Dissolution	12 min	Progressive softening
4	Inner Landscape	14 min	Sanctuary building
5	Threshold Crossing	11 min	Permission & crossing
6	Boundless Awareness	12 min	Expansive awareness
7	Integration Journey	14 min	Anchor creation
8	Infinite Self	18 min	Core meeting

**Total Program: ~111 minutes**

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# **Card 3: Daily Practice Minimums**

## **5-Minute Version**

1. Sit quietly (30 sec)
2. Feel feet on ground (30 sec)
3. Ten conscious breaths (2 min)
4. Anchor gesture (30 sec)
5. Set intention (30 sec)
6. Open eyes (30 sec)

## **15-Minute Version**

- Session 1 (9 min) + silent extension (6 min)

## **30-Minute Version**

- Session 1 (9 min) + Session 2 (21 min)

**Consistency beats duration. Every. Single. Time.**

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## **Card 4: Breath Patterns**

### **Calming Breath (4-8)**

- Inhale: 4 counts
- Exhale: 8 counts
- Activates parasympathetic
- Use for: stress, anxiety, before sleep

### **Box Breath (4-4-4-4)**

- Inhale: 4 counts
- Hold: 4 counts
- Exhale: 4 counts
- Hold: 4 counts
- Use for: focus, mental clarity

### **Energizing Breath (6-3)**

- Inhale: 6 counts
- Exhale: 3 counts
- Activates sympathetic
- Use for: morning energy, before exercise

### **Physiological Sigh**

- Two quick inhales through nose
- One long exhale through mouth
- Immediate calm in 30 seconds

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## Card 5: When Practice Is Hard

Problem   Quick Fix
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Can't focus   Start with body scan
Restless   Accept it, stay anyway
Sleepy   Sit up, different time
Emotional   Breathe with it, ground
Bored   Get curious about boredom
Nothing happening   Something IS happening
Strange experience   Note it, continue
Afraid   Ground, go slower

**Remember:** Difficulty IS the practice.

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## Card 6: Your Anchor Protocol

My anchor gesture is:

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**To create the anchor:**

1. Enter a meditative state
2. At deepest point, make gesture
3. Repeat 10+ times to condition

**To use the anchor:**

1. Make the gesture
2. Breathe
3. State accessed in seconds

**Use daily to strengthen:**

- Morning (set tone)
  - Pre-challenge (access calm)
  - Post-stress (reset)
  - Evening (close day)
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## **Card 7: Sanctuary Quick Access**

### **When you need:**

- Safety
- Clarity
- Restoration
- Guidance

### **Do this:**

1. Close eyes
2. Take three deep breaths
3. Visualize your sanctuary entrance
4. Step through
5. Go to your central feature
6. Be there. Receive what you need.
7. Thank the space
8. Return through entrance
9. Open eyes

**Time: 2-5 minutes**

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## **Card 8: Session Sequence Recommendations**

### **For Beginners:**

1 → 2 → 3 → 4 (foundation building)

### **For Stress Relief:**

1 → 2 (daily or as needed)

### **For Deep Exploration:**

5 → 6 → 8 (after foundation established)

### **For Integration:**

7 (weekly, minimum)

### **For Monthly Reset:**

All 8 sessions in order over 1-2 days

### **For Crisis:**

1 only (grounding takes priority)

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## Card 9: Signs of Progress

You might not feel different, but others notice:

- Less reactive
- More present in conversations
- Calmer under pressure
- Better sleep
- Clearer thinking

Internal signs:

- Faster recovery from upset
- More awareness of thoughts
- Less identified with emotions
- Greater capacity for difficulty
- Moments of inexplicable peace

**Remember:** Progress is often invisible until you look back.

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# Card 10: Infinite Self Connection

**Quick access to your deepest wisdom:**

1. Close eyes
2. Ground (3 breaths)
3. Descend inward past thoughts
4. Ask your question
5. Listen with whole being
6. Receive (image, word, feeling, knowing)
7. Thank
8. Return

**Questions to ask:**

- What do I need to know?
- What is the right action?
- What am I not seeing?
- Show me the truth.

**Trust what comes. It's you.**

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# **Card 11: Integration Checklist**

## **After Each Session**

- [ ] Sit in silence 1-2 minutes
- [ ] Journal key impressions
- [ ] Note anything unusual
- [ ] Gentle transition to activity

## **Daily**

- [ ] Use anchor at least once
- [ ] Three conscious breaths hourly
- [ ] Notice awareness throughout day
- [ ] Evening reflection

## **Weekly**

- [ ] Review journal entries
- [ ] Session 7 for integration
- [ ] Assess what's shifting
- [ ] Adjust practice as needed

## **Monthly**

- [ ] Complete session sequence
- [ ] Review month's journey
- [ ] Set intentions for next month
- [ ] Celebrate consistency

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## Card 12: The Core Truth

**You are not your thoughts.**

Thoughts happen. You watch them.

**You are not your emotions.**

Emotions happen. You experience them.

**You are not your body.**

The body happens. You inhabit it.

**You are not your story.**

The story happens. You tell it.

**You are awareness itself.**

Everything happens within you.

**You have always been this.**

You will always be this.

**The practice is remembering.**

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*Print these cards. Cut them out. Keep them where you'll see them. Let them remind you of what you're discovering.*

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