

Quick Reference Cards

by SalarsNet

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By Randy Salars

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31 Bear Mountain Rd
Silver City, NM 88061
salars.net

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Consciousness Expansion Quick Reference Cards

Print, Cut, and Keep Handy

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.

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

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.

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

Card 5: When Practice Is Hard

| Problem | Quick Fix |

|-----|-----|

| 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.

Card 6: Your Anchor Protocol

My anchor gesture is:

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)

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

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)

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.

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.

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

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.

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