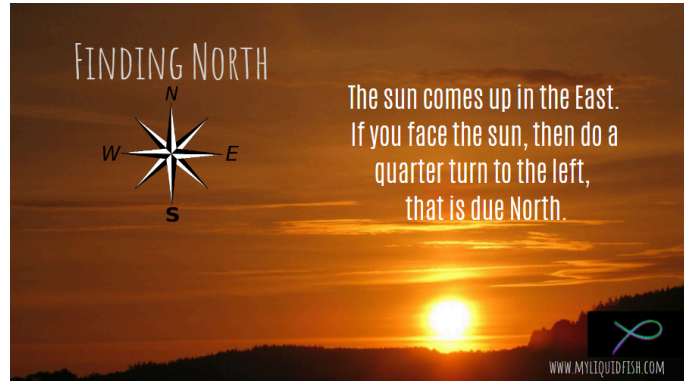


Wake Up! It's FISH O'clock
JimmyMackHealing.com

Sunrise Fishing Guide



Hello all my fisher-people! Are you ready to commit to doing your part to co-create change with Spirit? What I ask is that you have the intention to **fish the statements in this guide daily for a minimum of 21 days**. We want you to truly notice the changes and ease that can show up in your life when using this simple daily practice of MY LIQUID FISH™ CHANGE MADE SIMPLE™. This really can be FUN! 🎧

Wake Up, It's
FISH
O'CLOCK 

Need a refresher on the **MLF Basic Training**? [Visit this link now.](#)

Fishermen call the sunrise time of day “the morning bite” when the darkness is dissipating and the sun is rising to shine the light a fresh new day.

This is an ideal time to energetically cleanse yourself and welcome each new day with anticipation of it being filled with success and positive outcomes!

We've put together a printable graphic, done-for-you, statement guide to walk you through a 10-minute sunrise daily fishing routine. **We encourage you to print this out and hang it on a wall or refrigerator somewhere.** You can also access it easily on your mobile device, just scroll through the PDF and follow the graphics.

Consider this just like brushing your teeth, or washing your hands every day. Fishing these statements is the baseline of “energetic hygiene” that sets the stage for cumulative improvements in your day-to-day life. When you hear me saying my mantra of “make a little progress every day” THIS is an example of what I'm talking about!

Prepare to Muscle Test:

- 1) Be hydrated.
- 2) For standing muscle test, face North (use a compass if you need to, found on most phone apps)
- 3) Stand with feet apart in a wide stance - strong mountain pose (for those yoga people)
- 4) OR you can use a pendulum (which must also test clear before beginning by testing those statements) “This pendulum is clear.” - fish to YES This pendulum is unclear.” - fish to NO This pendulum is running forward.” - fish to YES

REMEMBER: Always test BEFORE you fish.
If your statement tests correctly, then leave it; don't fish to change. Move on and test again tomorrow.

**Test 1st, then Fish to
Yes, No, Yes**

I AM CLEAR

I AM UNCLEAR

I AM RUNNING FORWARD



Test for Yes, No, Yes

My BODY is CLEAR

My BODY is UNCLEAR

My BODY is RUNNING FORWARD



Test for Yes, No, Yes

My MIND is CLEAR

My MIND is UNCLEAR

My MIND is RUNNING FORWARD



Test for Yes, No, Yes

My SPIRIT is CLEAR

My SPIRIT is UNCLEAR

My SPIRIT is RUNNING FORWARD



Test & Fish to Yes

I have released all negative
weakness & resistance off my body,
mind, and spirit. (fish OUT)

I have downloaded all positive
strengths for my body, mind and
spirit. (fish IN)



Test & Fish IN to Yes



It's safe and comfortable to be the greatest version of me.

It's safe and comfortable for me to follow my dreams with grace and ease.

I'm open to receiving, and being deserving and worthy of all the best that this life has to offer.

Test & Fish to Yes



I am disengaged from fight or flight and I feel grounded and safe.

I am disengaged from fear of failure and fear of success.

I am sovereign and free and the original me and I am distraction-free!

Test for Yes, No, Yes

My DAY is CLEAR

My DAY is UNCLEAR

My DAY is RUNNING FORWARD

You can also insert: My Week, My Month, My Year



Test for Yes, No, Yes

My LIFE is CLEAR

My LIFE is UNCLEAR

My LIFE is RUNNING FORWARD

You can also insert: My Past, My Present, My Future



Test for Yes, No, Yes

My MONEY is CLEAR

My MONEY is UNCLEAR

My MONEY is RUNNING FORWARD

You can also insert: My Finances, My Investments,
My Money Flows, My Income, My Bank Accounts



Test for Yes, No, Yes

My HEALTH is CLEAR

My HEALTH is UNCLEAR

My HEALTH is RUNNING FORWARD

You can also insert any body part or function:
My Lungs/Breathing, My Eyes/Vision, My Immune System,
My Hormones/Endocrine System,
My Heart/Blood/Circulatory, My Microbiome/Digestion



Test for Yes, No, Yes

My RELATIONSHIPS are CLEAR

My RELATIONSHIPS are UNCLEAR

My RELATIONSHIPS are RUNNING FORWARD

You can also insert: My Relationship with ____ and name
the person or thing



Test for Yes, No, Yes

My WORK/JOB/CAREER is CLEAR

My WORK/JOB/CAREER is UNCLEAR

My WORK/JOB/CAREER is RUNNING FORWARD

You can also insert: My Business, My Websites, My Online
Store, My Products, My Services, My Creations



Test for Yes, No, Yes

My ABUNDANCE is CLEAR

My ABUNDANCE is UNCLEAR

My ABUNDANCE is RUNNING FORWARD

You can also insert:
My Miraculous Windfalls,
My Limitless Winnings,
My Overflowing Prosperity,
My Plentiful Profits, My Tiny Taxes

Test & Fish to Yes

It's safe and comfortable for me to have
overflowing prosperity.

I am open to and aligned with receiving great
abundance and prosperity in all ways and
forms.

I am at the highest frequency for divine
infinite wisdom to easily flow through me.

Write Your Own: