

Challenges and strong recurring emotions are a natural part of our every day lives. Anxiety, fear, loneliness, apathy, they happen, like clouds happen. The problem? We plug our energy into them and lose our connection to our innermost selves. if you feel anxious, frustrated, lonely or sad there's a belief and a feeling to write down and turn around.

This Happy Map© and the 3 accompanying audios will compound your receptivity to access your inner guidance and (re)align with ever more approval, control and safety.

### The Three Jars

- Approval** – wanting to feel liked, seen, or validated
  - Control** – wanting to manage outcomes, people, or situations
  - Safety** – wanting comfort, stability, and predictability
- There is nothing wrong with these needs.

What matters is **who is holding the jars** – your ego, or your wisdom.

There are several ways you can use this happy map:

**Option 1:** Fill in the blanks as soon as you feel yourself slightly off anytime during the day, even on the go.

**Option 2:** Do it during your morning routine as a way to stay tuned into your wisdom (before the world pulls at you)

To accessing your inner guidance... and to looking back one day and realizing you've just lived your best decade yet as a result.

I'll be there cheering you on every step of the way.

XOXO  
Alix K. Tracey



Fill in the Blanks

Can you love yourself enough to tune in?

First thing in the morning, or as soon as you feel an emotion lower than love, tune in and write as fast as you can, without thinking much at all:

I \_\_\_\_\_(your name)

feel \_\_\_\_\_(\_\_\_\_/10)\* One feeling/sheet number your feeling out of 10

because \_\_\_\_\_

write quickly without thinking

\_\_\_\_\_.

Just like when \_\_\_\_\_

write quickly without thinking

\_\_\_\_\_

AMAZING! YOU DID IT!  
Did it surprise you?

Just as quickly, without thinking much about what you wrote down, let's now use the 1-minute audios to unplug from the energy and emotions behind everything you wrote down.

You'll finally feel yourself on the other side of all these sticky, recurring emotions, some that may not even be your own but you've been carrying in and plugging into all this time.

All you need are these 3 audios and a pair of headphones if you enjoy using those.



BREATHE

# The Three Jars© Audios



**(1) Start with your name:**

In this situation behind (my name) do I want approval,  
do I want control and/or do I want safety?

**Maybe it's all 3 and that does happen.**

Listen to all 3 tracks and feel yourself shift and clear.

**Then check in again: what is  
your feeling out of 10?**

If you were feeling sad 8/10, or lonely 8/10  
how are you doing now after listening to the audios?

Great!

Keep going with the audios...what's behind your feeling?  
Do you fear lacking approval, control or safety? (A/C/S?)

**Listen to the corresponding audio.**

What's behind your "because...\_\_\_\_\_ "  (A/C/S?)

**Listen to the corresponding audio.**

what's behind: "Just like when\_\_\_\_\_"

Let yourself feel the thought and what do you feel you want or are afraid of  
loosing: (A/C/S?)

You'll get the hang of this in no time.

Picture yourself taking the jar back from whatever you  
wrote – the feeling, the situation, or the person  
involved.

Give the jar to your Higher Self or the universe.

No fixing. No effort.

Just return it.

# The Three Jars©



We came onto this planet with innate instincts. We desire approval, a reliable sense of control and safety. **A/C/S We desire it because we are meant to have it.**

Pain and confusion happen when we think we need to get these instincts or "jars" filled up ourselves or that others should fill them up for us.

We were never meant to meet these instincts ourselves or hand them to someone else. We were meant to let universal intelligence do it **for us through people and experiences.**

The universe is made up of creative intelligence, and it knows our eyeballs need watering so an intelligence is constantly watering our eyeballs without us giving it any thought. It's the same creative intelligence that grows tiny hands and feet in a mother's womb or makes it that a baby giraffe is born able to walk, drink and run away from predators.

This same intelligence is also in charge of making sure our 3 jars are always filled up because it knows who or what can in the best way possible. If we let go and follow our innate knowing, this intelligence will direct us intuitively to the people and situations who are meant to without us asking them to.

We can't know who will fill up your jar of approval, safety or control, but what we can agree on is you have felt some degree of love and approval in the last 24 hours, in the last week, in the last month, year and decade, and you most certainly will feel it again tomorrow, next week, next month and next year.

There's nothing you need to do or undo about yourself or others, to be deserving to have your 3 jars of approval, control and safety filled up.

You just have to be willing to see it's all happening already  
every day  
on your behalf.

## Compounding Receptivity

To strengthen your connection to guidance, ask:

“Where did I feel safe in the last 24 hours?”

Journal on a few key moments that pop up as you ask this question.

“When did I feel calm + in control recently?”

“Where did I feel even a tiny bit of love or approval this week?”

These moments prove something essential:

Your jars have been filling themselves all along —  
often without you noticing.

This practice increases your receptivity, which is the fastest way to deepen intuition.

♥ Remember

You are the keeper of your jars.

Your ego may reach for them,

but your wisdom always knows how to bring them home.

And anytime you need support,

your 1-minute audio is right there to guide you back.

As you journal about these moments, you are compounding receptivity. It's worth all the gold in the world as we attract more of what we feel. Feel the feeling of already having approval, control, and safety and the world will have an easier time filling up your jars. - Alixe Kathleen



# Final Note

So many have used this Happy Map before you to stop giving away their jars to a toxic boss, partner or situation. You are now part of a long lineage of women (and some men) who have turned around their emotions and their lives thanks to this Happy Map.

As soon as they heard about The Three Jars, it set them free forever. It gave them back their confidence and their power like never before.

I received the image of these 3 jars while going through one of the hardest relationship breakup I had ever experienced. I had grown deeply addicted to this man who was evoking in me so much shame and rage and yet I was completely incapable of leaving him. The only thing that gave me the strength to leave and start over, was this practice of reclaiming my 3 jars, detoxing the fears of lacking approval, control and safety and leaning into this deep knowing the universe would and could fill up my jars anywhere and everywhere I went.

I went on to live by the French Mediterranean as soon as I reclaimed my 3 jars and stop needing him to fill them up for me. Every where I went, I was met with so much abundance, love and support. I no longer had to be the 'doer', I only had to live in receptivity and stay tuned into my inner guidance.

Just as it had worked for me, my sisters erased years of loneliness and through accessing their inner guidance, found themselves surrounded by lovely aligned friends and clients.

**We owe it to ourselves to trust the universe has our jars.**

**We owe it to the universe to access our inner guidance,** and tune into where it is guiding us to go, what it is encouraging us to do and when we ought to do it.

The inner guidance is always there, but are we listening?

Level 2 dives much deeper into sticky, recurring emotions and its source: the inner child.

Depending on how much our parents and caretakers did to fill up our jars, we might have gone on to make it mean something about ourselves and our ability to succeed: maybe if this person is not taking care of filling up my jar for safety or approval, it must mean.... I'm not good enough, or that it must be my fault, or that something is wrong with me???

No. What is 'wrong' in this story, is we gave away our jar to the wrong 'source' of love and safety.

You might have given your jars to one or more parent, boss or ex and you feel like it is broken at the moment or you don't know how to get them back.

The Happy Map Level 2 builds on top of what you have already practiced here and invites you to heal these deeper parts within yourself so you can feel even more whole, even more authentic, even more guided.

Send us a message if you feel it's time to move to Level 2 and join us inside the PinkPong Sisterhood.