

**PROCESS When you feel you have a need:**

1. Give the “needing” over to the HS

Remember you do not know what will truly make you happy (own best interest)

In manifesting your ego’s desires you are controlling your world

In manifesting the Light you are giving up control to the Holy Spirit who knows just what you need to be truly happy

a. “Say to the Holy Spirit only, “Decide for me,” and it is done.

b. “Holy Spirit decide for me. I trust that you will answer quickly, surely and with love for everyone who will be touched in any way by the decision.” (T.14.III.16:1, 17:5)

c. “This or something better” – statement

2. Trust that all that you TRULY need will be given you (Ref.T.13.VII.12)

*“In time, He gives you all the things that you need have, and will renew them as long as you have need of them. He will take nothing from you as long as you have any need of it. And yet He knows that everything you need is temporary, and will but last until you step aside from all your needs and realize that all of them have been fulfilled.” (T.13.VII.12:3-6)*

Does this need serve the plan for you to shine your light?

He will purify your request – Holy Spirit is not hear to confirm illusions but to undo illusions

He will not grant that which will delay you in dreams.

He sees underneath your request for what you really want: This He will meet

3. Surrender to the outcome (how it looks)

4. Express gratitude that you have been provided a Guide that knows exactly what you need and will bring it to you effortlessly

Be grateful for what shows up

Be grateful for what doesn’t show up for it would have delayed you in your homecoming

*“Praise, then, the Father for the perfect sanity of His most holy Son. Your Father knoweth that you have need of nothing. In Heaven this is so, for what could you need in eternity? In your world you do need things. It is a world of scarcity in which you find yourself because you are lacking. Yet can you find yourself in such a world? Without the Holy Spirit the answer would be no. Yet because of Him the answer is a joyous yes! As Mediator between the two worlds, He knows what you have need of and what will not hurt you.” (T.13.VII.10:1-9)*

(OVER)

## FOLLOWING YOUR BLISS: WHAT IS BLOCKING YOU?

What needs to be let go of in order for the Light to shine thru you?

Something wants to emerge thru you (channel of love) what is blocking this from emerging in your life?

Go into this process with

\*an inquisitive mind- you want to be shown what is laying hidden so you can get on with manifesting

What wants to be born thru you?

\*an acceptance that it's not suppose to be this hard, feel this bad, be this much sacrifice

1. Drop down into the peace and love that resides within your mind.
  - a. It is within you to know and understand. The Holy Spirit is in you- ready to answer you , if you ask
  - b. It is safe to know and understand what is about to be revealed because I am not that which I'm keeping hidden
  - c. I want this because it is the only way to experience true freedom
  
2. What do I feel inspired to do? (IE: inspired to teach, inspired to start a business, etc.)
  
3. Do I have conflicting goals? In reaching this goal is there something I don't want?
  - a. IE: "I want a relationship but I don't want to give up anything", "I want a dog but I don't want all the work", "I want to increase my business but I don't want it to infringe on my time"
  
4. In reaching this goal is there an experience I'm resisting having?

IE: the pain of losing a dog, the feeling of loneliness, feeling overwhelmed, feeling like a failure, feeling out of control

  - a. It is safe to experience these feelings with the Holy Spirit, because you are not these thoughts, beliefs, experiences
  - b. This is what I need to let go of. None of this is true, it is all the stories I made up about life, work, the world, yourself.
  
5. Holy Spirit Asks: "Are you willing to let this go? "
  
6. Saying Yes! This expresses:

Your willingness and desire for what is true and lasting  
Your desire to be guided and shown what is in your best interest to achieve your true goal
  
7. Receive the healing of your mind

*"...Feel happiness arise (within) us....then realize your part is to be happy. Only this is asked of you or anyone who wants to take his place among God's messengers. Think what this means. You have indeed been wrong in your belief that sacrifice is asked. You but receive according to God's plan, and never lose or sacrifice or die." (W.#100.7)*