

t h e S t e p s

1. I admit to myself that I am powerful beyond measure and have all I need to create the life I desire.
2. I believe that a force beyond my intellectual understanding can assist me in seeing myself as I truly am.
3. I ask my guides consistently and courageously for help in order to know the presence that some call god.
4. I make a loving and daring inventory of all I perceive as being wrong with my life.
5. I use a processing technique to deconstruct those beliefs.
6. I understand the nature of illusion and see that I do not, nor have ever possessed any defects.
7. I create a releasing statement and continue to deconstruct all that stands in my way of achieving peace, harmony and prosperity.
8. I ask my guides to connect with the guides of all people in my life who trigger sensations and emotions and I process those triggers.
9. I believe that everything I see outside of me is really a hidden part of me. I bring my mind to rest and process through my bodies all thoughts, emotions and sensations, restoring my consciousness to its purest state.
10. I continue to process daily.
11. Through a daily practice of meditation I improve my contact with my guides and with Source. I allow my true purpose to reveal itself.
12. Knowing that I am part of a great awakening, I see perfection in all beings and all events in my life. I experience oneness as I become more and more available to inspire all those ready to awaken to the truth of who they are.

followfay.com

