

4 Step Process to Reach the Authentic Self

This is a simple process to help you ask your Authentic Self for guidance, and know when you receive the answer.

1. First you have to **feel really good**. You can't get a clear answer if your energy is low. To get what you're asking for, get your vibrations clear by feeling really, really good. The easiest way to do this is to think of something that makes you happy. Remember a time in the past where you were fully engaged and joyful. Hold that place in your mind for a few moments.
You can't skip this step and expect to be successful. Anything you receive from asking in a low-energy point, will be skewed.
2. **Ask a clear question**. You want to know exactly what you're asking. Vague questions get vague answers. Ask your Authentic Self something specific, preferably focusing on a solution rather than a problem.
Instead of asking, "What do I do about (problem)," ask, "What is the next logical step to creating (desired outcome)." In asking for a solution, you get a solution. Remember that the Law of Attraction gives you more of what you put your attention to, so if you ask for help on a problem, you will get more problems.
You want to spend a significant amount of time formulating your question. (As much time as you need to, in order to feel comfortable asking it.)
3. **3. Clear your mind**. The Authentic Self is quiet. It won't fight the ego, so the trick is to quiet the ego in the first place. Once you are feeling great, and know the question you want to ask, clear your mind of all thought with meditation.
Many people hate meditation, but this is the quickest way to clear the mind. The other alternative is to flood your mind with positive thought, and when you're struggling that can be very difficult. Eliminating all thought is much easier than eliminating only negative thoughts, so I highly recommend meditation.
4. **4. Trust what comes**. If you follow the above steps, you will find your answer. Trust what it says and follow up with action. Keep in mind that you aren't necessarily going to receive the exact answer that you predict. Like the saying, "The Lord works in mysterious ways" states, sometimes you get an answer that doesn't make any sense to you at the time. Follow it anyway and when you receive exactly what you're asking for, you can look back and see why it needed to happen the way it did.
You will receive what you are asking for via "the path of least resistance," according to the non-physical beings Abraham (Hicks) and sometimes it doesn't show up like you want it to. Let go of the how and trust what your Authentic Self tells you.

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