

AA= (means) ask and accept

ARE WE ABLE TO ASK FOR HELP?
AND CAN WE ACCEPT IT, ONCE GIVEN OR OFFERED?
I CONFESS...ASKING FOR HELP- CHALLENGING FOR ME-
PERHAPS SOMETIMES IT IS FOR YOU TOO
ACCEPTING HELP IS ALSO DIFFICULT-
BUT IT IS ABSOLUTELY CRITICAL FOR MY SUCCESS
BOTH ASKING AND ACCEPTING ARE KEY STEPS
I'VE DISCOVERED THAT I BOTH WANT AND NEED GOD'S HELP-
I REALIZE IT IS VERY IMPORTANT FOR ME TO TRUST...
THAT GOD IS BOTH WITH ME AND THERE FOR ME

BB= (stands for) breathe beautifully

WHAT A WONDERFUL WAY TO START THE PROCESS
BREATHING ALWAYS AIDS AND SUPPORTS US
IT CONNECTS US WITH THE DIVINE BREATH
SLOWING US AND PREPARING AN OPENING

CC= (is) clear consciousness

ONCE WE ARE AT PEACE
WE CAN CLEAR OUR CONSCIOUSNESS
RELEASING IDEAS AND BELIEFS-
THAT NO LONGER SERVE US
ACKNOWLEDGING THEM, THANKING THEM AND
LETTING THEM GO

DD= (means) decide deliberately

ONCE WE ARE PEACEFUL AND OPEN
IT IS UP TO US TO DECIDE ON PURPOSE AND
CHOOSE WHAT WE BELIEVE
REMEMBER WE HAVE FREE WILL AND ARE LIMITLESS
SO, EVERY PATH TO HEALING IS OPEN TO US

EE= (stands for) experience everything

THIS IS AN ESSENTIAL PART OF THE PROCESS
IF WE EXPERIENCE EVERYTHING AND
ALLOW IT ALL IN AND FEEL OUR FEELINGS

THEY WILL ALL SERVE AS WONDERFUL GUIDES
TO AID IN OUR DECIDING

FF= (means) follow your fears

FEAR IS AN INTEGRAL PART OF THE PROCESS
IT POINTS THE WAY TOWARD LOVE AND HEALING
IF WE ALLOW OUR FEARS IN AND
LISTEN TO THEIR MESSAGES
NOTHING WILL STAND IN OUR WAY

GG= (is) gratitude for the gifts

ONE OF THE MOST IMPORTANT HEALING STEPS
IS TO RECOGNIZE THAT EVERY FEAR
REVEALS GIFTS TO YOU -----THIS TAKES PRACTICE-----
ONCE SEEN, GIFTS PROVIDE INSIGHT AND STRENGTH AND
THE ABILITY TO RELEASE OUR FEARS AND
EMBRACE OUR FAITH IN THE HEALING PROCESS
EACH GIFT OPENS YOUR HEART TO DIVINE HEALING

HH= (means) healing your heart

REMEMBER WHAT YESHIWA SAID
HE DID NOT DO THE HEALING...BUT
RATHER HE ALLOWED AND ENCOURAGED OTHERS
TO DO THE HEALING THEMSELVES
THROUGH THEIR FAITH AND
AWARENESS THAT THEY ARE PART OF THE ONE