

## The Process™ Instructions:

The purpose of The Process™ is to remove the blocks to love, power, and peace in your life. Unexamined, limiting thoughts are what create those blocks and cause suffering. When you apply The Process™ to a thought that leaves you feeling a lack of love, power or peace in any area of your life, you then have the opportunity to reclaim your lost love, power or peace by taking Inspired actions and choosing new ways of being that empower you. (Like Being... Happy, Confident, Honest, Powerful, etc.)

### The 3 Steps of The Process™

#### Step 1: Revelation

- **I Tell Myself**
- **The Truth For Me Is**
- **Is This Really True For Me?** (Yes or no. If no, start Step 1 over again.)

Sometimes, when applying The Process™, you might feel complete after Step 1. If you still feel a lack of love, power, or peace after Step 1, move onto Step 2.

#### Step 2: Effect

- **The Effect On Me Is**
- **The Effect On Others Is**

#### Step 3: Inspired Action or Inspired Way of Being

Sometimes when applying The Process™, you might feel Inspired to take an action, or simply focus on a new way of being, like Being Confident. Take your time, and allow the action and/or new way of being to rise up in you.

- **The Inspired Action I Will Take Is**
- **The Date & Time I Will Take This Inspired Action By Is**
- **The Inspired New Way of Being Is** (Being Happy, Powerful, Passionate, Excited, Honest, Loving, Generous, Abundant, Peaceful, Healthy, Joyful, Connected, Accepting, Forgiving, etc.)

**EXAMPLE:** A woman is unhappy about her job.

#### Step 1: Revelation

**I Tell Myself:** (What do you tell yourself about your job? What thoughts do you have about your job?)

*My job isn't so bad, and I can stick with it for 8 more years until I retire.*

**The Truth For Me Is:** (Is what you tell yourself about your job really True? What's the Truth about how you feel about your job?) *I hate my job, and if I stay, I'm going to continue to be miserable for the next 8 years!*

**Is This Really True For Me?** (Look deep within yourself, and *feel* whether or not you've uncovered what's True for you.)  
Yes.

#### Step 2: Effect

**The Effect On Me Is:** (When you believe the thought "My job isn't so bad, and I can stick with it for 8 more years until I retire," how does this effect you? How do you feel? What is it costing you? Take time to sit with your answers).

*I'm unhappy, unfulfilled, and I'm wasting my life doing work I hate. I feel stressed and I dread waking up on weekdays.*

**The Effect On Others Is:** (When you believe the thought "My job isn't so bad, and I can stick with it for 8 more years until I retire," speculate how this effects others in your life. How might they feel? What might their experience be?)

*My husband is possibly sad that I'm so stressed and unhappy. I take my unhappiness out on him by yelling at him a lot, which possibly makes him feel angry and lonely. My co-workers possibly don't enjoy working with me because I hate what I'm doing.*

#### Step 3: Inspired Action or Inspired Way of Being

**The Inspired Action I Will Take Is:** (When you no longer believe the thought, "My job isn't so bad, and I can stick with it for 8 more years until I retire," what action are you Inspired take in your life?)

*Write down 10 things I love to do, and spend 1 hour looking online for new jobs that I would be passionate about.*

**The Date & Time I Will Take This Inspired Action By Is:** *Tonight at 6:00pm*

**The Inspired New Way of Being Is:** (Imagine your life when you no longer believe the thought "My job isn't so bad, and I can stick with it for 8 more years until I retire." Who would you be Being?) *Being Free.*

For more information on using The Process™, visit [EnlightenmentVillage.com](http://EnlightenmentVillage.com)

## The Process™ Worksheet:

Think of an area of your life where you feel a lack of love, power or peace. Apply The Process™ using the steps below.

### Step 1: Revelation

**I Tell Myself** (What do you tell yourself about this area of your life where you feel a lack of love, power or peace?)

**The Truth For Me Is** (What is the Truth about what you tell yourself?)

**Is This Really True For Me?** (Yes or no. *Feel* it. If no, start Step 1 over again.)

### Step 2: Effect

**The Effect On Me Is** (When you believe what you tell yourself in Step 1, how does this effect you? How do you feel?)

**The Effect On Others Is** (When you believe what you tell yourself in Step 1, speculate how this effects others in your life. How might they feel?)

### Step 3: Inspired Action or Inspired Way of Being

**The Inspired Action I Will Take Is** (When you no longer believe what you tell yourself from Step 1, what action are you Inspired take?)

**The Date & Time I Will Take This Inspired Action By Is**

**The Inspired New Way of Being Is** (Imagine your life when you no longer believe what you tell yourself from Step 1. Who would you be Being?)

For more information on using The Process™, visit [EnlightenmentVillage.com](http://EnlightenmentVillage.com)

Copyright © 2017 by AVAIYA Media. All rights reserved. [EnlightenmentVillage.com](http://EnlightenmentVillage.com)