

Online Emerge-N-See 4 Step Process

When you find yourself making judgments, feeling self-righteous or wanting to change something about a situation, use this process to bring your consciousness into the present, to let go of the illusion and to align with spiritual truth.

Step One: “Look what I created

“This first step reminds us that we are the creators of our lives and that we have in fact set up all the circumstances in the situation we find ourselves upset about, to help us learn and grow spiritually - or heal a wound or core belief that keeps us out of our joy and bliss.

AGREE WILLING OPEN SKEPTICAL UNWILLING

Step Two: “I notice my judgments and love myself anyway.

“This step acknowledges that, as humans, we automatically attach judgments, interpretations, questions, and beliefs to situations. We quickly create a victim story and try to lay blame on others. It’s part of being human. So we must recognize and lovingly accept our feelings. They give us good feedback about our consciousness - and they clue us in to our subconscious wounds and core negative beliefs.

AGREE WILLING OPEN SKEPTICAL UNWILLING

I AM FEELING: Angry, Sad, Frustration, Vengeful _____

MY WOUNDS: Betrayal, abandonment, abuse, hurt, rejection, stolen from, let down

Step Three: “I Am Willing to See The Hand of God in This Situation.”

a) This is where we attempt to reframe the story by becoming willing to be open to the idea that, in the sense that our Higher Selves have created this situation (as we said in Step One), then our life is unfolding exactly as it needs to unfold and everything is in Divine order. It is what we want and need for our soul’s journey. Nothing wrong is happening and there is nothing to forgive. *(The key word here is WILLINGNESS. Only a very small amount of willingness to be open to this possibility is required.)*

b) This step also asks that we entertain the possibility that we have attracted the people with whom we are upset specifically to provide us with this experience. They are doing these things to us

because our soul and theirs have contracted to do it for each other. They are not therefore our enemies but are our ‘healing angels,’ because without them, we would not have the opportunity to grow or to heal those core negative beliefs.

AGREE WILLING OPEN SKEPTICAL UNWILLING

CORE BELIEFS: (Which of these can you identify with?)

Not good enough.

Not worthy to receive.

Have to be perfect to be loved.

Ugly.

Unlovable.

Always will be abandoned.

Don’t deserve love.

Always will be betrayed

This step also offers you the opportunity to see that what you see and hate in other people is precisely what you cannot stand in yourself and have denied, repressed and projected on to them. The things I dislike about _____, are:

Sorry about this but, ***IF YOU SPOT IT; YOU GOT IT!***

“I am willing to recognize that _____ is mirroring something about me that I have denied and repressed, and I am now willing to love and accept that part of me, whatever it is, right now in this moment and to thank _____ for giving me the opportunity to heal.”

AGREE WILLING OPEN SKEPTICAL UNWILLING

Step Four: “I Choose the Power of Peace.”

By accepting that Divine purpose is served in this situation and that what appears to be occurring may be illusionary, we choose to surrender to Spirit and to feel peace, knowing that we can use the power of peace in whatever actions are required of us. ***“I release all the feelings, judgments and resentments I had in Step One and Choose Peace.”***

AGREE WILLING OPEN SKEPTICAL UNWILLING

Note to _____, ***Having done this worksheet I now feel.....***

Note to Myself: ***Having done this worksheet I***

Miracle Journal: Note any miracles that occur over the next few days as a result of doing this worksheet.