

Ask of your Spirit

Asking for what you want also requires asking of your spirit. Whether you maintain religious beliefs or not, if you believe you have a higher spirit and there exists source energy from a higher realm that will always guide you to what's best for you at the time, then I encourage you to write a letter to the universe. From a gutsy leadership perspective, the act of sitting down to write a letter enables a direct channel to your intuition or instinctual gut gene, which you would not normally be able to tap into operating solely in the physical realm of asking of others. This pathway will only trigger when quieting your mind to listen to it.

This letter technique, also called a Dear God or Dear Universe letter, is where you are writing down specifically what you want, sealing it in an envelope and putting in your outbox folder on your desk where you can see it. Consider it much like creating a purchase order to God and as a means of focusing your mind to get clear about what you want. Similar to prayer, ask specifically for what you want so your mind will begin to create those mental images attached to those desires. We know that exponentially you can accelerate this process of focus and attracting those desires by the simple act of writing, because writing forces us to slow down, think about what we want and see those images as already present. When we act as if, we know that we have already made a mindset shift.

Another technique you can use is picking up the phone and speaking to your spirit, God, the universe and ask for what you want. Much like placing an order over the phone to order a pizza, you can make the same requests. We don't ever expect the person on the other line who takes our food order to hang up and throw away our order, never showing up at our door. No, we have no doubt and fully expect to receive our food within a specified time frame. You may even set the table with plates and glasses in high expectation that this meal is on its way. This is how you want to approach your life, by picking up the phone, writing that letter and asking fully expecting to receive.

In the video, I discussed two types of levels in which we can ask. One is within our current physical reality (asking of other people); the other is on a spiritual level. Whether you believe in your higher spirit, God, the universe, or infinite intelligence, there is a presence that will respond to our desires once we lock them in our mind.

Writing down the things that you want will exponentially accelerate those desires due to the deliberate focus we have when simply putting pen to paper. Clarity is power. Please use this worksheet to get you started with asking openly to others, as well as on a higher plane tapping into your spirit and having faith that you will receive.

Ask for what you want. There are no rules on how you can ask.

Write your letter.

Make that phone call.

