

The Three-Step Process: Self-Perception

a companion to *Inner Healing* by Dan Joseph

The three-step process, as outlined in *Inner Healing*, is a way of opening to an inner experience of God's love and support. The process involves: (1) acknowledging some of our inner blocks, (2) becoming willing to prayerfully release them, and (3) opening to an experience of divine comfort and love. One simple way of describing the process is, "Feeling to Thought, Release and Receive."

"At step one, we become aware of an inner block. At step two, we offer that block to God to be removed. Step three is the reward step for our work. At step three, we simply open our minds to the inflow of God's love, wisdom, and comfort." - *Inner Healing*

Step One: Feeling to thought (or perception)

Here is a situation that is bothering me:

When I think about this problem, *I feel* _____:

(ex. angry, afraid, etc.)

I feel this way because *I see myself as* _____:

(ex. attacked, abandoned, etc.)

Step Two: Releasing the old

At step two, the aim is to release these thoughts and feelings to God. You can offer your old perceptions to God like a bunch of packages. You can say:

"God, I feel _____ and I see myself as _____.
However, I take ownership of those feelings and perceptions.
I give them to you - here they are.
Help me to exchange them for an experience of your love."

Step Three: Receiving the new

Step three is the real goal of the process. Having identified some of your distressing thoughts and feelings in step one, and having offered them to God in step two, you can now open to the inflow of God's healing, transforming love. You can say:

"God, my mind is open. Please inspire a new view of this situation and a new view of myself. Replace my distressing feelings with a sense of your love. My heart is open to you."

Then simply rest, openly and receptively, welcoming the inflow of God's love, comfort, and inspired new thoughts and perspectives.