

# SOUL-CENTERED LIVING

## Journal Page: Seven Steps to Issue Resolution

When you find yourself in “I’m upset because ...,” we encourage you to utilize Mary’s guided process for *Seven Steps to Issue Resolution* and/or work through this Journal Page. This is Spiritual first aid and a wonderful way to assist yourself in letting go of inner disturbance and restoring yourself to your Essential Nature, which is Peaceful and Loving.

- Center yourself in your Authentic Self. Invoke your Inner Counselor.
- Always be aware that you are talking with another LOVING ESSENCE calmly experiencing everything their personality or ego is going through regardless of their current thoughts, feelings, or behaviors. Consciously look for that LOVING ESSENCE for it is ALWAYS PRESENT.
- Remember, the person before you has all the inner resources necessary to effectively respond to their situation.

### 1. **Acknowledgment**

Lovingly support yourself in acknowledging what is, including your emotionally out-of-balance condition and/or judgments, recognizing your thoughts and feelings as independent from the external factors that have occurred.

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## 2. **Clear Positive Intention**

Establish a clear, positive intention regarding Working Your Process with the issue or challenge you are experiencing. We encourage you to approach this process as an opportunity for learning, Healing, and Awakening more fully into the Awareness of your Self as the Presence of Love.

## 3. **Acceptance**

Move into a place of Accepting yourself, the situation, and your feelings as a Learning opportunity present for your growth, Healing, and Awakening. Remember, no amount of self-improvement makes up for a lack of Self-Acceptance.

## 4. **100% Responsibility**

We encourage you in taking 100% responsibility for your emotional reaction and/or judgments as a way of taking dominion inside yourself and over your situation. This step is a step of Authentic Empowerment and is in service to your Healing and liberation.

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## 5. **Constructive Inner Action: Compassionate Self-Forgiveness**

Lovingly support yourself in taking constructive Inner Action by working with *Compassionate Self-Forgiveness* for any judgments you've placed against yourself or someone else, the world, or God as a way of expressing Self-Loving. Self-Loving can also be expressed as Loving the parts inside that hurt, remembering the Principle that: "Healing is the application of Loving to the places inside that hurt or suffer, or Healing is the 'Flooding with Loving' all the places inside that hurt or suffer—thereby dissolving them."

## 6. **Creative Solutions**

Once you are back in balance, support yourself in looking for creative solutions to the triggering situation for the Highest Good of All Concerned. They will usually be right there. Effective Outer Action follows from successful Inner Action.

## 7. **Self-Appreciation and Gratitude**

We invite you to acknowledge and appreciate yourself for your willingness to learn how to Work Your Process—for taking 100% responsibility for what was triggered inside of you, and to work with *Compassionate Self-Forgiveness* of your judgments, and applying Loving to the parts inside that hurt. And, we encourage you to express your Gratitude for the opportunities that life presents for growth, learning, Healing, and Awakening.

"To be wronged is nothing unless you continue to remember it."

◆ Confucius