

Inner Guidance Worksheet: Clearing the Mind

a companion to *Inspired by Miracles* by Dan Joseph

One of the primary practices of *A Course in Miracles* is the practice of releasing our old, personal thoughts and perspectives in order to open to a higher wisdom.

The following exercise is designed to help clear the mind in order to receive inner guidance.

Step One: Clarifying your current thoughts

In the situation involving _____, here is the problem as I am seeing it:

Here is how I am trying to solve the problem:

This is what I want to happen:

“Our ‘interference’ to receiving inner guidance takes many forms, including our personal plans, personal analyses of our situations, and so forth. Any thought that we’re tightly holding onto is a potential block.” - *Inspired by Miracles*

Step Two: Releasing your old thoughts

Let’s now say:

“However, I understand that there may be another perspective on this problem; that my plans/solutions may not be the right ones; and that God may have an even better outcome for me. Therefore, I’m willing to give the problem over to God to solve for me”

Step Three: Opening to guidance

Check: Do I feel peace now? Do I feel a calm sense of assurance that God has taken over the problem?

If no: Say, “God, I give you this thought _____ about the situation.” (repeat as necessary)

If yes: Rest in the peace. Dwell in the sense of calm assurance that God has taken over the problem. Begin to “listen” to that sense of peace for any inspired thoughts or promptings that come through.