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Introduction – Where are you now?

So you have a decision to make? You have read the book and you are ready to start. The starting point is to review the environment that has brought you to this moment in time. Make some notes on the circumstances leading up to this decision. The following headings may assist you.

Some biographical background
What personality preference takes over in a crisis? (Page 16)
Circumstances that have lead to your decision.
Your mental state
Your emotional state

Step One – Defining the question

First who is your decision-making ally going to be?
Next write the question down the way you see it now.
Discuss and review with your ally. Can it be simplified. Can it be adapted to result in positives and negatives? Write the question out again.
Review the issues that are causing you conflict. What are the factors favourable to the decision you are making?
What are the contrary factors?
Make sure you have considered both the rational and the emotional influences.
Where are your fears relative to this decision?

Step One – Defining the question (continued)

Create an affirmation for guidance. This should be a brief positive statement asking for assistance. For example "Show me the way. The most important thing about your affirmation is that it works for you and you feel comfortable repeating it in your mind for the next twenty-four hours.

My affirmation is:		

Finally find a quiet space and have your ally guide you through the meditation on seeking guidance. You may want to light a candle and put on some soothing music. If you are working on your own you may wish to record the meditation on a tape and play it back.

Commit for the next twenty-four hours to sporadically bring your question into your mind and focus on your guidance affirmation.

Step Two – Going within for guidance.

Remember the most important aspect of this step is to be mindful and pay attention to the everyday incidents that occur during the next five days. Try to record the events in your journal every day. You may wish to continue periodically to repeat your guidance affirmation.

Commence this step with the meditation titled "Finding the Right Tools." Find a quiet place, perhaps light a candle and centre yourself. Ask your ally to guide you through the meditation. (Or make a tape to play to yourself.)

Following the meditation, review the different categories that are reviewed in the book and make a commitment to pursue at least one from each section. Identify what you are willing to undertake during the next five days and record them below.

Category Silence	Your Commitment
Your passions	
Synchronicities etc.	
Divination tools	

Daily Record

This step continues for five days. At the end of each day, record the highlights of the day and specifically reference when you complete one of the above activities and any insight, feelings or issues that came up. If you choose to work with some form of divination tool, I suggest you utilize the meditation "Working with Oracles" before you start.

Step Two – Going within for guidance (continued)

Day One
Remember the universe sends us clues and signs in the everyday
activities of our lives. Make a note of any unusual events that may
have taken place.
Day Two
Did you have any dreams? Even if you don't remember all the
details it is still important to record what you recall. Did you spend
any time in silence today?

Step Two – Going within for guidance (continued)

Day Three				
Perhaps today is the day to ask your partner to guide you through the decision-making visualization. Record any insights you may have received. Did anything surprising occur today?				
Day Four Perhaps you noticed an unexpected insight when you were exercising. Was this the day you chose to listen to music or get involved in some other passion? Your inner voice can show up in many different forms. Keep track of your daily adventures.				

Step Two – Going within for guidance (continued)

Day Five				
Don't spend too much time trying to analyse what has come up.				
Just keep tracking your experiences. Check back to ensure you				
have kept the commitments you made to your self when you				
started this step.				

After five days it is time to move on to step three.

Step Three – Release and let go

Start this step by summarizing your progress to date. Remember there are no right answers at this point in the process. Sometimes you will be feeling great clarity about your decision and sometimes you may be in great confusion. Please don't quit now regardless of how you feel. Spend a few moments reviewing the highlights of your experience so far and record them below.
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Now you are ready to complete what is often the most difficult step of all. It involves releasing expectations, having faith in the outcome and giving thanks.

Step Three – Release and let go (continued)

First you may want to create an affirmation that you will use to stop yourself from thinking about the question.

Find a quiet space, light a candle and become silent. Hold in your mind the commitment to release this decision to the universe or to your higher self. Create an attitude of trust in the outcome and give silent thanks for the inner journey you have been undertaking.

Now utilize the "letting go" meditation to complete this ritual. Ask your ally to guide you through the meditation. Remember all of the meditations are equally effective in person or over the phone. Alternatively guide yourself through it and remember to substitute your affirmation in the second to last paragraph.

It is important to sustain this process of release for twenty-four hours before moving on to the final step.

Step Four – Checking for the answer

This is normally seventh day of the process. It is important to be as free as we can from any expectations. There are no correct answers, there is only where you happen to be.

This step is fulfilled through quiet contemplation. It is best completed in association with your ally who will guide you through the final meditation.

Find a quiet place, perhaps light a candle and put on some soothing music then create your own space of stillness. Allow yourself to be guided through the meditation. Don't judge your experience, maintain an attitude of trust in your inner process. Your partner will ask you to introduce your question into your mind and then release it. Pay particular attention to your response in the silence. Make note of anything that arises in your consciousness particularly any underlying feelings that emerge. Record below what has come to you.

My check-in			

Step Four – Checking for the answer (continued)

The ability to trust our experience is critical here. There is no right or wrong. Sometimes you will sense an absolute clarity and wellbeing in a particular answer. Alternatively you may have no answer at all and sometimes the question has actually become irrelevant. Occasionally you will have the sense that you knew the answer all along. Regardless you will find that completing this rigorous process will help you feel a sense of affirmation no matter what.

The final step is to write about your decision-making journey. It is important to affirm the soul in its power.

Your decision-making summary:				