

Working With The Voice Transcript

WWTV Episode 00

Supervise Your Self Through Daily Practice

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Hey listeners! This episode of Working With The Voice is going to be all about the most important thing so far in the podcast, the Supervision of the Self through the Daily Practice. The Daily Practice is a specific series of activities that strengthen the connection between the Holy Spirit and our human spirit. When the connection is strong, we spontaneously experience communication from the Holy Spirit in more than one way. We will use all the concepts from the previous episodes and lay down the foundation for all of the future episodes today. I'm so glad to have you as listeners, and can't wait to get into the material!

You've probably heard the story from Greek mythology about a King named Sisyphus who annoyed the gods so much that they decided to give him the worst punishment available; futile and hopeless labor. Every day Sisyphus would roll a heavy rock to the top of a mountain and right before it would be in position to go over the top, it would roll down to the bottom. He would have to walk down the mountain and do it again the next day, every day, for eternity. Who hasn't felt like Sisyphus at some time? Human life seems to be set up for this type of living hell. We make the bed just to do it again tomorrow, we scrimp to pay off our car loan and then we blow the engine or worse yet, after we have finally rid ourselves of the addictive substance, we slip up and tumble back into the abyss. Seeing the pointlessness of it all is dangerous. I'm not talking about the moment when at the end of the first day, we see the boulder back in its starting position and say, "Whoops! Tomorrow's another day. I can figure out how to get that boulder over the top." And it's not at the end of the week where we say, "It won't always be this way. Sooner or later things will change." But we are close to the danger when we have pushed the boulder for months, when we are so far beyond burnout that we don't hang out with our friends anymore because we are tired of their advice. The danger bears down on us and culminates in nihilism, a surreal moment when we see clearly that nothing made a difference. And we can't try even one more time. Sisyphus is the symbol of the absurdity of seeking meaning in life when we have an inability to find any.

Well, that was depressing.

Flow is the opposite of absurd labor or of apathetic involvement in a chore. Flow is being in that delicious place called "The Zone of Super Productivity". It's when you are in a dynamic balance that you can feel, inspired by what you are doing, but not overwhelmed, when your best skills are being used and you can see light at the end of the tunnel, that you will triumph over a meaningful challenge. Flow leads to a sense of satisfaction with your life. Flow is when things are working, and when your work has purpose.

How many times have you heard someone say, "I wish I knew my purpose!" Work is important, and all of us want to find work that feels significant, that doesn't feel like work, that is that activity that we would do without pay being a factor.

Our greatest work is given to us as our purpose by the creator through the Holy Spirit. It is the Holy Spirit who reveals our individual purpose to us, and then teaches us everything we need to know to fulfill that purpose. He qualifies us first, then gives us the purpose, then sets up all the circumstances that will allow us to accomplish our purpose. Usually when our purpose is revealed to us, it looks nothing like what we expected or potentially what we wanted it to be. The Holy Spirit has given me three distinct purposes at different times in my life and each time I was blindsided. I never saw any of them coming but the circumstances of each made sense in hindsight.

The first time was when I was 18 years old in 1983. I was a smart kid who had fallen through the cracks. I graduated at the top of my college prep high school, but my parents had recently divorced and there just wasn't money for me to go to college. The high school counselor who was also the football coach at our school had failed miserably to inform me about financial aid and college applications. I was working two minimum wage type jobs, had no car, and was saving to go to college. Honestly, I was so lost but doing my best to keep my chin up. I definitely felt like Sisyphus at this time. I was seeking meaning and finding none. I am the type of person who has to be learning something all the time and at this time I was taking some classes every Sunday from a friend of mine's mom who was the only massage therapist in town. This night I was glad to be in the dish room at my job at a restaurant called Nearly Famous. It was late, and I just wanted some peace and quiet but a customer's small son was running around apparently unattended in the dining area. I dried my hands and stuck my head out to see what was going on. In the corner sat one of our regular lunch clients, Gloria. She and her other wealthy lady friends came in to eat almost every day, usually wearing the big hair-leather-and-rhinestones look of that time. Tonight she was dressed very simply and sat in a dark corner staring at her plate. She seemed oblivious to what her son was doing. There were only a couple of other people still eating and they didn't seem to be upset with the racket so I went back to washing dishes. In one of my most vivid experiences of what I now know was the Holy Spirit, I heard the voice say very plainly, "Go speak to her." I didn't want to and argued with the voice saying I had no idea what was going on with her and I was sure that nothing I would say would be helpful. The voice told me it would tell me what to say, and that I needed to go now. I put on a dry apron and sat across from her. I saw that she had big black circles under her eyes. Gloria looked at me and didn't say anything. I said the only thing I could think of. "I don't know what's going on with you, but if I could help you, I would." It sounded crazy coming out of my mouth. What was I doing, offering to help this woman who was going through a divorce or something else that was traumatic? She said simply, "I have been sleeping on the floor at the hospital for a couple of days. My other son is in the intensive care after an accident and I'm not sure he will make it. My back and neck hurt so badly I can barely stand it. Is there any chance you know someone who does massage?" The fact that I had been taking these classes and would have someone ask me a question like that was nothing short of bizarre. No one other than my teacher did massage in our town at that time, and almost no one knew I was taking the classes. I let her know that I could do some basic work but I didn't have a massage table of my own. She jumped up and started waving her hands in the air and praising God. She said she had just told God in prayer that she didn't know if she could take the pain anymore. She heard him tell her to leave and go get some food and he would send her help. She said she knew her son would live, which by the way he did, and she wanted me to go to her house that night. She had a bench we could use for a table and she would pay me whatever I asked. I didn't leave work that night until 10:00 but I agreed to go to her house knowing full well I would have to convince my mother to let me borrow her car. That evening, I pulled up to the biggest house I had ever been to at that point of my life. The woman became my first client and she started me out at the top by introducing me to all of the wealthiest and most successful people in town. She set me up in the business that would support me and begin my career. For me, doing massage was as easy as falling off a log and through Gloria's help, I never had to build my clientele. A year later I would quit both of my

other jobs. I've been self-employed in the field of bodywork since that point 35 years ago and never could justify going to college to get a degree that wouldn't pay me what I could make on my own. But the money was never the driving force for me, helping people was. I met many fascinating people who treated me very well and taught me many things. The whole situation made perfect sense when I look back on it now.

I received my second calling when I started the massage school 11 years later. That story is a bit more complicated so I'll tell it another day, but suffice to say that it was also unique, clear and purposeful to me now. I stayed in that calling for 22 years, exactly twice as long as the first. I experienced purpose, flow, and great satisfaction through my job as a school director where we trained exactly 1000 people in not only massage therapy but in different types of bodywork and hands on healing. Many students identified this work as their purpose and they were not only willing to pay to be taught, they would dedicate the time to learn everything possible. Massage Therapy was work they loved and would have been willing to do for free. Charging clients and staying in specific appointment times were the most difficult aspect of the job training for these types of folks because they were operating from love, empathy and caring. Doing their best work was their focus and students who felt this sense of purpose were delightful to teach. The students who were not so delightful to teach were the ones who were in class because they thought they could make good money in the field but felt no connection to the work. Many times these students would not have the stamina for the training and would drop out. The difference in quality was monumental between the students who felt bodywork was their purpose and students who basically saw the training as the way to a decent paycheck.

The first calling prepared me for the second, and the second qualified me for what I am doing now, in my third and potentially most impactful calling, which is this Working With The Voice project. The three "purposes" I have had so far have been like links in a gold chain. In the first, I worked with people whose occupations were their calling and I supported their physical bodies in being able to handle the stresses of those occupations. In the second, I learned how to teach and train people who wanted to work with purpose. And now, I am attempting to teach people how to find and work with their highest purpose. I have no idea how many more "purposes" if any, I will have in this life, but I regularly wonder what would have become of me if I hadn't left that dishroom in 1983 and stepped out to with nothing more than a simple intention to try to help someone I didn't know.

Steve Jobs has a famous quote that is right on. In a graduation speech that has been viewed 30 million times he said, "**You can't connect the dots looking forward; you can only connect them looking backwards.** So **you have** to trust that the **dots will** somehow **connect** in your future. **You have** to trust in something – your gut, destiny, life, karma, whatever." Now I know that the "whatever" is the Holy Spirit and I trust it implicitly.

The Holy Spirit prepares you in advance for your work, gives you your work, and then if you accept this work and act on it, He supports you so you can be successful and satisfied. To find the work we feel we were meant to do, to have a purpose and to be able to succeed in that work is a big part of an extraordinary life. It's something special, a privilege granted to the select workers. Purpose is the jewel of life, the work that is the most important to you. For some, creating and supporting their family is the height of their purpose. For others, their purpose will be an actual occupation, possibly even inventing or finding a solution to a world problem. For people who haven't received their purpose and are looking for it, frustration and feeling lost seem to be common. There seems to be a natural born yearning to do good work, to contribute to something greater than yourself. Finding your purpose and using it to help the world is the focus of this podcast and it's why it's called "Working With The Voice". If you know your

purpose, great! The Daily Practice skills will help you immensely in that purpose. If you don't know your purpose, great! The Daily Practice skills will strengthen your connection to the Holy Spirit and soon he will reveal your purpose to you.

The Daily Practice consists of learning to Supervise Your Self. The Self is the model we explained in the last two episodes, the combination of the three parts of humans, the body, the soul and the spirit. In this model, these three parts can't be separated but they can work in varying combinations. We tend to see them as equal parts, but the way they work is more fluid than that. You can have the one of the three lead 98%, but the other two are always there at least 1% each.

Functionally, having the body in near complete control is not healthy unless you are in a situation that is life threatening. Our **body** contains all of our physicality, our bones, flesh, organs, chemicals, and the senses of sight, hearing, touch, taste, and smell. We need the body to be healthy for it to function in balance. There needs to be balance in the component parts, and balance with the other two parts of the self. Traditionally in the United States when we see a person whose body is in a high level of control over the soul and spirit aspects of their self, they are in circumstances of active addiction or are perpetually ill. There seems to be no way to connect that person's thinking process to their physical urges. The physical urges win. Their issue is physical imbalance, and it usually takes medication or the action of their higher power to shift the imbalance.

Functionally, having the soul in near complete control sounds healthy but this too is an imbalance. The soul consists of the things that make us an individual and is many times thought of as "the mind" because the soul contains such things as our intellect, our thinking, our memories, our morals, our emotions, and our will. We need the soul to be healthy for it to function in balance. Just like with the body, there needs to be balance in the component parts, and balance with the other two parts of the self, the body and the spirit. Traditionally in the United States the functions of the mind are highly valued and the picture of a person whose soul is in a high level of control is either the person who totally relies upon logic and the conscious mind, that person that we would say is all in their head, or they can be that person who relies on their memories, emotions and subconscious and we would say they are the person who wears their heart on their sleeve. Head people seem to devalue heart people, and heart people many times devalue head people. Both types of people think through every problem and may appear to be very rational, or may bounce between depression and mania. These people do not understand how to integrate the internal prodding from either the body or the spirit. It is hard to get them to change their way because their mind tells them that they are in control and that they can function this way in Western society their entire life. Their issue is mental, and physical and spiritual practices are required to balance this imbalance.

The most acceptable and common goal of healthy functioning for most people in the western world is to have a good balance between the body and the soul, and if there is any recognition of the spirit, its small. In fact, in many explanations, people use the term soul for the intellect and the spirit together, as if they are the same. They may also use the term "mind" for what we are calling the soul. For the sake of simplicity, at this moment we may use the terms soul and mind interchangeably, but this isn't really a correct usage. There are things called body-mind interventions, which from the model I am using would mean body 49%, soul 49%, spirit 2%, but these are seen as a balance because the soul and spirit comprise 51% of the equation. The study of these body-mind interventions is defined by the United States National Center for Complementary and Integrative Health as those practices that employ a variety of techniques designed to facilitate the mind's capacity to affect bodily function and its symptoms. All mind-body interventions focus on the interaction between the brain, body and behavior

and are practiced with the intention to use the mind to alter physical function and promote overall health and well-being. This definition implies that the body is the one that has symptoms, and the body should be and can be ruled by the mind. What's interesting is the concept that we discussed in episode three with David McRaney, that usually when we say we want someone to change their beliefs or change their mind, what we really mean is that we want them to change their behavior, we want them to change their outward actions. So to combine all these somewhat incomplete ways of thinking and be more specific, healthy body-mind interventions should involve using the part of the soul called the will to make our bodies perform in ways we prefer, and that look better to us and others. I agree that many times we can make this type of interaction work. We can use the soul to control the body in ways that are generally healthy and this will provide many benefits to us. This combination is much healthier than allowing the body to be in full control, or the thinking to be relied upon exclusively.

There are many resources in the world to help you figure out how to find health and balance for these two aspects of the self, and because of that, I am not going to go into those practices except to acknowledge that both the body and soul need to be healthy, and the Holy Spirit can guide you to the specific resources you need. The physical body needs to be healthy and in balance with all of its component parts. The bones, flesh, organs, chemicals, and the senses of sight, hearing, touch, taste, and smell need to work well and work well together. The soul needs to be healthy and in balance with all of its component parts. The intellect, thinking, will, memories, morals, and emotions need to work well and the soul needs to work well together with the body.

But remember Sisyphus? The Greeks realized that sooner or later, if we exclusively use the body and soul for all of our actions, life will become absurd. At a certain point, these functions would stop working for us. We would need the function of the spirit to get involved for us to find meaning in our lives.

Our *spirit* is the human part of God that is in us and is represented many times as the breath that begins for us at birth and is the last thing to stop at our death. It is not literally breath, but is a connecting force between all humans and is unchanged by the individual's body or the soul. The *spirit* is the part of humans that ultimately makes us all the same. The spirit receives information from the Holy Spirit and if allowed can transmit that information to the body and the soul. The spirit is our divinity. From my experience and if you are to follow my model, the best way of finding the life we are meant to live, the life of purpose and flow, the extraordinary life, is to allow the spirit to have greater control than either the body or soul combined.

That is the goal of the Daily Practice, to understand the function of the three parts of the self, and to build the use of the spirit so it can control the body and soul. Once the spirit is in control, the communication with the Holy Spirit flows. Once the spirit is in control, the body and soul benefit from its direction. That is what it means to Supervise the Self through the Daily Practice, to change the position of control of the human self from spirit last to spirit first. How this initially occurs is that we diminish the control of the body and the soul, and the spirit rises. Very little in western life teaches us how to do that and so this will require System 2 thinking, the type of thinking where we slow down, and think more deeply and intentionally about what we are doing. And with that understanding, we can finally get into the process of the Daily Practice.

Beginning the Daily Practice

Please go to the website workingwiththevoice.com and on the resources page, you can download a free workbook. This workbook has much of the same information that is in this podcast today, as well as the forms I will be mentioning. Because you will need to regularly update these forms, there is also a smaller document that contains all of the forms without explanation, and each of the forms are available individually. Keeping track of your Daily Practice whether it is on paper or digitally as well as the ongoing processes is a primary part of moving forward. At the very least, the use of the Daily Practice Form is required. There are approximately 20 things to be recorded each day, some of them will just take a moment, others will be more involved, but remembering each of them without the form is not possible. Through the rest of today's episode I will assume that you have a copy of the Daily Practice form in front of you, and when I refer to doing the Daily Practice, I will suppose you see the value of filling out the form and keeping it to refer to in the future. Personally, I use a three ring binder to store all of the forms and I refer back to them regularly.

In addition, I encourage you to download the transcript of this episode so you can make your own notes alongside what I say. This is the longest episode so far and contains the most important information. The transcript is exactly what I read from to create this episode and is word for word what you are hearing.

I encourage you to do this practice daily in the morning before you begin your day. The time before phone calls, emails and other distractions begin to occur in your life is really a golden time. It will take a minimum of one hour initially to do all the practices and complete the form. Resist the temptation to just do parts of the practice at first. It's better to spend less time on each section and to do them all then skipping the parts that may not come easy for you. It's a sacrifice for sure, but one that will make the day go much more smoothly. This Practice is an investment into you, your day, and your life. It is appropriate to think that if you invest one hour in this activity, you will gain more than one hour's regular time throughout the day. What I promise you is that if you are diligent in this practice, and use it as it is intended, you will experience gains that absolutely cannot be made through any other method of work. This practice will benefit your whole life and will return much more good to you than you could ever put into it. If you have to wake up an hour earlier than you usually do to find the time, do it. You will not regret it. There will be traction created in the things that are most important to you, and since the underlying intention of the practice is to find your purpose and hear communication from the Holy Spirit, He will begin to move and change things that you cannot move in your life. If you are in any way unsure if you want the Holy Spirit moving things around in your life, I want to state this clearly. The Holy Spirit will move things in the best and most efficient way to accomplish what you are asking for with the caveat that what you are asking for must line up with the things God wants for you and that will not hurt you or another person. This process may be a bit unsettling at first as He may move something that you didn't see needed moving. Trust the process. Even thinking about working with the Holy Spirit has consequences for you. Good ones.

I'm going to go through each section of the form and then you will hear this sound when we move to the next section. **CHIME**

Date & Time: This is simple. Record the date, beginning and ending of the time, and calculate the amount of time you spend in this practice. Thinking about the practice is not the same as doing it, however we tend to over estimate how much time we have spent unless we pay attention and then

record the start and end times. In my experience, it isn't unusual to get interrupted and then to go back to the practice. For this reason, there is space to record two different sessions in the day.

The Jewel: This is the concept of your larger purpose that was discussed earlier in the episode. You may not know what it is yet but each day write what comes to your mind. My personal Jewel is to bring awareness of the Holy Spirit to people so they can live better lives. I state that in a new way every day. It's not something that I only say one specific way. Your purpose will be revealed to you by the Holy Spirit. Initially, you may just have a simple statement such as, "I am here to take care of animals" or you may have something more specific like, "My purpose is to find a way to repair damaged nerve tissue in people with Multiple Sclerosis".

Finite Goal: Finite goals are the things you need to accomplish at this time of your life. It may be writing a book, finishing a project at work that is important to you, completing an application, or cleaning the house for company. Think of it as the theme that you are working on and it can be something that could take you a month or just the day. It's what is up for you that is important to keep in front of your awareness for the day. Your finite goal may or may not be related to your purpose. These are practical accomplishments we want to make in our life and may come from any arena, health, finance, education, or anything else.

Today: There are two parts of the section called "today". *Scheduling Priorities and Focus Point.* *Scheduling Priorities* are the things that you plan to complete during that specific day, and they may have specific times and appointments or not. These should be a small number of things, three at the most that need to be completed today. Try to keep this list to things that will matter at the end of the day, things that will give you traction on either your jewel or your finite goals when they are accomplished.

Focus Point is something important for you to remember to keep on your mind and it may be something like what's on my list today, which is "Stay on track. No distractions!" These two items will help you to keep making progress on your day and to specifically record the projects you are working on in your life. Priorities and focus are necessary for efficiency and effectiveness.

Agreements: There is a form called "Agreements" for you to write on in the packet as well as a page called "My Agreements" that you can use as an example or template until you have written your own agreements. You will need a copy of a bible for this part unless you are going to use my example. There are links to sites that you can use in the resource section of the website. What you say out loud is more important than you can ever imagine. There are a couple of principles related to this that are truths that must be followed in working with the Holy Spirit. One is that you want to realize that the words you say truly begin the co-creation process and that what you say directly mirrors what you think whether you are aware of what you're thinking or not. Monitor your speech and only say things that you want to have happen. Do not verbally express doubt, fear, poverty or poor health at any time and do not participate in gossiping ever, even if the other person starts the conversation. James 3:1-11 speaks of this directly and refers to the tongue as a small part of the body that can either create a perfect life, or burn it up completely by how it is used. He says that the tongue is like a rudder on a ship that is just a small part, but the rudder is the steering mechanism that changes the direction a ship is moving. Now, I have heard that there are people that have taken this principle so far that they will not speak to people who are ill about the possibility of their death, and then feel devastated when the person died and there was no closure. In the same vein I have heard people refuse to discuss relevant difficulties with health care professionals for fear of creating disease. Anytime there is a principle, you need to act with wisdom in its application.

Agreements are called many different things. Some people call them affirmations, some say confessions or professions. These are statements that you say out loud that are created from wording God's good will for us and promises to us into sentences that say the same thing that is said in a scripture. It is an agreement that you believe what God says. These statements have tremendous power and begin to change your circumstances and your way of thinking. There are some passages in the bible that are straight forward and you can easily find scripture to meet the circumstances you are facing by doing an internet search. Once you have found what meets your need, there are some that you can say just as they are written. An example of that would be that in Philippians 4:13. The scripture says, "I can do all this through Him who gives me strength." The scripture is talking about God giving you strength and this is a promise. You can say it just as it is, "I can do all this through Him who gives me strength" or you can change it to something that is a bit different and is adjusted to your personal style like, "I know I can do this and God will give me the strength". There are others that you might want to read the story attached and then use the statement. An example of this is in Mark 9:22 a man is asking Jesus to heal his son. He says, "If you can do anything, take pity on us and help us." "If you can't?" said Jesus. "Everything is possible for one who believes." You can use this scripture to say your agreement a couple of different ways. You could simply say, "Everything is possible for me because I believe it is" or you could say, "Jesus promised that if I asked Him to do anything for me, He would do it as long as I believe, and I do believe." The important part is that you pattern what you say after scripture, and that you say this out loud at least once a day.

In future episodes I will teach you how to do this more fully, and I have included my own personal agreements for you to use until you have written your own. In the single block on the Daily Practice form, write one agreement that feels applicable to your situation today. Remember, read these out loud. I have an app on my phone that allows me to record messages to myself. I have taken my agreements page and recorded it, leaving a space after each sentence. I play the recording back and then repeat the statement in the space and this method allows me to do it while I drive or walk. I cannot stress the importance of the use of Agreements and controlling what you talk about enough. When I first created my agreements page that you have a copy of now, I cried, not because I was so happy, but because it was so far away from what I felt in the moment and seemed impossible. Now, it is exactly how I feel. Using agreements has not only changed my beliefs, it has changed my circumstances.

Scriptures: The Bible is very different than I ever knew and I look forward to showing you what I found. It is a record of God's communication with humans. It is also a tool that God uses to change you at a very deep level. The Holy Spirit will show you things in scripture that are relevant to you and your situation that you have never seen before and never heard before. This podcast will focus on the life of Jesus in the books of Matthew, Mark, Luke and John. We will use the NIV bible as well as the Matthew Henry Commentary (a copy is on the website) during the teachings as well as many other resources. The "*Scriptures*" and the "*General Studies*" pages will be helpful in keeping track of your readings. The bible is a tool the Holy Spirit uses to change us. Do an internet search for scriptures that match your current needs or questions. Episode 007 is a reading of Matthew chapters 1-10, and then following that episode there are a couple episodes that provide an explanation of its meaning. You can first listen so that you know the basic story, but you will want to then read it to yourself, and ultimately read it out loud as you will find that method provides the deepest understanding and brings out parts that you did not understand when you heard someone else read it or you read it without reading it aloud.

Stillness: Cultivating the practice of mental & physical stillness is important and valuable. Most people have a very difficult time being still in any way. Just watch yourself attempting to sit still and stop

thinking for 20 minutes the first time. It's hard! You will twitch and fidget, think of all sorts of things you need to do, and basically ask yourself for permission to stop before the end of the 20 minutes. We are bombarded with messages that either request or demand that we respond. Cultivating and practicing stillness is essential to do before you have a real need for stillness and quiet. You cannot have peace if you feel as if you have to respond to every stressor. Watch yourself in conversation. Notice how many times it is difficult for you to just stand quietly and listen to what someone else has to say without planning what you are going to say or interrupting. In addition, to hear the voice of the Holy Spirit you must be quiet long enough for him to speak. There are conversations he cannot have with you until you can be mentally and physically still for a prolonged period of time. When I first started this practice, my mind would unload a list of important things for me to remember. I remedied this by keeping a pen and paper by my side. As my mind gave me a task, I'd just write it down and pretty soon the tasking portion of my brain would stop talking. Now, when I have a question that I need immediate feedback from the Holy Spirit about, I can sit down, close my eyes, and create a profound mental and physical stillness so I can hear Him even in a loud room. There are many free programs on the internet to consciously cultivate stillness. I currently use the free app called "Aware" <https://awaremeditationapp.com>. Keep track of the amount of time you spend in this practice and attempt to work up to regularly, daily getting at least 20 minutes of stillness at a time in your day.

Rethinking: This is a place to record the answer to the question, "Where have I been wrong?" There is no judgement inherent in this question. We have all been wrong on so many subjects and our ability to admit that readily is a very important part of this practice. Don't be surprised if you initially either don't have anything you can think of, or if you have so many things that it's hard to not feel bad about it. We will discuss the concept of rethinking called repentance as we study the life of Jesus because he had a lot to say about it. Basically, for the Holy Spirit to change your life for the better, you have to be a person who can take instruction and admit when you have been wrong in thinking or actions. If you do find yourself realizing that you have been wrong or treated someone badly because you were wrong, follow up by putting that topic in the upcoming forgiveness section. The only thing to be concerned about here is if you keep saying, "Yes, I already knew that" and cannot find anything that you are learning that is new and different from what you knew before. We all know those folks and many times are one of those folks. Rethinking is required work for Working With The Voice.

Forgiveness: There is a form where you can record the names of the people who come to mind in this part of the Daily Practice as well as a place on the Daily Practice form to update daily. I can't imagine how many words have been written about the need for forgiveness. Still, most people find forgiveness to be one of the hardest concepts to put into practice. I know people who I am positive have never said the words, "I am truly sorry for what I did" to another person. They may have thought it, but they can't or won't say it. On the other end of the scale are people who constantly say, "I'm sorry, I'm sorry!" to the point that it is meaningless. Who do you need to forgive, who do you need to ask for forgiveness, and what do you need to ask God for forgiveness for? Once it goes on the page, work toward doing these things. Forgiveness is more important than most people know, and for some, very difficult. Jesus is very clear in his teachings that you must forgive every person who has ever harmed you no matter how big or small the harm. He also states clearly that if you forgive, God will forgive you. If you don't, God won't forgive you. It's that simple. I specifically remember when I initially went into this practice, I thought, I'm good. I don't have anyone I'm holding a grudge about and I think I've asked everyone for forgiveness if I need to. I started to move on and the Holy Spirit said, "Why don't you just make sure by looking through the contacts in your phone?" 50. I had 50 people that I either needed to forgive or needed to ask them to forgive me. I even had people that I hadn't spoken to in years in my phone so that if they happened to call me, I could make sure and not answer. I thought of them every time I

scrolled through my contacts. It felt so good to truly forgive them all, remove their names, and drop those small and large grudges I had been carrying. Now asking for forgiveness was many times more difficult, but the benefit of that was immense. In that, I got to ask God to forgive me for being so sure of myself and my self-appointed piety. The Holy Spirit will shine a light on where you need forgiveness in your life. Initially you may not like this, but ultimately the benefit is so large that you will be glad to have the help of the Holy Spirit to find those people you need to forgive and those that you need to ask for forgiveness. Forgiveness is a gift you give to yourself, and it pays off because you may not be aware at this time how deep God's forgiveness to you goes.

Fasting: Lots of times we think we need to get something, or start doing something, but statistically, it's the things we remove from our life that really make the difference. We will discuss fasting not only as the removal of food, but of ideas and practices that are sabotaging our progress in life. We spoke extensively earlier in the episode about decreasing the pull from the body and the soul so that the spirit can become strong and in charge. Fasting is incredibly important in this process and we will go into it much deeper in a future episode. There is a place to record things that you will eliminate on a daily basis from your body and from your soul. Something that I find regularly on my body list is fasting sugar, and on my soul list is fasting complaining. There was a time when different things were on my list, but they basically don't bother me now. Their urges have died out in me and no longer control me. My ultimate goal is that nothing detrimental will ever be able to tempt me to do something that is against my own best interest. You know yourself. What do you need to stop doing? Remember to stop doing detrimental things as you add beneficial practices in through the Daily Practice.

Prayer: There is a form where you can record your prayers called "Ask" and on that form, the date you requested it, and the resolution of the request as well as the date of the resolution. There is also a form called "Prayer" and I have included a copy of the type of prayer that I say each day about the things I need from God. There are many different ways to pray and we will go through those ways in future episodes and while we are studying scripture. Prayer is speaking with God and asking God for things in specific ways. We all have things we want to ask God about from understandings to physical objects, to healing, to things we want for other people. You have to become good at asking for what you want. Becoming good at asking requires that you understand what you want to have or to know, then making sure your motivations are correct, then asking in a way that the request can be fulfilled. When I originally put down all my requests of God, the list was long and frankly impossible to even consider that most things could be accomplished, much less all of the things I was asking for. Every one of those items were resolved or received within six months of my request. I didn't keep the original list as I had the mistaken belief that I should just forget about it once it was no longer needed. Now I keep my "Ask" form updated because even I can run into times when I think, "This is crazy! It can't work." When I realize I am thinking that way, I pull out this list with its many examples of miracles met and solutions resolved, and it builds my faith in the process in a way that nothing else can.

Prayer in the Spiritual: Praying in the Spirit is your personal prayer language. It is called glossolalia, or praying in tongues. It is awkward to talk about as I thought it was crazy and very different from what it actually is. However, I believe that praying in tongues creates a very strong internal structure in those people who engage in the practice. It also is a technique that is extraordinarily effective in getting the Holy Spirit to download information that you need directly to your brain. This is a subject that is more than we can cover in this specific episode, mainly because it is so foreign to most people. We will go through more specific teachings on this, but there are resources on the website and also a wealth of knowledge on Gary Carpenter's YouTube site as well as the website of the pastor he teaches with, Dave Roberson about praying in tongues and cultivating the ability. If you do have the ability to speak in

tongues now, record the amount of time you spend and how you do it. For instance, sometimes I will do it when I am driving or walking, and at other times I will do it in a focused way making sure that I am not distracted in any way from the practice.

The Extraordinary: The mark of the Holy Spirit is the creation of an extraordinary life. As you enter this process, you will have extraordinary things happen to you. You may have messages come to you, you may run into people you haven't seen in a long time, you may have beautiful and unusual experiences in nature, or you may have truly miraculous changes in your circumstances. You will know when it is extraordinary. Record the extraordinary experiences you have, recognize the synchronicities, and begin to let this life unfold. Having a life full of extraordinary experiences is the promise of the Holy Spirit and comes from following the pattern of Jesus.

Gratitude: Just like forgiveness, gratitude is a subject that has had tremendous amounts of information written about it. Every day there are things to be grateful for. This is a record and a reminder to consistently be grateful. Gratitude is also an action you take. Tell people what you appreciate in life and about them! When you have a memory of a good thing someone did for you, contact them to say thank you directly no matter how long ago the event occurred. Until you have had someone come to thank you in that way, you can't comprehend the good that gratitude does in the world.

Write: Each day, spend a moment to write down and reflect on what you are learning. It will serve you well in the future and you will be grateful for the ability to look back over your progress.

That is the end of the explanation of how to use the Daily Practice process and forms. The Daily Practice strengthens the connection between the human spirit and the Holy Spirit. It promotes the co-creation cycle of Understand-Connect-Hear-Act.

The more time you spend on the Daily Practice, the more your experiences of receiving communication from the Holy Spirit will increase in frequency. When any of these experiences occur, remember to write them down and keep them for reference in the future. The Holy Spirit speaks to us in four different ways:

- First, the inner voice which is the direct hearing of a spoken communication to you, and this is the most direct way of receiving communications. I consider it to be the pinnacle of success in conscious voice hearing, but it requires the most discernment. It takes time to be sure that it is the Holy Spirit and not you or a remembrance of previous communications from others. To be able to sit down, become still, and ask for an answer to a question and hear the response is effective, efficient, and unbelievably satisfying!
- The second way the Holy Spirit speaks is through your conscience which we call the inner witness. Don't be surprised if your gut starts talking to you more about things you need to do or not do. If you hear your conscience say, "Don't say it", then don't!
- The third way of communication is through visions and dreams. You may have dreams while you are asleep that you either don't understand or that are very meaningful to you. Write them down and you will begin to understand their meaning. In addition, you may have a vision given to you while you are not asleep that shows something to you and you may or may not understand it at the time. Record these things also. It will help you understand this form of communication.
- The fourth way of communication is revelation. You may be given an understanding of a situation that you have been wondering about. Revelation is different than normal thinking. It feels unusual when it happens and has a sense of it being profound.

Remember that God is in a covenant with us. He will do certain things for us, but He has certain things He wants from us and ways we are supposed to act to be in his favor. The more time you spend in this practice, the more you will have those things shown to you. Requesting to receive this communication contains both a privilege and a duty. It is like two sides of the same coin and just like most everything that is truly good, you can't purchase it or have someone else do the work for you. It's a job only you can do.

The Daily Practice doesn't hit every single point but it gets us in the arena where we can be taught and trained by the Holy Spirit and then experience the extraordinary life. If God is for you, who can be against you? With His help, we triumph in all our endeavors. And last but not least, faith is what determines how well things turn out. You do not get what you deserve, you get what you believe. The Daily Practice helps you have faith in God's promises to you.

Sharing this information with you is a joy. My greatest hope is that you will give everything to this practice and find out for yourself the tremendous benefit that awaits you in response.

**I believe that you can get any information that you need
to create the things you want in your life and in this world
from the Holy Spirit.**

**This ability is real, and attainable, and it will require your participation and work
It holds the greatest ability to leverage every other skill you have.**

**The Jewel is Your Purpose and once you find it,
fulfilling it is a great adventure leading to
The Extraordinary Life.**

**You'll need help, because it's big.
Learn to Listen Now.**

I'm Juliet Mee, and this is Working With The Voice.