

Dear _____ [the name your Self has got from you or your sub-conscious mind],

I want to talk to You about _____.

(Describe here the area of your request, your goal, some of the history, what you have done and the results of this, your thoughts and ideas around this topic, etc.)

Now I need _____.

(Describe what you think you need now in order to reach your goal.)

Now I want _____.

(Describe what you want to happen, how you want to feel, what you want others to do, etc.)

Specifically, I want _____.

(Describe in specific terms what you want. Express this in positive terms - i.e. what you *want* to happen, not what you do *not* want. Formulate what you mean without implicit notions, unambiguously, presuppose that your Self will interpret what you write here in a strict literal sense. If you describe quantitative goals, define the level as *xxx or more / xxx or better* - let your higher Self decide on what is best for you.

Be realistic, but also be aware of tendencies to make yourself more insignificant than you are - we are always infinitely more than who we think we are!)

I want Your help with this.

Lead me to the persons, ideas, resources and/or strategies that will help me to

Give me the following signal when this happens:

(Define which signals from within yourself or which external signals you want to constitute your Self's way of communicating to you that you just now are getting some of the things you have asked for. If you have already defined this in a special Request for this, to apply for all your Requests, skip this line.)

If I do not listen, "hit me over the head" in some way You know works.

From the limited perspective of my conscious mind, this is what I think I want, and I ask You to help me with this or to do something even better for me.

With love and affection

NN

Outcomes:

2007-xx-xx: