

Blog entry 6/24/18 Simple 3-Step Process, which I find to be easy as well

*I begin by confirming that what I am about to share are ideas that are coming from my heart chakra area, as that is my current way for me to make sure I am sharing from my Awareness of our Oneness and my being in my right mind. And as Others have shared: I realize I am awakening further each day, each moment perhaps, and I reserve the privilege to, perhaps, amend my any sharing to include even higher Insights, as they may occur.*

### SIMPLE 3-STEP PROCESS

AS SOON AS I REALIZE THAT THE ego-mind HAS SURFACED, I:

- 1) Say to myself something like: "Okay, I notice that the ego-mind has surfaced.
- 2) The only reason that the ego-mind does ever surface is because of the 'false belief in separation,' and I choose Holy Spirit's Truth instead."
- 3) Direct my full Attention to my Inner Energy Body, which is my Inner Divine Presence. Rest in this Peaceful, Joyful, Everlasting, Ever-Expanding Place.

*Thank you for allowing me to share and for considering my sharing.  
As always, I welcome your positive sharing as well. If you would like to share on this topic, please email me at: [Linda@LindaFP.com](mailto:Linda@LindaFP.com) and type **Blog 6/24/18** in the subject line.  
I will post appropriate comments to our Blog, as sub-headings of the topic.*

*In Love and Peaceful Light,  
Linda FP*