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**GIVING YOUR ISSUES TO HASHEM** *BS”D*

1-Think about **having** the issue you did the Clearing on.   
  
2-Notice ***without judgment*** any resisting thoughts or feelings that come up.   
  
3-Acknowledge that each one is an opportunity Hashem gave you to help you grow because He LOVES you. Thank Hashem for that.  
  
4-Gather up the thoughts and feelings and place them in a beautiful basket in your mind.  
  
5-When no more thoughts or feelings come up, thank Hashem for helping you, then let them go as, in your imagination, you “send” your beautiful basket to Hashem, thanking Him that you no longer need or want these things.

6-Ask Hashem to please accept the basket as a gift (which He actually gave to you as a gift so you would seek wholeness and healing) and to heal those broken parts of you.

7-Ask Hashem to shine golden, healing light in the void that was emptied by releasing those blocks and heal it, so you can serve Him better and be closer to Him.  
  
8-Again think about having the solution to the issue. Notice how much lighter you feel when you think about it.  
  
9- ***Celebrate***!

(*Try it with other issues)*