

# Getting Information from your Higher Self for Decision Making

Sandi Rodomski

We would all love to be able to make decisions easily and comfortably with clarity and confidence. The reality is that virtually everything we do entails a decision. What we eat, what we wear, what streets we drive home on, what movie we see, what job we take, where we live, who we date and who we marry are all decisions. People vary on a continuum from being unable to make even simple, daily decisions to those that only struggle with the larger seemingly life-changing decisions. As a therapist I have seen people struggling with choices of food with as much agony as the other person struggling to decide whether to take a job across country.

Both sets of people are facing fear. They are afraid of making a mistake, disappointing someone, or afraid of committing to something since something better may come around. These fears usually grow out of our past traumas. We have all had negative situations in our lives. Often these traumas grow into fears that other bad things will happen. It may be that their innocuous decision to drive down a certain street or to date a certain man ended in disaster. Therefore, to be comfortable making decisions in the present and future, first a person needs to heal and release their traumas of the past. Secondly, they need to no longer believe the Limiting Beliefs that grow out of these traumas. These Limiting Beliefs have been ruling and controlling their behavior and their decision making since the onset of the originating stress. For example, the person that has had 2 divorces may feel it is dangerous to date again. The trauma of the divorces needs to be released and then they need to let go of any resulting limiting belief such as that they are incapable of making good decisions. Thirdly, they need to believe it is true that even though they had those experiences, they are now capable of making

good decisions in the present. In order to make a good decision or even feel comfortable making a decision, we need to be in a resourceful state.

They need therefore to know that:

- They are capable of making good decisions.
- They deserve to make good decisions.
- It is safe for them to make good decisions.
- They will keep their identity when they make good decisions.
- They stay loyal to their family/friends when they make good decisions.
- It is good for them to make good decisions.
- It is good for others for them to make good decisions.
- They give themselves permission to make good decisions.

Until a person is resonating with the truth of the above statements, it is difficult for them to get the clarity of their needs, wants, or to be able to realistically evaluate consequences.

This process of releasing both the triggering trauma and then the resulting limiting beliefs and then resonating with positive beliefs is integral to my newest work called Ask and Receive ([www.askandreceive.org](http://www.askandreceive.org)). Tom Altaffer and I created Ask and Receive about one year ago. It is a structured way to specifically ask for exactly what you want. It grew out of our work with Energy Psychology combined with Tom's work with Higher States of Consciousness. When we had people access their higher self, they all had information they would not normally have otherwise for solving their problems. From the higher, broader place, they were able to see the path to the correct choices and often were aware of options that in their normal state the person have never considered. In this calm state, they had access to information that was otherwise inaccessible. Ask and Receive is a shortcut to gather this information from your higher self to use directly and immediately

in your life. Ask and Receive gives instant information from your higher self. We all have all of the answers to all our problems and solutions to all of our decisions. However, we do not always have access to them. Ask and receive is a way to communicate with that part of your being that has the information and bring it down into your body for you to use.

Ask and Receive consists of repeating several statements specifically designed to request information from that part of your being that has the answer. It can be done with or without tapping. It is consistent with Albert Einstein's statement that "you can't solve a problem with the same mind that created it".

For many people, difficulty with making decisions is a consequence of a very early, learned fear of change and moving forward in life that grew out of trauma.

In order for us to make good, healthy decisions, it is important to be in a resourceful state. I will be describing ways to get into your most resourceful state to make it possible to confidently evaluate your options and make the best choice for you at this time.

Many of our decisions are unconscious. Many of the Limiting Beliefs we have are also unconscious.

For example, the baby in a typical pregnancy is responsible for starting the birth process. The baby makes the decision that there is no more room here and it is time to leave. However what happens when the decision then leads to a cord around the neck, being stuck in the birth canal, needing forceps, or even requiring an emergency C-section? The fear of these traumas needs to be released for the person to be able to calmly have the confidence to move forward in their life.

## RELEASING TRAUMAS with Ask and Receive

Pre test statement: I no longer need to feel terrified like I did at my birth.

Check to see if congruent with that statement. If not, do the Ask and Receive process.

- (Karate) There is a part of my being that already knows that I no longer need to be traumatized like I was at my birth. 3 times
- (Eyebrow) That part of my being is willing to inform the rest of me now.
- (Side of eye) It is doing so now with grace and ease.
- (Under eye) My mind, body and spirit are receiving the information now.
- (Under nose) I am accepting this information with love.
- (Chin) I am accepting this information with gratitude.
- (Collarbone) Transfer of information is now complete.
- (Thymus) So I give heartfelt thanks.

Post test- Repeat statement- I no longer need to be traumatized like I was at my birth.

Check to see if congruent with this statement.

You can then test for the truth of aspects of this statement. For example:

It is safe to no longer be traumatized like I was at birth.

It is possible to no longer be traumatized like I was at birth.

I deserve to no longer be traumatized like I was at birth.

Examples of other statements to check to be sure you have released your traumas.

I no longer need to be traumatized by (state what happened); it is over.

Even though \_\_\_\_\_ happened, I am safe now.

\_\_\_\_\_ is over and can never happen again.

If you do not feel these are completely true, do Ask and Receive with Tapping to completely release them.

In turn, these common problems with the birth process often leave people with the lasting Limiting Beliefs such as:

- The world is dangerous.
- I am the cause of my almost dying.
- I am responsible for causing my pain.
- I am the cause of my mother's or other people's pain.

Many of the children or adults I see with anxiety or difficulty with decisions are ones that took on these very global limiting beliefs at or near birth. If someone still feels there is some glimmer of truth in the above statements, then they can use Ask and Receive with Tapping to let go of these false and crippling beliefs.

There are also specific limiting beliefs that relate to making a decision such as:

I will die if I make a mistake.

My decisions are dangerous.

I make bad decisions.

It is dangerous if I move forward in my life.

## **Example of Releasing limiting beliefs with Ask and Receive with Tapping**

Pre test statement- I no longer need to believe that I will die if I make a mistake.

- (Karate) There is a part of my being that already knows that I no longer need to believe that I will die if I make a mistake. 3 times
- (Eyebrow) That part of my being is willing to inform the rest of me now.
- (Side of eye) It is doing so now with grace and ease.
- (Under eye) My mind, body and spirit are receiving the information.
- (Under nose) I am accepting the information with love.
- (Chin) I am accepting the information with gratitude.
- (Collarbone) Information transfer is now complete.

Post test statement- I now no longer need to believe that I will die if I make a mistake.

Check for congruence.

Check other aspects to this statement. Check especially for safety, deserving and possibility.

Check the other Limiting Beliefs listed above to Surround the Dragon.

## **Learning the lessons of your problems.**

Often we are not aware of the underlying Limiting Beliefs that are stopping our progress. The following process helps us to identify the blocking ideas.

1. Problem- Difficulty making a decision, anxiety about making a decision, confusion

2. What are the consequences of having difficulty making decisions?

Not having to commit

Not taking responsibility

Not making changes

Staying in fear and confusion

3. Limiting beliefs that flow from these above consequences:

I have trouble taking responsibility for myself.

I am afraid to commit.

I am fearful.

I am confused.

### **Ask and Receive statements to remedy the above limiting beliefs.**

- There are parts of my being that already know how to release my belief that I have trouble taking responsibility for myself.
- There are parts of my being that already know how to feel comfortable making a decision.

- There are parts of my being that already know how to release my fear of making a commitment to a decision.

### **Limiting beliefs specific to making decisions.**

It is important for the following statements to be true for a person to allow them freedom to make good decisions.

- I no longer need to feel guilty about (name past decision).
- I no longer need to regret (name past decision).
- I no longer need to be traumatized by what happened (name past decision).
- I release my belief that I have trouble taking responsibility for myself.
- I no longer am afraid of committing myself to a decision.
- I no longer need to be feel guilty about hurting someone like I felt when \_\_\_\_\_.
- I no longer believe that my decisions harm others.
- I heal and release anything that blocks me from making good decisions.
- Heal and release these sensations in my body and all they represent.
- No longer need to feel that my safety is dependent on pleasing others with my decision.

All of these statements can be checked to see if they are true for the person making a decision. If not, then use Ask and Receive to bring you in resonance.

If a person feels body sensations when repeating a statement, use the following Ask and Receive protocol.

There is a part of my being that already knows how to heal and release these sensations and all that they represent.

### **Using your Resource State**

Most people can identify a time in their life when they made a decision that was easy to make and turned out well.

Take time to identify a time in your life when you felt good about your decision. What was your feeling state? What was your level of confidence and clarity?

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Unfortunately many people probably more clearly can remember a time when they were not happy about a decision.

Take time to think about a time in your life when you struggled over a decision and were not happy about the choice you made.

What was your feeling state? What was your level of confidence and clarity?

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With Ask and Receive, we can ask to make the current decision with the same clarity, certainty and ease you had when you made the positive past decision. Your feelings during your positive past decision as your resource state. It is reminding your body that you already have the resources to make good decisions.

### **Example of using your Resource State with Ask and Receive**

Pre-test – My body knows how to make this current decision with the same clarity and certainty and ease as when I decided to \_\_\_\_\_.

Check for congruence with Felt Sense or SUDS.

- (Karate) There is a part of my being that already knows how to make this current decision with the same clarity and certainty as when I decided to \_\_\_\_\_. 3 times
- (Eyebrow) That part of my being is willing to inform the rest of me now.
- (Side of eye) It is doing so now with grace and ease.
- (Under eye) My mind, body and spirit are receiving this information.
- (Under nose) I am accepting this information with love.
- (Chin) I am accepting this information with gratitude.
- (Collarbone) Information transfer is now complete.

Post-test statement - My body knows how to make the current decision with the same clarity and certainty I had when I decided to \_\_\_\_\_.

Check with congruence with SUDS or Felt Sense.

Check for safety, deserving, possibility, keeping your identity, giving yourself

permission.

Other examples of Ask and Receive test statements:

- I can easily and confidently make this decision in the same way I make a decision about what to eat at a restaurant.
- I can easily and confidently make this decision in the same way I make a decision about what clothes to wear to work today.

### **Being peaceful and calm**

A pre-requisite for making a confident decision is being peaceful and calm.

Pre-test statement - I am peaceful and calm even when making a decision.

Check congruence with SUDS or Felt Sense.

- (Karate) There is a part of my being that already knows how to be peaceful and calm even when making a decision. 3 times
- (Eyebrow) That part of my being is willing to inform the rest of me now.
- (Side of eye) It is doing so now with grace and ease.
- (Under eye) My mind, body and spirit are receiving this information.
- (Under nose) I am accepting this information with love.
- (Chin) I am accepting this information with gratitude.
- (Collarbone) Information transfer is now complete.

Check congruence with SUDS or Felt Sense.

Check aspects: Is it safe, deserving, possibility, keeps my identity, give myself permission.

Other Ask and Receive test statements:

I am comfortable making a commitment.

I feel safe taking responsibility for my decisions.

It is easy for me to know what I want.

### Possibility of making good decisions

Another unconscious aspect of decision-making is truly believing it is possible to have good outcome and that we deserve to have that good outcome. Muscle testing often demonstrates that we are not in congruence with the belief that it is possible to make the right choices for us. I ask people to repeat statements such as “it is possible for me to make a good decisions” or that “ I deserve to make the right decision”. More often than not these people are not in alignment with these affirmative statements. These people report that their own Felt Sense is that these statements are not completely true for them.

My job is to help them get guidance from that part of their being that already knows how to make good decisions, that they deserve to make good decisions and it is completely possible to easily make good choices. I believe that until they are in alignment with these statements, they are not really able to confidently move forward to make the right decision. I want people to resonate with the positive belief that they can make a good decision.

Pre test statement- I know how to make the right decision in this situation.

Check congruence with SUDS or Felt Sense.

- (Karate) There is a part of my being that already knows how to make the right decision in this situation. 3 times
- 2. (Eyebrow) that part of my being is willing to inform the rest of me now.
- 3. (Side of eye) It is doing so now with grace and ease.
- 4. (Under eye) My mind, body and spirit are receiving this information.
- 5. (Under nose) I am accepting this information with love.
- 6. (Chin) I am accepting this information with gratitude.
- 7. (Collarbone) Information transfer is complete.
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Post-test statement - I know how to make the right decision in this situation.

Check congruence with SUDS and Felt Sense.

Other statements to check:

- It is safe for me to make the right decision in this situation.
- I deserve to make the right decision in this situation.
- I keep my identity even if I make the best decision in this situation.
- I give myself permission to make the best decision in this situation.
- I trust that I will make the right decision.
- I trust that the right decision will emerge.
- I have a deep knowing that I will make the right decision.
- I know how to make this decision easily, comfortably and with clarity and confidence.
- I can now see all of the new possibilities.
- I am open to all options.
- It is easy for me to make this decision.
- I can commit to my decision.
- I have freedom to make good decisions in my life.
- It is easy for me to know what I want.

- I feel safe taking responsibility for my decisions.
- I am comfortable making a commitment.

### **Basic Protocol - Ask and Receive With Tapping.**

Pre-test statement - My body knows how to \_\_\_\_\_. Check SUDS or Felt Sense.

- (Karate) There is a part of my being that already knows how to \_\_\_\_\_ . 3 times
- (Eyebrow) That part of my being is willing to inform the rest of me now.
- (Side of eye) It is doing so now with grace and ease.
- (Under eye) My mind body and spirit are receiving the information.
- (Under nose) I am accepting this information with love.
- (Chin) I am accepting this information with gratitude.
- (Collarbone) Transfer of information is now complete.

Post-test statement - My body knows how to \_\_\_\_\_. Check SUDS level or Felt sense.

Then try the following statements to test congruence with SUDS or Felt Sense.

It is safe to... I deserve to... It is possible to... I keep my identity if I... I give myself permission to... I can be loyal to my family even if I... I give myself permission to...etc.

If they do not feel true, do Ask and Receive for that statement.

If you continue to experience a blocking sensation in your body when repeating the statement after doing Ask and Receive, treat for the following: My body knows how to heal and release those sensations in my body and all they represent.

Case example:

Julie consulted me about her decision about buying a new home in a new location where she has recently relocated. She had been facing many obstacles and wondered if it was the right thing for her to do. Here are a sample of the positive statements that I treated with Ask and Receive with Tapping.

- It is safe for me to move forward in my life.
- I deserve to have a new home now.
- I deserve to create a new home now.
- It is safe for me to create a new home.
- I keep my identity if I create a new home.
- She then brought up the point that she may be blocking the purchase of a new house because it would represent her settling in the area and perhaps being ready for a new relationship. Here are the next statements.
- It is safe for me to make myself available for a relationship.
- I know how to heal from the trauma of the relationship with my husband.
- It is good for me to have a relationship now.
- I know how to protect myself in a relationship.
- I deserve to protect myself from my daughter.
- I am safe even when I am connected with other people.
- I am open to receiving calls from people.
- I love people initiating calls to me.

In summary, Ask and Receive with Tapping gives you a way to ask directly for what you want. You can use it to release traumas and to release the resulting Limiting beliefs. It is then a way to install positive choices.



**Sandi Radomski is board certified in Social Work, a psychotherapist and a naturopathic doctor. Her background includes 8 years teaching in the medical school at University of Wisconsin, doing biofeedback with pain patients for 10 years, and conducting research in psychoneuroimmunology with children with cancer. Sandi is the creator of Allergy Antidotes, techniques which are not only easy to learn but also very effective, relieving people of many different sensitivities/reactions to a variety of toxins/substances. Sandi has written 3 manuals: *Allergy Antidotes Basic Manual - The Energy Psychology Treatment of Allergy-like Reactions*, *Allergy Antidotes Advanced Procedures* and she co-authored her latest manual *Ask & Receive*.**