

4 steps to find & dispel your Designated Issue

1. Sit down in a peaceful space, either alone or with someone who's willing to act as a friend or advisor.
2. Imagine as vividly as you can that your designated issue is gone. Vanished. Not even a memory.
3. Ask yourself, "Now that I've fixed that, what problems do I still have to face?" The answer will be sobering. Your unpaid rent, your Aunt's illness — be prepared for all the unglamorous, frightening realities your life will spill from the lead-lined box of your designated issues.
4. Pick one of these unpleasant problems & take at least one step toward solving it.