

NO-FAULT PROCESS

Seven Steps to Live in Peace and Wholeness in the Midst of Life's Experiences

Delivered to Suzanne Giesemann by her advanced teachers in spirit, Sanaya,
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Our true nature is perfect balance.

**We are knocked off balance by experiences in this life that trigger charged emotions.
Use the NO-FAULT process to allow these emotions to flow in a healthy way .**



How many of these very human behaviors apply to you?

- I constantly need to be DOING something.
- I am easily restless or bored.
- I am addicted to sweets, alcohol, shopping, TV ...
- I am overweight.
- I over exercise.
- I experience an undercurrent of dissatisfaction and don't know why.
- I run from others' charged emotions.
- I snap easily.
- I feel unworthy.
- I have a pattern of being in dysfunctional relationships.
- I constantly need attention from others.
- I need approval from others.
- I am overly affected by others' comments about me.
- I need to be in charge.
- I lie or fib so that people will like me.
- I smile when I don't feel like it.
- I cry and don't know why.
- I say "yes" when I want to say "no".
- I do things just to impress others.
- I manipulate others (even when well-intentioned).
- I am critical and judgmental of others.
- I can not handle quiet.
- I can't stand being alone.
- I become anxious when I can't check emails and texts.

Don't be alarmed ... there is nothing wrong with you no matter how many behaviors you checked off! You are here to experience life as a human. Our guides in the spirit realm love to help us become aware of these behaviors and transform them into more loving responses.

We are all eternal souls who came here to have these human experiences ... and learn how to overcome them ... and feel joyous from the growth in becoming aware and awake.

NO-FAULT PROCESS

Follow these seven steps to handle all of life's ups and downs. Use this process whenever you feel afraid, lonely, unworthy, unsure, unsafe or any reaction that knocks you off balance.

NOTICE

Become aware of any uncomfortable feeling or behavior in yourself. Make the commitment to be aware and notice.

OBSERVE

Observe your human reaction with interest and curiosity. Shift your focus to be the neutral and compassionate observer. Step back and say, "Isn't that interesting."

FEEL

Feel the emotions that want to bubble up. Allow them to flow. Watch the emotions flow. Don't trap the emotions and stuff them down.

ALLOW

Acknowledge that this emotion and experience is valid and can result in your soul's growth. Ask higher consciousness what triggered this current behavior in you. Ask your guides for insight.

UNCOVER

Uncover the story that led to the triggered emotion. Go back to your childhood. Understand the dynamics that led to your discomfort.

LOVE

Love yourself with no conditions. Be the ideal parent to your wounded self. Find someone who models unconditional love and step into that role. Imagine yourself comforting yourself as a little child.

TALK/TAP

Talk to yourself. Divine presence is really doing the speaking. Use tapping (EFT) Emotional Freedom Technique to dissolve charged emotions.