My life was completely transformed by practicing and applying the 3 steps contained here: Ask, Seek, Knock.

In 2012, I had no money and no job. I was “kinda” happy – but had many moments still of doubt and fear. I had dedicated my life to God years earlier (in July 2000) and I couldn’t figure out why my life felt stuck all the time. Why – (Why? Why? Why?) – when I was SO READY to play big (to serve, inspire, give and be generous) was I still playing small? Why did I still have no money? Why was I tired all the time? What was I doing wrong?

I was waiting for life to happen. I was expecting “my big break” to come any minute. I was sure it was on the way! I had spent years
writing, doing coaching calls and being available to everyone all the time and I was sure that any second, I was going to receive a phone call or a big check in the mail giving me my big break! I was certain someone would notice my brilliance and give me a chance to shine!

But it just kept NOT happening.

Finally, in the spring of 2012, I decided to take things into my own hands. I conducted a 5-week personal “science” experiment on my own life. I made a 100% decision to BE the thing I desired. I was done with waiting. I was done with hoping, wishing, wondering, praying. For 5-weeks, I was going to (in the words of Ralph Waldo Emerson): LIVE the life I had imagined for myself.

I was going to step in and BE all that I was waiting for, all that I was asking for.

And my life transformed literally overnight.

I made several new decisions about how I was going to begin showing up in life, and that these new decisions were NOT going to be based on anything I had done before. If what I had done before was going to work, it would have happened already.

So I cleaned the slate and gave myself a new beginning.

I laugh now that I waited for so long for my life to start, when it was right there in front of me (quite literally) all along!

All I had to do was CLAIM IT and BE IT.

Enclosed here are the 3-Steps I took.
The “key” to success is to be uncompromising and to make 100% commitment. Choose a time-frame (I gave myself 5-weeks) to live these principles.

Let’s get started!

All you need to do is remember the word ASK.

A.

S.

K.

A is for ASK … Ask and it will be given to you.

S is for SEEK … Seek and you will find.

K is for Knock … knock and it will be opened to you.
Ask. Seek. Knock. Three simple actions to change your mind, to change your life.

1. **ASK.**

Ask … and it will be given to you.

I always have loved the “to you” part of this phrase because it means that it is going to be given TO YOU and not to someone else.

Sometimes it seems like we ask for something (like health) and our prayers went to someone else, and we hear about some miraculous spontaneous healing story that happened to someone on the other side of the world. Or we ask for more money, and our co-worker gets a promotion and a raise. Hey! What’s going on here? We asked for that! Did our prayer requests accidentally get mixed up with another person?

You think “Maybe I didn’t ask right? Maybe I am not ready. Maybe I don’t deserve it. Maybe I can’t handle it. Maybe I am being punished or tested?”

It also says “WILL BE” given – which means “definitely”

When you ask, it is given, always, and to you.

It does not say “maybe it will be given” (if you are good enough, if the timing is right, if you are worthy of it)

It says WILL BE GIVEN … to you.

So for now, give yourself THE GIFT of a brand new beginning. Forget about all your unanswered prayers. Forget about your past requests.
Take a few deep breaths and acknowledge this is a new space for you. Forget about everything you think you know about how you think this works. Simply keep an open mind.

Now ask yourself these questions and write down your answers on a piece of paper:

1. What do you want?
2. What are you asking for?
3. What do you desire?

Take some time to really consider this question: WHAT DO I WANT?

Don’t be spiritual. Be like a child. Open your mind and ask sincerely for what is in your heart.

Ask for perfect health, work you love, relationships that are in harmony, money flowing to you - to spend and give. Ask for peace, joy, abundance, generosity, clarity, confidence, creativity.

Write it down.

Don’t worry about “why” you want it – you don’t need a reason! Simply GET CLEAR on what you want.

I’ll tell you some of the things I want:

Peace, Poise, Power, Presence and Patience.
I want to give and be generous and to trust in the flow.
I want to know God.
I want to have a relationship with Jesus and to be able to heal.
I want Joy, Overflowing Abundance, Perfect Health & Great Relationships. 
I want to inspire, encourage and activate people to heal and thrive. 
I want to help people to get unstuck, get clear, and to move forward so they can experience the Love of God in every area of their life. 
I want to do this through writing books, through my website and through teaching in person to large groups of people.

Spend this week getting clear on what you want. Don’t think about what you “should” want or what other people want for you. THIS IS YOUR TIME.

What do you want? What would make your heart sing? What would make you leap out of bed every day with a feeling of purpose and passion?

Often we think we are asking and NOT receiving. We have asked for health, money, abundance, great relationships, a career we love and yet it seems like the thing we have asked for has not arrived. Instead we have confusion, doubt, sickness, anger and fear.

Why does sometimes it seem like our prayers go unanswered?

It’s because we need to catch up with what we have asked for.

What you want is here for you, but NOT in the space where you asked for it.

Whenever you “ask for something” it means you think you don’t currently have it. You believe it’s missing/absent from your life. Otherwise, you would never ask – you would simply be enjoying it now.

If you are asking for perfect health, it means you think you don’t have it now as your present experience. Correct?
But it’s here for you now – you simply have to get into the space where it’s already occurring.

So in your pain or sickness, you ask for perfect health. In lack and poverty, you ask for abundance. In conflicted relationships, you ask for harmony and peace. In confusion, you ask for clarity. In a job you dislike, you ask for work you love.

So this is Step One. Ask. Get Clear. Write it Down.

Have a definite clear specific picture of what you are asking for.

2. SEEK

Seek … and you will find.

Here again we have the word “you” in the phrase. YOU will find. Not some other guy who deserves it more or who got there first, but YOU.

And again, the word “will” which means definitely. Seek and you will find.

So often we look and look and look – we seek and do not find.

But are you really seeking, or just waiting?

Are you moving? Or just drifting without a destination.

It’s important to get clear and to know where you want to go.

Are you shifting out of fear to love?

Are you shifting out of grievances to gratitude?
Are you moving out of anger to appreciation?

What are you seeking for?

How are you getting from point A to point B?

Do you absolutely and definitely know what you are seeking for? Are you specific about where you want to go? Do you have a clear-cut definite destination? Or is it just some random idea, a hazy destination that maybe/hopefully/someday you will reach?

When you are truly seeking for something and you know absolutely it can be found, how do you feel? You feel confident and certain.

Whenever I travel (which lately is a lot) and I book a flight to San Diego, I am fairly certain and confident I will land in San Diego.

What often happens in most people is a lack of direction and no seeking whatsoever.

We are “waiting for life to happen” and hours and days and weeks and months and years go by. We look back and wonder what happened. We wondered where our life went.

1. Where are you going?

2. What is your destination?

3. What is your current location right now? This is your starting point.

YOUR CURRENT LOCATION: HOW DO YOU FEEL ABOUT YOURSELF? HOW DO YOU FEEL ABOUT OTHERS? HOW DO YOU FEEL ABOUT YOUR WORK? YOUR RELATIONSHIPS?
YOUR MONEY SITUATION? YOUR HEALTH? WHAT IS YOUR EMOTIONAL STATE ON A REGULAR BASIS?

WHAT IS THE LOCATION WHERE YOU WANT TO GO, AND BE AND LIVE?

What will be your new emotional state in the new location? (often we don’t know exactly what it will be like until we get there and experience it first-hand). Do you know how you will get there? Often life takes us off-the-beaten-path and this is ALL GOOD – so long as you don’t stay stuck in a place for too long, or wander too far off the path from where you want to go.

What new actions do you need to take to move out of your present emotional state?

SEEK … AND YOU WILL FIND. Know where you are now AND know where you are going.

3. KNOCK

Knock … and it will be opened to you.

This step is about ACTION. Think of what “knocking” involves. It means you are standing before a door that is closed, and you want to be let in.

It means you got out of your chair, probably put on some clothes, put on your shoes, got your keys, drove a certain distance and found your way to the door upon which you are currently knocking on.

KNOCK.
In working with others, this is the step that often gets missed. This is the reason miracle do not occur. Many people sit around waiting, wishing, hoping, praying and wondering when they thing they desire will arrive at THEIR doorstep. They think it will be hand-delivered, and will be arriving any minute. And then months and years go by.

But here we have KNOCK and it will be opened to you.

There is that “to you” again, along with a definite positive outcome “will be opened”.

If you knock, it will definitely be opened to you.

The person might answer and say “wrong house” or maybe no one is home at the moment, but if you knock, it will be opened to you.

1. What actions are you taking to get to where you want to go?

2. What doors are you knocking on?

3. What happens when you knock?

This is where the rubber always meets the road. I love asking people these questions who tell me “nothing is happening.”

I ask: “What actions are you taking? What exactly are you doing to get to the place you want to be?”

Many people will tell me “Oh, I am not doing anything. I thought I just had to wish it or vision it, and it would appear.”

Sometimes that is true, but in my experience, the Voice of your True Self if always leading you to an action. It might simply be an action in your mind, for example letting go of grievances or letting the past go.
Back then, when I had no money, I wanted to be a generous, happy rich person and I thought “okay, what does that look like TODAY? What do happy, generous rich people do?”

The answer that came to me was “They tithe. They give.”

So I began to tithe 10% of all the money that came to me. I blessed every dollar and every dime and I put it right back into circulation. I began to give to individuals and organizations that were spiritually feeding me, inspiring me, encouraging me, helping me to grow. It felt great, and I have never looked back. My giving exceeds 10% now, because I now KNOW there is an overflowing abundance for us – and we simply have to not block the flow by holding on.

Back before my 5-week experiment, I used to wake up with my mind already in a panic about all that I had to do (which makes me laugh now, because I didn’t even have a job back then!) but you begin to see that the mind is CRAZY with THOUGHTS ON HIGH SPEED when you are undisciplined, living in fear.

So I began seeing myself as a focused, organized, successful person deeply connected to God. I made God my #1 Priority.

This one act alone changed everything!

After that, I began to spend time with God in the morning. Instead of waking up in a panic, checking my computer and email, I would wake up leisurely and say “Here I am, Lord.” I would get a coffee, crawl back into bed with my journal and books and intentionally spend time with God. I began to listen. I was very interested in having a real relationship with God, and so I re-arranged my day to put God first.

So you might decide to spend an hour every morning just sitting in the quiet, beginning to have a relationship with God (or your Inner Guide & Teacher).
Find out what works for you.

I made up the rules as I went along, and so you can’t get it wrong. All I knew is that “old Lisa” was gone. The girl who used to procrastinate and worry and complain was a thing of the past.

Now I was KNOCKING. I was listening. I was paying attention to the Voice in my head (which is always there, but which we can’t hear because we are “so busy!”)

Often you will get “a prompt” or “an intuition” or “a thought” or a “gut feeling” to do something, change something, or try something new.

Perhaps you will have a thought to call someone, or to attend an event that you received an invitation to, or to try out a new restaurant. You might start a new website. You might think to invite someone over for coffee, or to clean out a room in your house or a drawer in your desk.

Knock means showing up fully present before the unknown, unopened door.

It means that you want to know what is behind the door.

For this one – Knock - you need persistence, patience and trust.

Give these 3-steps a fair trial.

Experiment with them in your life.

Be ready to be amazed by how quickly things change.

I bless with you with the Love of God that you are!

Love,
Lisa Natoli is a motivational speaker, teacher of A Course in Miracles, ordained minister and best-selling author of the book Gorgeous for God. Her goal is to help people to heal and thrive, by encouraging them to get clear, get unstuck and move forward.

Using A Course in Miracles, Lisa teaches and trains people to be miracle workers – to work miracles.

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