

How to Add Value to Your Problem Solving

Give it Up & Give it Over, Let the Universe Take Control

How often, when faced with a dilemma, do you sit and slog away, trying to figure it out alone? Do you adopt a position of allowing or do you effort at resolving the issue yourself? Problem-solving is an interesting process, one in which we can often forget about the role of the universe and the power of divine help. Stress often creates in us the assumption that we somehow exist outside of life's flow and that, to arrive at the best solution, we have to do something to ensure things work out well.

This scenario seems to be part of being human but, by doing this, we can set ourselves up for frustration and hardship. Even those of us who are 'spiritually aware' are in these moments anything but, simply because we've forgotten who or what controls the flow. We can forget that there really is an energy source out there that's as real as the physical realm and that this source can guide, clear, clean and assist us at any moment, whatever the situation, if we allow it to. This is often one of the first doctrines one learns when spiritually developing - relax, go with the flow, etc. It is also one of those isms that have many layers of application, with the first level we attain often proving false in times of stress or conflict. This explains why, as beginners, we can forever be "calling in" the white light; "directing it" to where it needs to go. In this stance, we've not even begun to allow the flow of life - we're still playing controller, the only one who knows.

This article looks at the tendency in stressful moments to think that we're alone and that we have to nut it out alone or cope by ourselves. It also discusses how we can move out of such energetic positions and bring in more spiritual, divine and universal help. The writer looks at some of the drivers which help create this situation and suggests exercises to help the reader become more trusting and involving of the universe. At the end of the day, the universe does exist, divine help is there, if we know this and allow it to flow.

How Challenges can Lead to Faithlessness and Being Alone

Naturally, our faith in the universe always seems strongest when we feel good about our life and ourselves. It often only takes a moment of pressure before we can lose sight of our trust and euphoria: pressure seems to automatically push us into thinking and the need to respond. Challenge creates mental, emotional and physical tensions that run counter to our connection, pushing us back towards the physical realm of "me", self and ego. Intense pressure can force a wedge between the individual and Source, causing an apparent separation and a forgetting that the real solution is to connect again. Our world view becomes myopic, less than that which we had in meditation or connectedness moments before. We become highly aware of what is happening to "me" and start pre-empting, if not fearing, what happens next. The perceptual gap between our connection and a healthy outcome starts growing and the human starts to grip or do whatever it can. This is natural. Self starts to believe it's the only thing that exists and starts to panic because it feels this aloneness. It's forgotten all about trust, connection and oneness - it no longer has faith, in anything.

Faithfulness Reflects the Degree to Which We Truly Know that the Divine Exists

In one sense, the process above highlights the degree to which a person has yet to really know G-d, Source, the universe at all. We only think that we have to do everything alone when we are sure that nothing else exists. Self only strives to do and fix, rather than trust and allow, when it neither knows or believes in more than itself. It is only a person who has yet to truly connect with Source, momentarily or not, who struggles alone. There really is an energy that is utter benevolence irrespective of who you are and how you perform, but you must allow it to exist and allow it to be capable if you want it in your world. The assumption of aloneness described above can also stem from the belief that Source is far away above and beyond us, requiring us to “call it in” instead of simply allowing it to be “here” and ready to assist you. In any given moment, there’s both a white atom and a dark atom at the very end of your nose. It’s just a matter of whether you truly know this. The further away from your physical reality that you believe divine help and benevolence to be, the longer it can take to reach you. What you believe of the world of energy determines how and what you set yourself up to receive. This may sound obvious but to what degree do you still drive when you are trying to relax and let go, directing the flow of energy throughout your meditation or healing work, rather than breathing and truly relinquishing control?

Sometimes We Forget that Source Really Can Help

Another interesting tendency in times of stress is how humans in trouble turn to one another for guidance or support, whilst simultaneously ignoring the miracles that universal energy can proffer. We instinctively tend to reach for something tangible, like a person with walking problems grabbing for a stick. In these moments, our ego seems to believe that only a physical ‘crutch’ will help us to more solid ground and it sees white light as “just” white light - we couldn’t turn to it for real assistance. This belief, often quite unconscious, can prevent us from connecting properly to Source in our healing, information or release work.

Put another way, white light, G-d, the universe, Source knows the big picture of what you and I muddle through each and every day. It sees what is happening and why, far better than we do, especially in tough times. By thinking of white light as nothing more than “a light”, we can render it useless and create a reality of not obtaining help. Yet it is our belief system that creates the isolation, not the universe at all. White light is actually a source of great wisdom and ability, not just a neon light that you can turn on when you’re home. If permitted, Source can help you with just about anything. The universe is not many worlds away from you - it’s right here and now. Universal help and guidance is not something that you actually have to strive for. Check your beliefs, conscious or not, about the level of Source’s willingness to assist everybody.

The Steps Involved in Faithful Problem-Solving - How to Let the Universe Flow

There are seven specific steps you can consider in your problem-solving which can help you get greater connection, guidance and/or help. These steps are useful to work with irrespective of your level of spiritual development. Even at more advanced levels of energy work, they can help expose and undo subtleties of all sorts. They can be used to help you in any situation concerning humans or other energetic phenomena.

1) Remember that Source Exists

As said above, sometimes our stuckness results in us taking up a position of control. We can spend so much time bottling it up, handling or managing it, tensing our physical bodies, all of which can affect the final outcome. We forget about the universe and launch into our reactions, fears and thoughts.

By allowing ourselves to become disconnected for even the briefest of moments, we turn ourselves into an energetic island, an isolated bubble with fewer links to our spiritual guidance. We become abandoned, but not by Source - by ourselves. This abandonment lasts for as long as it takes for us to get back into the flow of white light and universal control. Remember then that Source exists and that it's only too willing to help.

2) Allow the Universe to Know Far More than You Do

It is important to not only allow the universe to be real but to also allow it to have more knowledge about what's happening that you do - about the current situation and which solution is optimal. Just as Step 1 is a critical factor in manifesting, so too is this. Your experience of the divine and the amount that it can help you is 100% linked to your definition of it. In letting the universe be real and opening to receive it, check your narrative about the type of divine intervention and benevolence that's available in your world.

3) Allow White Light in to Clean and Clear Your World

Having completed Steps 1 & 2, focus on a source of white light above you and let it come down like a shower. Focus on the white light and, using your breath, allow it to grow all around you. Saturate your physical being and the world, let your body and aura to release all the tension, fear and oldness they hold. See your cells as drinking cups turned upwards to receive the white light to the point of overflow. Once each cup is filled, let the contents seep down into your core, with you digesting the white light completely. Repeat this over and over again to the point of saturation and overflow, letting yourself become so full that you start oozing white light from every pore. This exercise helps you become completely full of everything that matters, releasing all that really doesn't matter at all. It helps you to let go of the energetic gaps in your being, areas of fear or lack. The exercise is very powerful, shifting all manner of things. In observing your increasing calmness and serenity, the outside world often lets go of its entrenched positions as well.

4) Stop Assuming You're the Only One with a Spiritual Connection

Better known as spiritual ego or pride, sometimes we can assume that only those who are 'spiritual' have any dialogue with the divine. This is just not true. Everybody has a dialogue with Source, whether they believe in it or not, be it directly or via someone else. Tension sometimes causes us to forget this, thinking perhaps that we have a better connection or that the other party just couldn't evolve on their own. This can lead us to believe that a tricky situation won't improve unless we do something. If this is what you think though, you will begin manifesting it. Whenever you're stuck or finding things difficult, stop for a moment: check to see if perhaps you've forgotten that, in this sense, you're no different to any other person on earth. Consciously allow the universe to be structured in such a way as every human, animal and being has their own connection to G-d, irrespective of how 'spiritual' they may appear to be. By remembering this, you allow the universe to work in all of the ways that it can, alleviating the need for you to do it all alone.

5) Give "It" Up - Let Go and Talk

Having done the above, consciously let go of everything you hold - 'good' or not. In your mind's eye, let go of everything - fears, thoughts, material possessions, relationships - knowing that all you're doing is spring cleaning. Know that you don't lose anything that you actually need moving forward - you only lose that which is stuck, rubbish or old. Acknowledge that there may be something else out

there that knows more than you, help you get “there” and help things flow. Give everything up for a moment, put it at the feet of the divine for safekeeping to see what can slip away and make room for as much newness as possible.

Sometimes stuckness occurs because we have yet to espouse everything we really think, fear and feel about things. Often, people respond to difficulty with silence, refusing to espouse that which they truly need to say, especially rude words! We “soldier on”, “handle it”, not saying what we really feel irrespective of whether it’s “adult-”, “child-like” or reasonable. In doing so however, we can become our own worst enemies. The trouble with stymieing what you feel is that, once thought, words become energy bubbles within your being. Until they’re announced, to self or out aloud, they just stay in the body waiting to be espoused, forming a very real barrier to situational change and growth. We often help them stay there by turning to distractions and/or things that fill our mouth (alcohol, coffee, sugary things, cigarettes, drugs, etc).

So, give up your feelings and your words: talk to the universe. Obviously, find yourself the appropriate time and space, remember to permit Source to be the guidance you seek, then start talking. To the degree that you begin this exercise and become suddenly distracted or hungry, RESIST! By avoiding the distraction your ego is seeking, you may get even more up and out. Often, it’s best to do this exercise alone so as to ensure that you blow off anything hurtful that doesn’t really need to be heard by anybody else. Get the stuckness up and off your chest, even the rude words. Express all that you need to say, exactly as you feel it, and don't stop until the words have run out. Understand that this is not about polluting the environment with negativity. If the universe knows that you vent so as to heal, it supports the process irrespective of the words that come forth. Give it all up - feelings, tears, anger, emotions - so as to truly relax and let go.

6) AND Give “It” Over

Often we will release our ‘stuff’ well enough but refuse to divest ownership and/or investment in the issue. This keeps us bound to the situation, within the limits of our opinion and what we know. By allowing yourself to release ALL ownership and interest, all energetic holds, you may actually see more movement and resolution. Having completed your dialogue with Source, consciously let it go - give it up, dispossess it. Undo your grip on the situation and all that you think of it, letting it fall out of your cells and away from your physical and energetic being, like watching a balloon drift skywards when its released outdoors. Be aware that as you do this, you may also sense energy moving through, out of and/or away from your body. This exercise has the ability to clear and heal all manner of things so remember to give it up and give it over.

7) Let the Universe Take Control

Implicit in Step 6 is the need for you to treat G-d and the universe in exactly the same way as you do any other specialist with whom you would consult. Acknowledge that, for the situation at hand, you may not know it all: “here universe, this is my problem. I can’t seem to fix it on my own. Can you please have a look at it for me and either take care of it completely or show me how to resolve it?”. So simple, this step can be very effective. Take this stance as you perform the steps above and see how much more you can let go of.

Some readers could become alarmed here about the apparent “lack of responsibility” the writer is encouraging. This is not the case at all. Certainly, some issues and stucknesses are our very much own and we must take responsibility for that which is ours but the act of giving it up and giving it over does not conflict with this. It simply says to the universe “please help me”. If the issue is yours, it will always come back for you to take ownership of. If it isn’t, the universe will help realign it towards

those who are the real owners. Even if we're the ones at fault, the act of giving it up and giving it over helps to expedite the solution by giving us the objective distance we need to see things more clearly. Don't have a perspective on who's at fault or to blame; seek not to know. Give it up and give it over to see what you really need to know.

Conclusion

The exercises above can be used to in any situation, concerning humans or other energetic phenomena. Many things can happen when one trusts in a higher power and allows it to be really there to help. Miracles and magic are all very real in the world of energy but only once we've released and let go. Whenever you're stuck, remember that Source is well and truly with you, in spite of yourself, then begin to allow it to flow. Having connected, express what you feel - say, cry, release it - talk to the universe as if it's here. Treat the intangible as quite possibly the most effective problem-solving assistance of all, then sit back to be see what unfolds. Give it all up and give it all over: really let go of control. Know too that whatever you face and however it comes back, all challenges and problems are really about learning, coming to oneness and spiritual growth. It is all about getting to the truth - the whole truth, not just ours alone. Drop your pride, drop your ego, dare to be shown what you may not yet know. Its simple, effective and can lead to totally new outcomes - relax, give it up, give it over, let the universe take control.

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