

Permission Slips

A permission slip is any method that you use to create a desired result. You are the creator of your experience, and when you are ready and willing to manifest something, you choose a method that you believe will get you the result you desire. And it will. Yet it is not the method in and of itself that creates the result. The method is a means you are using, onto which you project power. What creates the result is your intention.

This teaching is very similar to what *A Course in Miracles* calls “magic.” Magic, according to ACIM, is anything outside yourself that you believe is doing something to you or for you. In reality, the course explains, you are doing it to or for yourself.

Before going on, please listen to this [Bashar YouTube on Permission Slips.](#)

We can note many examples of permission slips: All spiritual teachings, courses, and practices, diets, gurus, healing modalities, exercise regimes, rituals, books, crystals, yoga, lovers, vacations, sports, hobbies, and on and on and on. Any method that leads to a desired result is a permission slip. You are giving yourself permission to get a result via the method you believe in.

Although permission slips or magic do not represent the ultimate truth about ourselves and our power to create, they serve a purpose and can be used and honored. It is a rare person who can just say, “I would like to manifest this result,” and then *Poof!* it appears. Most of us believe that we need help to create what we want, and that’s just fine. Permission slips are useful intermediate steps in the manifestation process.

This theme is reminiscent of one of our basic life coach training lessons in which a client asks you to wave an amulet over her head because she expects that she will feel better if you do so. In that scenario the amulet is her permission slip. If your client is in pain and she will feel better if you wave it, then you serve her to honor her request. You are working with her belief system, or definition. Eventually you might discuss with your client if she really needs the amulet, but for now it helps.

This week be aware of the permission slips you use and those that your clients and others use. It’s a fascinating study in the power of the mind to create. Simply being

aware that a particular method is a permission slip will heighten your awareness of your power to create and the power that others use to create their experience.

Perhaps at some point we will arrive at the place where we simply think and a result appears. That will be fun and powerful. For now we can use our permission slips in the service of our well-being and the well-being of those we coach and help.

Exercise:

1. What permission slips do you use to create the results you desire? (Consider any regime or method that works for you to accomplish a goal or achieve an experience.)

- 1.
- 2.
- 3.
- 4.
- 5.

2. Reread each of the items above and say aloud:

“_____ is a permission slip I use to create the experience I desire.”

3. What permission slips do you observe that clients, family, friends, or co-workers believe in and use to create their desired results?

- 1.
- 2.

3.

4.

5.

4. Reread each of the items above and say aloud:

“_____ is a permission slip that
_____ uses to create the experience he/she desires.”

Affirm:

God has invested in me the power of creation.

I use tools and techniques to consciously create what I value.

The real power of creation is in my mind.