

The Shift[®]'s 7 Steps

BY BECA LEWIS

I. BE WILLING

The single most important key to **any** Shift is the step of *Being Willing*. There is no way around this first step. *Being Willing* cannot be forced on anyone or faked.

Being Willing involves every moment and every thought. It includes being willing to let go, willing to do what is asked, willing to be open, willing to set boundaries, willing to have no desires, willing to have everything, willing to follow inspiration, willing to evolve, willing to stop hurting, willing to be happy, willing to let Truth be the one and only guide — all these are examples of willing.

In *The Shift to Living in Grace* there is neither an end nor a beginning to *Being Willing*. It is the constant conscious yielding to Truth, which is Heaven here and now.

2. BECOME AWARE

Awareness is an art. In its purest form it is the ever-expanding constant consciousness of the State of Grace. *Awareness* first brings to light the belief in two opposite points of view called “good” and “bad.” These opposites appear in every area of life. If one group of people says something is good, another group believes just the opposite.

Lack of *Awareness* keeps us at one end of a point of view in a distorted, conditioned mind, which is out of balance and at odds with the other end. *Awareness* brings the understanding that one is no better than the other, and that the belief in opposites or separation is a product of human conditioning. Another facet of *Awareness* wakes us up to current physical, emotional and mental states, uncovering hidden thoughts and habits.

Once awake, we can choose to rise above this limited point of view, and *Become Aware* of the place of One, or the still place of the State of Grace.

3. UNDERSTAND SIGNS AND SYMBOLS

The outside, visible world is the projection of the internal and invisible world of our point of view and the world view. The *Signs and Symbols* of the Universe are not the Truth but are messages that can be interpreted to discover either the essence of the Truth they are revealing or the lie they are telling.

Signs and Symbols make up every part of life from traffic to nature. *Being Aware* of the difference between *Signs and Symbols* of what is True and the reversal of what is True is critical to understand.

Signs and Symbols are not anchors but guideposts on our path. If we believe them to be real and Truth rather than *Signs and Symbols* we will be locked into the accumulation of things rather than free to Live in Grace.

4. LEARN PERCEPTION RULES

There is a “law” in the physical universe that can never be overturned or negated. That is the law that “*Perception produces reality and what is perceived to be reality magnifies.*”

Our point of view “produces” the visible. We verify what we believe through our senses and then agree that what we have verified is reality. With this agreement our personal reality reproduces itself again and again. Every reproduction creates a stronger belief. Belief produces emotion. Emotion strengthens our belief and the cycle continues.

Nothing we experience is how it “really” is, since everything we experience is the out-picturing of our highest understanding of Truth. We are seeing our “point of view” and calling it reality.

The only permanent solution to experiencing a different reality is to Shift to Grace and let the law of perception work on our behalf.

5. SHIFT TO SPIRITUAL PERCEPTION

The Shift® is the continuous moment-by-moment decision to yield to Grace by choosing Spiritual Reality over the cramped, limited belief in many personal realities. It is the decision to not believe or act out of duality or separation.

As we are willing to remain in the conscious constant Awareness of Truth, our thought is replaced by Mind’s Thought and we will experience and see the material universe, as it really is — Spiritual Reality — and who we really are: the full expression of Truth or God.

6. WALK AS ONE

Walking as One we will experience Relation-Shift! Truth is practical; therefore, our expression of Truth will be practical and useful. We apply and use the Truth in every relationship we have — including our bodies, our supply, our work, and our loves. We surround ourselves with those who have chosen a full commitment to Truth and can honor all those that “walk their talk” for the good of all in every aspect of life.

7. CELEBRATE WITH GRATITUDE

At the end of each ever-expanding circle of our increasing awareness that we live in the Kingdom of Heaven, we *Celebrate with Gratitude* — for what we now know, understand, and have put into practice, of Truth.

Our *Gratitude* is unending for the understanding that as we *Shift to Spiritual Perception* and focus on Truth, what is untrue is revealed and easily dissolved through the understanding that all that has ever happened or will happen is the activity of the One Mind.

We remind ourselves that the purpose of *The Shift® to Spiritual Perception* is not to change the outside picture, but to know and experience and be the activity and action of God.

I celebrate your Shift!

With Love,

A handwritten signature in black ink, appearing to read "Becca", with a long, sweeping underline that extends to the right.

PS:

You can find the rest of the 7 Keys to Grace and 8 Steps to GRACIOUS in my book: *Living in Grace: The Shift to Spiritual Perception*. You can purchase the book at: www.perceptionpublishing.com or your local bookstore.

*You can find more tools and ideas
for shifting Perceptions at
www.theshift.com*