"Revelation induces complete but temporary suspension of doubt and fear. ²It reflects the original form of communication between God and His creations, involving the extremely personal sense of creation sometimes sought in physical relationships."

<u>A Course In Miracles, T-1.II.1:1-2</u>

Created by Caroline Mary



Introduction...

I wrote the first iteration of this workbook some years ago, but it wasn't the right time to publish it, and I certainly didn't have the courage back then to share my words with the world.

Little did I know I'd be writing in a book about Direct Revelation and would need to resurrect my earlier work.

Whilst beginning the editing process, I kept putting off the work. I just couldn't sit still with it, so I went within and prayed.

What do I need to share? What is the essence of Direct Revelation?

Within no time at all, I'd had information transmitted to me, along with the knowledge to delete the old workbook.

I ignored it for a moment and began editing, trying to incorporate the new information to the old version.

It felt like walking through mud.

I was scared of letting the old version go. Yet it was stopping me from moving forward!

How many times do we cling to what we know? How many times does that hold us back?

It's not without a sense of irony that I used the teachings I'm sharing with you in this workbook book to write this very workbook!

And what was the essence of these teachings that I received? What was I reminded of?

"The Kingdom of Heaven is within you," ~Luke 17:21

"Ask and it will be given to you; seek, and you will find; knock, and the door will be opened to you." ~Matthew 7.7

"Be Still and know that I Am God." ~Psalm 46:10



Introduction Continued

The first quote reminds us that wisdom comes from within, compared to knowledge, which we receive externally. And oftentimes, knowledge is useless without context, whereas the Direct Revelation we receive within gives us guidance specifically for us, and through this wisdom, we find peace, or "heaven".



I shared the second quote in The Intuitive's Oracle and was reminded of it this morning, and for good reason! Whenever we make a prayer, the answer comes, the door opens, and sometimes immediately!



The third quote made me laugh, as I know that when we stop and centre, we find the presence of "now", and here, we are quiet enough to know deep peace, or be able to ask those questions that are troubling us, and receive the answers.



You could say these are the ingredients that help us, so let's begin our journey, and learn how you can enjoy the beauty of Direct Revelation in your life, bring peace, understanding, and ease to your day.

With so much love and so many blessings,

Caroline Mary x

Outcomes of this Workbook...

The outcomes from this workbook depends on how much you open your heart and mind to receiving the information and invitations I have included, so stay with the information, even if it seems beyond you, because you will begin to receive your own Revelations and understandings, should you be open to it.

Take what resonates, and leave the rest, for your journey is your own, and I can only share what resonate with me!

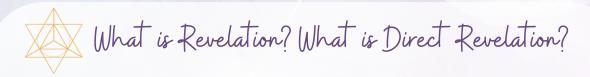
However, if you're open to trusting each step, by the end, I hope you will be able to receive your own Direct Revelation, and remember those times when you've received such Revelations in the past!

My invitation is for you to:

- Understand what Revelation and Direct Revelation are
- Understand how Direct Revelation affects our lives
- Understand the many ways that we receive Revelation
- Improve our receptivity to Direct Revelation
- Receive your own Direct Revelation about situations in your life

Feel confident that at all times, you can receive Direct Revelation





There is a difference between receiving revelation and wisdom through oracle cards, messages from our spirit guides, or signs in nature that bring us hope or understanding. These are all fabulous ways of receiving wisdom that help us in our lives.

However, Direct Revelation comes from the inside. It is the quietest knowing deep within and feels personal to us. It's non-negotiable, hard to ignore, and can leave us with a deep-seated peace that changes our lives forever. It's a "download" of information specifically for us, coming to us in a way that may only make sense to us.

What is Revelation?

- 1. Information coming from Spirit Guides, nature spirits, Angels, and other beings who wish to assist us
- 2. Signs like white angel feathers, 3 birds flying past us in quick succession
- 3. Speaking to ancestors or spirits who have recently passed over

What is Direct Revelation?

- 1. Information straight from our highest self, through the Holy Spirit
- 2. Our own, inner, Source of wisdom
- 3. The most loving voice we'll probably ever hear!
- 4. A way to receive answers for our own life journey

What Direct Revelation IS NOT:

- 1. Channeled messages from Spirit Guides (though they can help us become more open to receive Direct Revelation)
- 2. An escape from the challenges of life or the lessons you might be here to learn
- 3. An easy way to make money (i.e. winning the lottery), especially if it's not in your soul plan!
- 4. A way to get information about other people or cheat at life

Personal invitation:

Can you recognise times you've received revelation through external means? Messages from spirit guides? Wisdom from oracle cards?

Can you, by contrast, recognise times when you've received information internally, as "knowing"? Can you remember the feeling of peace you felt?



How can Direct Revelation Affect our Lives?

We've seen how Direct Revelation comes to us internally, and can bring us great peace in a different way than external revelations through nature or spirit guides, for example.

Direct Revelations offer the miracles spoken about in "A Course of Miracles". They are the small (or large) changes of perception that improve our lives through liberating our small mind, and bringing us into oneness with the mind of God.

Often, these revelations bring us peace in life situations that don't make sense to the outer world of senses, but through inner Direct Revelation, lasting peace comes through understanding, and we return to a place of grace.

Through this Direct Revelation, issues that have been troubling us can dissolve through understanding, and issues seem simpler, moving away from the complexities of human life, and bringing the wisdom and grace of the heavens within us.



Personal invitation:

Think of some challenges you'd like to receive healing for. Write everything that vexes you that comes to mind, and let yourself imagine that it's possible to bring peace to these situations, and we'll make a prayer for peace for these subjects later on.



How can we Receive Revelations?

In The Intuitive's Oracle (IO), I invite you to explore the ways you receive guidance, and here we're going to delve a little deeper so you can understand how you already receive guidance, and how you can hone your intuition and deepen your connection to receive even more Direct Revelation.

Let's look at the different psychic senses or "Clairs", one by one:

1 Clairsentience: receiving clear feelings about a situation

You might feel "off" when you walk into a room, as I did when visiting a castle in South Wales. We walked around the grounds and were enjoying the afternoon light and the views, yet, the we were about the go to the basement, both my partner and I felt a complete block, like something was telling us not to go any further, and I gladly walked away! I said prayers for the lands and asked for healing for any spirits that needed help, and we moved away! Other times, we know something feels right, and feel at home with someone, even if our mind says it doesn't make sense!

Personal Invitation:

Can you remember a time when you felt something was "off" or "right"? How did it help you?

2 Clairvoyance: seeing clearly with your mind's eye

Clairvoyance can often be the psychic gift people have heard of, and it can be the gift that mediums who offer readings use - they see clearly spirits and information in their mind's eye. Some healers also have this gift and are able to see where illness is in the body.

Personal Invitation:

Do you receive wisdom internally in the form of pictures? Do you see your loved ones around you in spirit?



How can we Receive Revelations?

3 Clairaudience: receiving auditory messages from our guides or loved ones in spirit

Many people would avoid admitting they "hear voices," yet this is exactly what Clairaudio is: hearing messages that assist us in our lives, as I shared in the IO. This is a form of revelation, and is a great gift to have, especially when it helps you in your life!

Personal Invitation:

Have you ever heard a voice inside? Do you have conversations with your guides? With God? Yourself? Has this helped you in your life?

4 Claircognisance: receiving wisdom and "knowings" within our heart and mind

This can be the most confusing for people as it seems like information just "arrives", with no spirit speaking to you, no pictures revealing themselves to you, simply clear information. This type of revelation is Direct Revelation, and this is how the Holy Spirit speaks clearly to us and brings clarity and wisdom when we most need it.

Personal Invitation:

Have you ever received this clear knowing? Understood a complex situation without knowing why? Felt peace wash over you as your prayers were answered and you just "knew" the answer you needed?

When we get to know our own senses (and there are more than I've listed here), we can differentiate between our own mind trying to work something out, "thinking", and receiving clear messages through our psychic senses.

It's my understanding that the first three are revelatory, and the last one is how we receive Direct Revelation: it's an inside knowing that comes through our own heart and mind, without the intervention of even our guides or Angels: it's DIRECT!

That is not to say the messages from these guys are not beautiful to receive; it's just different!



How can We Improve our Receptivity?

Since I was young, I've received Direct Revelation, but at times, I've been hard-headed, stubborn, or had forgotten this gift was there for me, as it is for everyone. Back then, I didn't have a name for it; it was just something that happened if I made a prayer or felt like I was "speaking to God" and asking questions.

About 8 years ago, I prayed, "What makes people say I think too much?", I asked.

You see, oftentimes when speaking with people, I'd receive understanding because they'd given me the space to speak. Little by little (or in a great torrent at times), I'd understand something that had been bugging me, and feel at peace. It didn't always make sense to them, but it did to me.

This type of unfurling is the gift given by counsellors and those who hold space for us to speak our challenges aloud and find our own answers: we speak and through the unravelling direct revelation will bring forth the answers we seek, and peace can prevail.

In A Course In Miracles, we are urged to simply be "willing" to receive wisdom, and they will come to us.

I've seen this myself when I've made the tiniest of prayers and this tiny chink of light allows answers to come flooding forth, and rather than feeling like I'm going round and round, the door opens, and through it, wisdom and peace come again.

For me, we can anchor this receptivity through making prayers regularly, as a reminder that there is always love for us, and through that love, the Holy Spirit that brings us wisdom, in an instant, if we are open!

Here's a prayer you can use:

"Thank you, Mother-Father God, Creator of All that Is, Source of all Life, and my Higher Self, for helping me to release anything that stands in the way of my receiving Direct Revelation. Thank you for helping me to receive the understanding I need to live in peace and harmony with those around me.

Thank you for reminding me that I can turn within every day to receive understanding, comfort, and guidance to help me in every part of my life. Thank you, thank you, and so it is."

You can also write your own prayer that feels perfect for you, and leave it on your altar, to say as often as possible.

Over time, we seek within as often as we need to, and peace comes to us ever more.



Healing Resistance to Receiving Direct Revelation

The Coach in me loves to check for resistance, because no matter how much we want to receive something, if we believe we can't, or we're not worthy, then this belief will be fulfilled, as we are powerful co-creators of our lives.

It's easy to say we understand something, it's easy to say we want that thing. But coaching has shown me time and time again, that unless we're in alignment with this gift we'd like in our lives, we won't be able to receive it, and below is a clear example from my life....

Recently I was teaching a course on the Munay Ki and was leading my students on a shamanic journey to meet one of our guides. As I sat in the underworld, holding space for my students, it struck me in an instant that I was still resisting connecting to these guides.

And why?

Because a young part of me was frozen in time, feeling frightened of adults, and saw these beings as the same as these "Frightening" adults.

The feeling was also that they don't have time for me, so there's no in point asking for help from them.

If we carry any such beliefs, we'll find it hard to receive assistance from other people, from our spirit guides, and, more importantly, from God and the Holy Spirit! Let them come to the surface knowing that if you can write it out, it's no longer in your subconscious and will start to release its hold over you.

Personal Invitation:

Check in and see if you're holding any beliefs about receiving Direct Revelation from the Holy Spirit. Do you feel worthy?

Do you feel it's possible for you to receive wisdom this way? Or perhaps you think people will think you're crazy?! journal out any beliefs and trust yourself to release that which no longer serves you.

Can we Receive Direct Revelation about Specific Situations?

Now we've looked at the elements of Direct Revelation, follow these steps to receive inner wisdom about specific challenges in your life:

- 1 Be willing to receive (you can use the prayer above to anchor in this knowing)
- 2 Understanding how you receive it (remember the exercise to differentiate between external wisdom and internal wisdom?)
- 3 Admit the struggles you are having (write them out, as invited below)
- 4 Turn your problems into prayers (use the step below to make a prayer)
- 5 Make space in your heart and mind to receive, and surrender as to how or when this will happen

Personal Invitation:

Write anything that's causing conflict or frustration in your life here...

Personal Invitation:

Let's turn our problems into prayers. I'll use an example from my own life where I find it challenging to choose which project to work on next and can feel overwhelmed with the work I have on my to-do list!:

"Thank you, Mother-Father God, for your wisdom and assistance at this time. Thank you for helping me to focus on one task at a time and know which task to choose to complete each day. Thank you for helping me to make the most out of my gifts and time so I can be of service and live in a place of balance and harmony.

Thank you, thank you, thank you, and so it is."

Write a prayer for each challenge you're facing and surrender to receiving the answers that help you come to peace:

When I was writing the rest of the book and grammar checking it, I re-read my prayer about and instantly realised that I often focus on needing to fulfill one particular goal, thinking one is better than the other, and I received the "knowing" that all the work I do is for the greater good, and therefore, I don't need to rush, or put one project "over" another: they are all part of the plan of my life of being in service! I felt such a sense of relief when I received this knowing.



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Can you Surrender?

We've talked about different steps to receive Direct Revelation, but how about the art of surrender?

It's all too easy to stay in "doing" mode, as let's face it, our western world fuelled by coffee encourages high productivity and inactivity and rest deemed to be time wasting...

But have you ever sat down with a cup of tea for a breather and received inner wisdom?

Taken a shower and in your absent-minded enjoyment received just the idea you needed?

It's in these moments of surrender, we often receive our greatest "Aha" moments, and that's why I'm bringing this to your attention!

Pray all you like, I highly recommend it, for it feels good, gets us in alignment, and reminds us that there is so many beings and forces that want good for us, but surrender we must, if we're to receive with ease, whether it's inner wisdom or our perfect partner!

Personal Invitation:

Think of a time when you received a great idea, or inspiration? Where were you? what were you doing, or not doing? How did it feel? Can you anchor that knowing deep inside?

I've received inspiration when jogging, walking in nature, driving my car, washing up, meditating and doing yoga... the list is endless, but it's often because we're in a flow state that we're open to receiving!



How Confident do you Feel?

We've covered a lot in this short workbook, and now I want to check in and see how you're feeling.

Do you know the difference between Revelation and Direct Revelation?

Yes or No

Do you understand the different Clair senses?

Yes or No

Do you remember times you've received your own wisdom?

Yes or No

Do you believe you can receive Direct Revelation?

Yes or No

Can you remember to turn your problems into prayers?

Yes or No

Can you surrender and trust the answers will come in the perfect way for you?

Yes or No.

Perhaps you can see that you're ready to receive Direct Revelation? Can you remember all the steps you've taken to learn how you too can receive Divine assistance to assist you in your life?

In nearly everything I do, this intuition and inner wisdom has helped me, and guides my work, and my session with clients and groups, and with practise, it gets easier and easier to receive it and come to peace.

If you're not sure of a step, go back over the workbook and take the steps again!



Well done!

I hope you've enjoyed finding out more about Direct Revelation and found out how you too can receive the wonderful peace that comes with it.

You can access further support through live events and online courses through my website, openlotusliving.com.

If you'd like 1-2-1 support in Coming to Peace in any situation in your life, don't hesitate to reach out for a clarity call via my contact me page, and let's help you come back to peace in your life.

Remember, the very prayer to receive Direct Revelation means we're opening the door to miracles in our lives.

I'm so happy to share this work with you, and welcome questions, feedback, or sharing about your journey.

Wishing you so much love, and so many blessings Caroline Mary x

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