

# Reversing the Search Worksheet

a companion to *Inner Healing* and *Inspired by Miracles* by Dan Joseph

Many of us spend our lives searching for love, prosperity, safety, and comfort in various worldly forms. We may think that by getting a better house, partner, or job, we'll find what we're seeking.

*A Course in Miracles* assures us that we *can* and *will* find what we're seeking – but within our hearts, not outside ourselves.

The idea behind this exercise is that you *do* deserve limitless amounts of happiness, along with all the experiences you seek. But rather than searching the world for those experiences, you can turn within to receive them – *right now*.

This is what I want (worldly thing):

*(ex. I want to be the best film star in the world and win lots of awards.)*

I want this because I want to have the *internal experience* of:

*(ex. I want to have the internal experience of feeling loved, appreciated, secure, and prosperous.)*

The next step is to realize that you can have those internal experiences *right now*. You don't have to wait for a worldly situation to "bring" them to you. You can simply open your awareness to them. As an assistance to this, you can say:

*God, I am willing to stop searching externally for the internal experience of \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_.*

*I am willing to accept those experiences from you, right now.*

*I am not deprived of what I seek.*

*I have simply misunderstood where to turn for it.*

Then try to release any inner blocks to the experience of feeling loved, secure, prosperous, and whatever else you wrote. As you begin to feel those experiences in your heart, you can begin to *extend* them to other people that come to mind. In doing this, you complete the reversal of the search. Instead of trying to *get* those experiences from the world, you're now accepting them from within, and *giving* them to the world. As you do this, the experiences will grow ever-stronger.