

## If You Don't Ask, You Don't Get

By Gayle North

"...Ask and it shall be given to you, seek and you shall find, knock and the door will be opened to you. For everyone who asks, receives; and everyone who seeks, finds; and to him who knocks, it shall be opened. " (Matthew: 7:7 & 7:8)

If you are like most people, you find it difficult to ask anyone for anything. What keeps you from asking for what you want? Do you identify with any of these thoughts?

"I am not sure I deserve it"  
"I can't stand rejection."  
"I get uncomfortable."  
"It's too much trouble to ask."  
"I would rather do it myself."  
"I might get criticized for asking."

Jaquelyn Aldana says in her powerful book, " The 15 Minute Miracle, " that all this apprehension stems from just plain fear and our innate desire for approval from others.

One of the most powerful steps in the book is inviting the assistance of The Loving Power That Created Us and also inviting assistance from others --- by asking.

What are the possible benefits of asking?

"I could get new ideas."  
"I could have more fun."  
"I could save a lot of time."  
"I could meet new people."  
"I could get what I ask for."  
"I could have more friends."  
"I my could increase income."  
"I could save a lot of money."  
"People might be delighted to help."  
"I could benefit from the experience of others."

When you ponder the almost endless list of benefits available just for having the courage to ask, it becomes something worth considering. The next step is to remove your personal blocks to asking for things by letting go of old negative experiences. Once you are free of the past, you can figure out the best ways to know who and how to ask.

"Fortunately, most of us are comfortable calling upon an invisible Power greater than ourselves. In fact that is what we typically do when we perceive things to be beyond our own ability ... we become inspired to pray. Since our requests are totally private, we have no fear of confrontation, criticism, or personal rejection – after all, who is even going to know we asked?" -- Jacquelyn Aldana

We are actually asking the very same Power that created worlds to provide us with that which we desire. It is my conviction that all the powers of heaven await our asking. If we allow it, other human beings can also contribute to our experience of this human experience -- all we have to do is ask.

Ask your mate, ask mentors, ask your boss. Ask God, your angels, your guides or what ever you identify Your Higher Loving Power to be to help you overcome your resistance to asking and to receiving. The book "The Alladin Factor" by Jack Canfield and mark Victor Hansen (Authors of "Chicken Soup for the Soul," can help you find courage and comfort in asking for anything your heart desires.

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Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

[changeiseasy@montanasky.net](mailto:changeiseasy@montanasky.net)

[www.PositiveChangeInstitute.com](http://www.PositiveChangeInstitute.com)