

# A How-To Exercise

From The Human Story

## Asking The Lord, God For Clarity And Guidance

You may also—after dropping your plan, your agenda—ask for Clarity and Guidance by saying, “Lord, God, send me Your Light! Please give me the Clarity and Guidance I need for (this situation).” You may also do the *Two-Part Release Technique*.

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The Human Story by Roger B. Lane, Ph.D. offers readers a profound education on the Spiritual Evolution of Humankind and the Tremendous Growth in Consciousness across our existence—the true human story—and includes a practical How-To Manual that provides readers with the Tools needed to apply The Teachings and support their own Spiritual Growth.

The Exercises shared here are excerpts from the full How-To Manual, offered for your Growth and Upliftment.

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