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## The Uplifting Giftbook

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THE TREASURE HUNT  
COMPRISES 10 TREASURE MAPS



The support  
you seek  
comes from within,  
not without.

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1. Utilize The Supportive Treasure Hunt to change your script in time. When you feel supported within, you will experience it without. This hunt will take you deep within the subconscious mind to truly forgive the call for punishment. Remember, what is without, is projected from within. It is never what another does or does not do to you, but rather what you are doing to yourself.
2. Each pathway will take a minimum of 1.5 hours to finish. Sometimes it might take 3+ hours to complete. Do not rush this process. Leave no stone unturned, for it is by removing the shadows that you will find how truly supported by Perfect Love you are. So, with ten treasure maps, you have at least 15 hours of forgiving within. It might even be 30 hours. But the hunt will be worth it, for your separation from love will change at the completion of it, when you find the wholeness of truth. This will allow you to give up the lack of support you experience, for every type of lack you face can be traced back to the choice for separation.
3. Please ensure you follow the process of FAITH, the practice of the 'I Forgive' principle until you place your Truforgiveness upon the altar to God at the last question. This is where peace will be found.
4. Trust the voice within that will tell you when you need to move on to the next question. This is important, as it is also this inner voice that gives you the layers of guilt you need to forgive to free. Please do not allow the voice of ego judgment to jump in and offer feedback for what you are truly forgiving. This work is for Truforgiveness only, which is the opposite of judgment.
5. As you journal, allow the feelings to move through your body. Breathe into them. They might be uncomfortable, but it is these emotions that are covering the truth of your Perfect Love and peace. Where your love is, so too is all the support you could want.
6. Remember, the answer to the question can be found in the mini-map before it.
7. Do not be afraid of the darkness you are encountering within. For if it is not within you, you will not find it. As long as you are diving deep with Truforgiveness and not judgment you will be safe. The story of this life does not matter, for you are the dreamer of the dream. Truly forgive the shadows of sin to be returned to your truth of innocence and experience the support you could only dream of.
8. This work of Truforgiveness Therapy is simply removing the barriers to the awareness of love's presence within. By doing this, you know love, which is always supportive.
9. You must truly forgive everything that surfaces, no matter what. You receive healing when you forgive within. So, this work is not to be used to seek confirmation for events of the past, for the true cause is always some aspect of the decision to be separate instead of whole.
10. At the end of The Supportive Treasure Hunt, wholeness will have been restored. This is what you are going to do, as well as correct your belief system. This allows you to miraculously manifest, by healing the one cause of lack you face in every form. The choice to be separate instead of whole.

#### Important Disclosure

I am not a therapist, nor a doctor. In no way should this material replace what your care professional says. I am neither responsible nor liable for any harm or injury resulting from the use of this material. I've written this from personal experience in the hope that it may assist others. It is up to each seeker to take responsibility for their own healing. I wish you every success, peace, safety and joy on the path to unlearning fear to remember Perfect Love. Do not be afraid of the shifts that take place when forgiving within, they can be extremely powerful, for it is a pathway to spiritual awakening.

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- GRATEFUL SUPPORT -

# The Supportive Treasure Hunt

3.01 What is the support you would be grateful for?

*I forgive being grateful for*

3.02 What do you lack?

*I forgive my lack of*

# The Supportive Treasure Hunt

## 3.03 How do you feel?

*I forgive myself for feeling*

## 3.04 What do you want?

*I forgive myself for wanting*

# The Supportive Treasure Hunt

3.05 What do you need?

*I forgive needing*

3.06 What is the mistake you have made?

*I forgive the mistake of*

# The Supportive Treasure Hunt

3.07 How do you feel?

*I forgive myself for feeling*

3.08 What is the mistaken belief you have made?

*I forgive the mistaken belief that*

# The Supportive Treasure Hunt

3.09 What do you lack?

*I forgive my lack of*

3.10 How do you feel?

*I forgive myself for being*



# The Supportive Treasure Hunt

3.11 What is the grateful support you need?

*I forgive needing to be grateful for*

3.12 What do you lack?

*I forgive my lack of*

# The Supportive Treasure Hunt

## 3.13 What do you need?

*I forgive needing*

## 3.14 What is the support you have?

*I forgive being supported by*

# The Supportive Treasure Hunt

3.15 How do you feel?

*I forgive myself for feeling*

3.16 What is the mistake you have made?

*I forgive the mistake of*

# The Supportive Treasure Hunt

3.17 What do you lack?

*I forgive my lack of*

3.18 What do you need?

*I forgive needing*

# The Supportive Treasure Hunt

3.19 What do you want to be supported with?

*I forgive wanting to be supported with*

3.20 How do you feel?

*I forgive myself for feeling*

# The Supportive Treasure Hunt

3.21 What is the mistaken belief you have made?

*I forgive the mistaken belief that*

3.22 What do you want?

*I forgive wanting*

# The Supportive Treasure Hunt

## 3.23 What do you need?

*I forgive myself for needing*

## 3.24 What is the mistake you have made?

*I forgive the mistake of*

# The Supportive Treasure Hunt

3.25 What is it you lack?

*I forgive the lack of*

3.26 What do you forgive yourself for?

*I forgive myself for*



# The Supportive Treasure Hunt

3.27 How do you feel?

*I forgive myself for feeling*

3.28 What do you need?

*I forgive needing*

# The Supportive Treasure Hunt

3.29 What do you want?

*I forgive myself for wanting*

3.30 What is the support you will be grateful for?

*I forgive myself for being grateful for*



You believe it is you that needs support, but when you begin to offer support within, this will be experienced without. For example, your lack of support is merely the outward projection of the belief you did not support God, when you decided to run away to make your own kingdom of your own. This is the dream of form, what seems real to the ego-self, but an illusion to your true Self that is still as God created.

When you gratefully support the One you believe you have betrayed, by this, I am referring to God, you will experience without the grateful support you seek. For what is within is projected outwards. You do not support God by reading words or cherishing some type of man-made form. You support God by digging within, undoing ego identification to find the doorway to the 'I Am' that connects you to Him. You cannot know God and the ego at the same time, for they are mutually exclusive. One is real, the other an illusion, and God does not buy into those ego beliefs in sin. He knows separation is not possible.

What did this treasure map reveal? What is the support you will be grateful for? What has been undone and truly forgiven? How do you feel?

This image shows a blank sheet of white paper with ten horizontal dashed lines spaced evenly apart, resembling notebook paper. The lines are thin and black, extending across the width of the page. There is no text or other markings on the paper.