

WHAT IS YOUR HIGHER SELF?

Your Higher Self is your Soul Self. It is the ancient, infinitely wise part of you that was directly created from Divine Source. Your Higher Self is not limited to your present incarnation. It has access to all your lifetimes, past, present and future. It spans dimensions, time and space. Your Higher Self is pure Spirit. It is the source of your intuitive knowledge and guidance. Your Higher Self is your true identity, having a human experience right now in this lifetime.

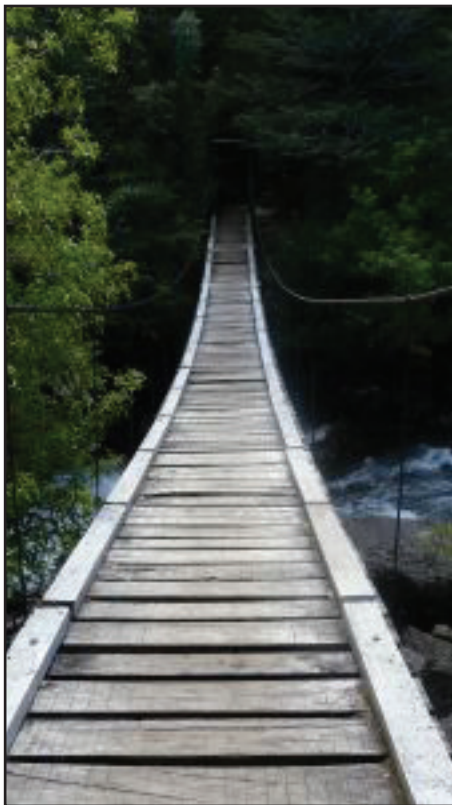
Most of us are not fully connecting to this incredible source of wisdom and guidance. We are, as a society, not taught to recognize ourselves as Divinely created spiritual beings. We focus more on the conscious mind, on reason and logic, or on

our emotions. Many religions and institutions teach us that we are separate from the Divine. We are not taught to listen to our intuition. This can lead to us a slow process of disconnection from our Higher Selves. We therefore lose a very important internal compass, our intuitive guidance system.

When you are fully connected to your Higher Self, you are aware of yourself as more than just a human being. You have a sense that you are something far greater than just your body, your thoughts and emotions. That greater part of you connects you not only to the Divine, but to every other being on our planet.



Even though you may not be consciously connected to your Higher Self, it has shaped your entire lifetime. Many of our innate gifts and talents are part of who we are at Soul-level. Whether we are aware of it or not, the identity of our Higher Self shines through into our physical life circumstances.



When we are fully connected to our Higher Self, we have a great sense of purpose and joy. The reason each of us incarnates as a physical being is so that our Higher Self may express itself creatively at this level. When we make an effort to connect to this part of us, this self-expression becomes easier. We begin flowing through life with purpose. We feel as if a very wise partner has stepped into our life and is leading us by the hand towards fulfillment. Opportunities and coincidences appear to show us our way. Inspiration abounds. We have a deep sense of meaning, even if obstacles present themselves.

If the Higher Self is such an amazing resource, why can't it simply create a stronger connection with us? Why do we even have to work at this?

At conception, all we are is our Higher Self. But

as soon as we begin our physical lifetime, we also become body, mind, and emotions. Once we are incarnated in a physical body, all of our power shifts to here, into this physical dimension. This is where we create our lives through our choices. Free will is our greatest gift! We can as easily make the choice not to connect to our Higher Self as we can to create a greater connection. Most of us grow up without knowing that the resource of our Higher Self is even available to us. Disconnection becomes our choice by default.

Our Higher Self is always available to guide us and to inspire us with information on our highest path and purpose. What it cannot do is interfere with our free will. Therefore, if we continue on with the “default choice” of disconnection, there is nothing our Higher Self can do. It will continue to shape our lifetime behind the scenes as much as it can. In order for us to tap into the abundance of information and wisdom of our Higher Selves, we have to make the choice to connect. We have to invite our Higher Selves to take an active part in our lifetime.

Here are two exercises that will assist you in this process:

INVITE YOUR HIGHER SELF TO BE PRESENT

Simply asking our Higher Self to be present is one of the most empowering ways we can create a stronger connection. Remember that free will is a powerful gift. Nothing happens without our consent. This is why we have to ask! When you consciously ask your Higher Self to take part in your life, you are giving this aspect of you permission to take a more active role. Your Higher Self can now guide you more directly.

When you wake up every morning, ask your Higher Self to guide you towards the fullest expression of your highest path and purpose. Even if you never ask for anything else, this is a powerful request!



When you are stuck on a decision, or in need of inspiration, ask your Higher Self

for assistance. Don't expect an immediate answer – no, the heavens will not open, and you will not hear a big booming voice announce what you “should” do. The voice or feel of your Higher Self is very quiet. It's always there, and so it can be hard to recognize. Go about your day as usual, but pay close attention to the events that occur. Notice what catches your attention. Notice new ideas or thoughts that suddenly come to you. Be mindful of what other people suggest to you – or of what you suggest to them. Sometimes we give others the advice we most need for ourselves!

CONNECT TO THE LIGHT OF YOUR HIGHER SELF

We are most fully connected to our Higher Self when we are sleeping. Most of our essence leaves our physical body while we are asleep, so that we can rejuvenate our energy levels.



We also connect to the Divine Light aspect of our Higher Self whenever we connect to a natural light source, such as a fire or a candle flame. Have you ever sat gazing into a fire and felt a wave of well-being come over you?

The following exercise takes advantage of both of these paths of connecting to our Higher Self:

Get up thirty minutes earlier than usual. Because you are normally still sleeping, you are usually connecting to your Higher Self at this time. Breaking your normal sleep rhythm allows for a greater connection to your Higher Self, even as you awaken.

For about fifteen minutes, gaze into the flame of a white candle. Tall tapers usually work best for this exercise. Simply sit and connect to the candle flame. To give your mind something to do, count each breath.

This is a simple but very powerful exercise that requires a little discipline. Fostering your connection to the infinite, Divine aspect of your being is an incredible way to start your day.

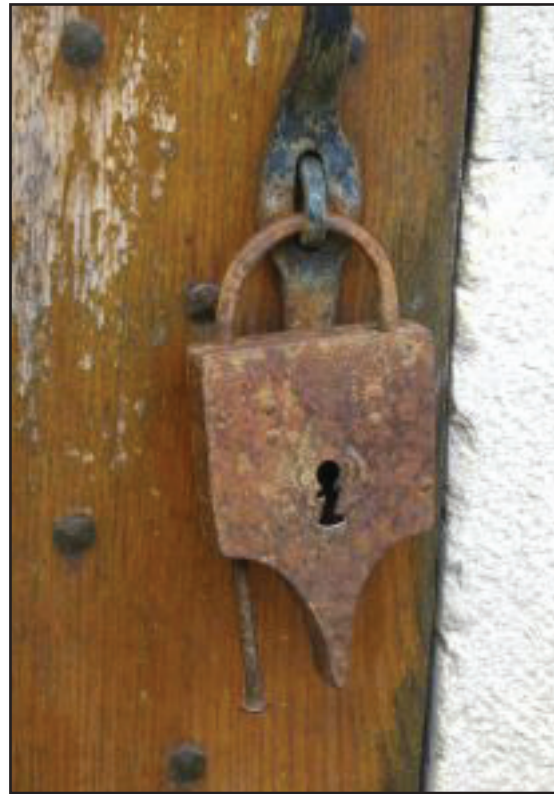
EXPECT SOME RESISTANCE

Since your Higher Self has been working behind the scenes, who's most likely been running your life so far? That would be your ego, or your Lower Self. Your Lower Self is a necessary part of who you are – the ego manages your daily tasks. It makes sure you get to work on time, and that you have enough food in your refrigerator to make dinner. It is also the part of us that is most resistant to change. The Lower Self is determined to keep you safe, which means staying within your comfort zone.

Your Higher Self, on the other hand, is invested only in your growth. Change is a necessary part of growth – after all, if we do what we've always done, we get what we've always gotten. Your Higher Self will often guide you to take small steps outside of your comfort zone.

As you might imagine, your Lower Self will not be too happy when your Higher Self begins to have more influence in your life. It will create resistance. This resistance can look like “forgetting” to ask for guidance from your Higher Self. Or your Lower Self will tell you that getting up early in the morning to meditate is simply too hard. Or, if you are meditating, you will get the overwhelming desire to fall back asleep.

Recognize that your Lower Self is just trying to keep you safe the best way it knows. Acknowledge all resistance – and continue consciously seeking to connect to your Higher Self, anyway! Through the two exercises in this report alone, you may find that you are suddenly inspired to make changes in your life. Your Higher Self will call upon you to take action. With the support and guidance of your Higher Self, you will find that you have a reliable partner in creating a life of joy



and fulfillment.

DO YOU WANT MORE INFORMATION ON YOUR HIGHER SELF?

In a Soul Realignment™ session, we explore the identity of your Higher Self. We look at your Soul's origination, your Soul-level gifts and talents. We also clear any negative blocks or restrictions that may prevent you from living your Soul's purpose. For more information, visit my website or contact me!

