

# Working With Your Higher Self

As you extend your intuitive ability, you will find at an unconscious level, there are changes occurring naturally where you are responding more from an intuitive level whereas before you would analyze and equate something. At a conscious level you may find that your left brain chimes in and negates your development and success. Continue to work with overcoming any doubts and trust what messages you are receiving.

The more you meditate the more you practice and work at stilling your left brain to open up your mind or consciousness to receive information from your guidance, the deeper the perception you will have of how your guidance is communicating with you.

For some students, you may go into a trance state otherwise known as trance mediumship – or conscious mediumship where spirit is communicating through you without entering the body while you are in a deep state of relaxation and can often be unaware of the communication taking place. It is most often noticeable because you are saying things you wouldn't have known otherwise and speaking in a way that is unlike your own regular communication.

## **YOUR HIGHER SELF**

You will be linking with Spirit Guides before you break through to your Higher Self. Working with your Higher Self is different than working with Spirit Guides. When knowledge for the bigger picture of life and understanding are at a certain level, we will then progress onto the Higher Self. Once we reach a point where that is accessible to us, our guides will introduce us to the Higher Self. You have to go through levels of understanding before you reach this point, which takes time. A lot of what you are learning is taking place at a subconscious level and it takes time for your physical body to catch up. It is normal to experience a lot of ups and downs during this time. With the amount of Light being sent to

the Earth plane over the past 6 years, most people have been going through the awakening process and have experienced the ups and downs.

The Higher Self is another part of your consciousness, a higher part of you. In a way, we are making a journey home, we are re-linking with that part of ourselves that lives in a higher level of awareness and literally has a greater level of understanding so it can help us with our growth and development. The Higher Self is our ultimate teacher and once you connect with your Higher Self you have opened the door to your unlimited potential. As you communicate with your Higher Self, you will receive answers and expand your understanding and awareness that can affect all areas of your life so you can create and manifest whatever you choose.

### **COMMUNICATING WITH YOUR HIGHER SELF**

It is important to remember that if you are thinking in the way you always do, you are not communicating with your Higher Self or guidance, you are working with your own thoughts, your own unconscious thinking. If there is a sense, a feeling or a knowingness, then you are communicating with your spirit guide or your Higher Self. You will ask questions and your answers may come to you in many forms, either through a book, magazine article, tv show, what a friend says, as well as that knowingness, so you need to remember what question you asked and then look out for the answers.

You will be developing a language with your Higher Self. The language can often come in the form of pictures, images that may be matched with certain feelings or knowingness that you get around that picture. Everyone is going to have their own unique way of communicating with their Higher Self. Honor your process.