

HIGHER SELF COMMUNICATION

Four Methods for
Communicating with
Your Higher Self







Communication with your higher self goes back further than Egyptian times for before the Egyptians there were beings of Mu and those of Atlantis. (Mu people lived near what is now the Hawaiian islands and those of Atlantis lived near the Bahamas). These beings knew the importance of following intuition and speaking with spirit rather it be self, others, or animals. The men would confer with the women what to go hunt for the day before they left or where to go hunt!



Communicating with your higher self is a game changer. It's something literally your higher self has been waiting to do with you your entire life so congratulations for being here. Letting your higher self drive the car comes from a vision that I received from my higher self. She actually showed me a vision where I was the passenger, and she was driving. In this vision she was driving a tow truck and my car, was being towed. I asked where were we going? She said relax, enjoy, and play I will get you to where you need to be much faster as you let me drive and you play.



This is why I like to use my smudging fan as an example. The small crystal at the bottom of the fan in this example is your physical body. The stick, handle part is your soul. The fan portion is your higher self. Your higher self sits across the veil and sees across time and distance. Now's where you want to be and how to get you there far faster than the thinking mind can. Why wouldn't you want to listen to it.



YESHUA BEN JOSEPH

In the book of Mary Magdeline spoke, "The soul answered: 'I saw you, though you did not see me, nor recognize me. I was with you as with a garment and you never felt me.'"

The point is, communication with the higher self is a dinosaur egg idea. Since before the land of Mu (Lemuria) spiritualists have been communicating with their higher selves. Secondly ascended masters, spiritualists, and those in the "knowing" have been connected to their higher selves. Even Buddha said your job is to discover your path then follow it leaving all other paths behind. The idea is this is a method, a way we connect to higher selves.

DEFINITIONS:

- 1.Higher self
- 2.Intent
- 3.Heart Space

Higher Self: The part of you that is connected to you, but you can not see. This part sees across time and distance for across the “veil” time and distance does not exist. Time and space are third density concepts for us to see things happening sequentially, linearly instead of all at once.

Your higher self is a part of you! Your higher self loves you and does not judge you ever!

Your higher self has been waiting your entire life to speak with you!

Intent: Where you place your focus, your energy through breath work.

Heart Space: the part of you that is connected to ALL That Is! You may call your heart space what ever is comfortable for you. Many call their heart space the zero point or Source Energy. Do what is right for you. Your Higher Self will understand and take the clue.

- **3 Minute Meditation!**
- 1. Intent
- 2. Connect to the Heart
- 3. Ask to Communicate
- *Your Senses:*
 - 1. Touch
 - 2. Feeling
 - 3. Taste
 - 4. Smell
 - 5. Vision
 - 6. Knowing
 - 7. Hearing & more

METHOD NUMBER ONE

As I demonstrate this you can follow along and or play the video as needed. Allow your self to become quiet and still after you set a timer and ask your higher self to show up through one of your senses. Important to set the intent and go into the heart space. Wait for a response.

Place your intent to speak with your higher self.

Go into your Heart Space by taking a few deep breaths and saying to your self or out loud: "I connect to all that there is. I connect to my Higher Self.

Understand at first you may not feel that you are connected, so it's important to trust that you ARE.

The Pendulum Method



METHOD NUMBER TWO

A pendulum is a weight on a chain. You may make one or buy one.

Discover your direction for a no and a yes.

Start by holding the pendulum perfectly still. Secondly, ask yes and no questions that you know the answer to.

Learn the direction of your yes and your no answers. Master the direction of your yes and no. Practice. Do not move on to the next step until you have mastered this step. This is important to build trust.

Once you have your direction for your yes and no then you may ask yes and no question.



METHOD 3: THE SWAY METHOD

Internal tool!

Step 1: Establish your directional flow for yes and no answers.

Step 2: Practice with answers you **do not** care about the outcome!

Step 3: After establishing trust then begin to ask yes and no questions that you desire the answers too.

This methodology is a more advanced tool as it relies more internal connection than the outer world. The pendulum is a good starter method, or you can just jump into this method scientifically based in kinesiology.

The sway method uses your body as a pendulum. You may sway left to right, back and forth, both, or not at all. Watch the video for full demonstration techniques.

Step 1: establish your directional flow for your yes or no answers.

Step 2: Practice with answers you **do not** care about the outcome!

Step 3: After establishing trust then begin to ask yes and no questions that you desire the answers too.

Procedure:

Step 1: My directional flow for yes is a forward tilt. Yours might be different. Some go back and forth!

Step 2: Practice with answers you do not care about the outcome! Example to I wear the green shirt today? Receive your answer. If it's a yes, you're good to go. If no, ask do I wear the blue shirt?

Step 3: After establishing trust for your yes and no directions then begin to ask question that you don't know the answer.

Step 4: Have fun! Build trust.

Step 5: Eventually you will no longer need the sway. You will just know. It will come as a knowing.



METHOD 4

Follow your positive energy stream!

Follow the fire beneath your feet; your joy knows the direction you need to go!

Celebrate daily!

Remember you do this already, but now you know your “joy” is from your higher self telling you to go in that direction, so go! Don’t hesitate follow the heart, the joy, the bliss. That is communicating with your higher self. You realize it now! My team calls it following the fire beneath your feet or following the positive energy stream. Trust them if it’s negative (like car racing on public streets is your highest joy) that is not from your higher self but ego.

Even when you must choose between two mundane things like doing the dishes and sweeping the floors.

Remember no such thing as mundane that’s a definition. Add music and suds and you have a dish washing party!

REVIEW_L

- ***Four Methods for connecting to your higher self:***
 - 1. Meditation
 - 2. The pendulum method
 - 3. The sway method
 - 4. Following the fire beneath your feet!

1. Sitting in peace for a timed three minutes. With your intent focus and heart space. Ask your question and wait for the answer up to three minutes.
2. The pendulum method: external way to communicate to your higher self.
3. The sway method; building trust first then deep diving with questions you may care about. Remember with practice, patience, and time you will not need the sway method.
4. Following the fire beneath your feet every chance you get is following your guidance, from your higher self.



- What method do you think you will learn to use the most?
- Practice is loving you; all of you!

FINAL TIPS & TAKEAWAYS

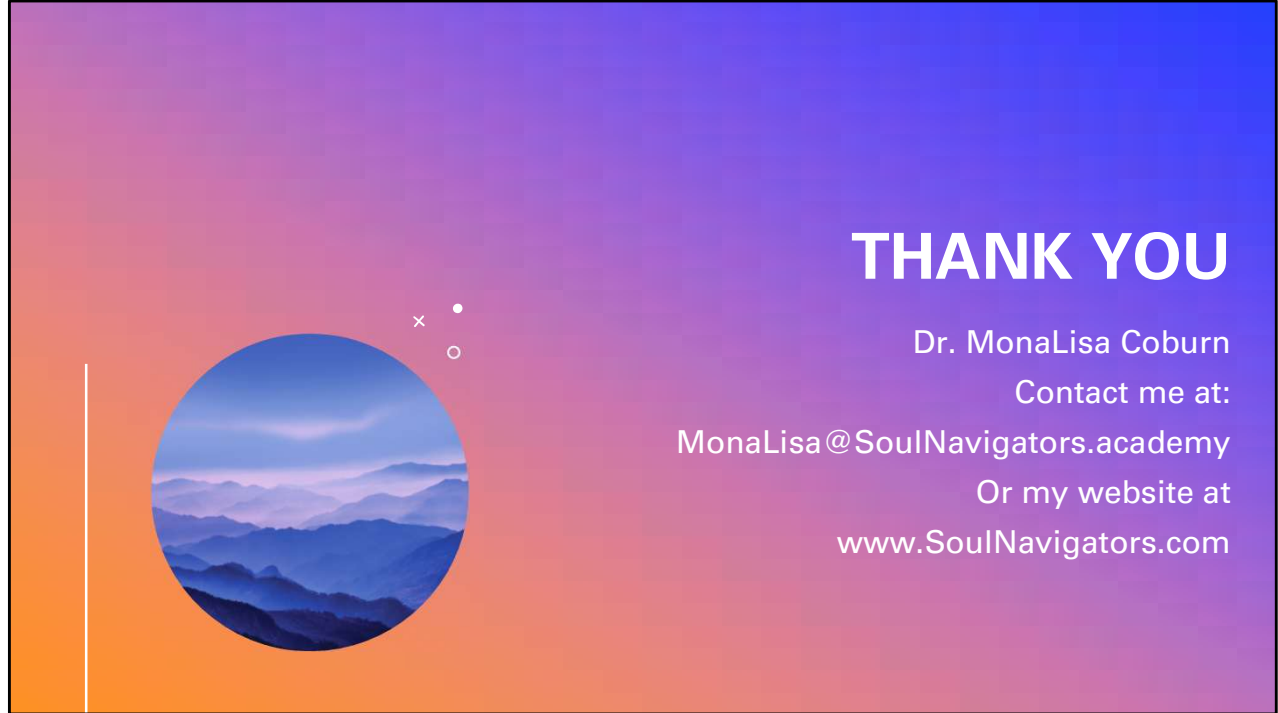
Your higher self wishes to thank you for showing up today. They have been waiting for you to remember this your entire life and cannot wait to build a closer connection.

I thank you for taking the time out for yourself and learning this information. Please send me an email with any question you might have.

Thank you!

The more you practice the stronger you build the connection with your higher self. Don't worry if you don't feel anything at first. Some do not, what is important is that you don't give up!

You may need to set aside a time to practice! Do it, it's well worth the results!



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