

# MONTHLY MUSINGS

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## THE HIGHER SELF

### HOW TO CHANNEL YOUR HIGHER SELF

What is the higher self?

The Higher Self (THS) is the highest vibration of you, which has the wisdom & knowledge already embedded from the experiences you are yet to live out. This is why our highest self is an incredibly valuable guide when we are navigating hardship, changes or at cross-roads in life. It is important to remember that THS is YOU and is an attainable aspiration to follow. Some believe that awakening/spiritual evolution is the process of anchoring THS into the present so we can live a life operating from the most divine version of us on earth.

Connecting with this version of YOU

You may already be deeply connected with THS either with awareness or not. When we connect with this higher version of us, the discernment between our present day self and the guidance is harder to sense, then when connecting with a power animal for example. That's because we are literally reaching out to an evolved version of our whole self.

To channel THS, set the intention first that this is whom you are wanting to connect with. Find a place to be at peace & practice what's known as pratyahara (withdrawal of the senses). Close down the eyes, turn your ears "inwards" to the movements, pulsations and universe inside and switch off from the distraction of the outside environment.

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### FEATURE ARTICLE THREE



With eyes closed, picture yourself seated in a chair and imagine that your crown & third eye are illuminated with white light. This white light is clearing your higher chakras where downloads, insights & intuition naturally reside. As you hold this vision, start to guide your senses towards the feeling of this white light in your actual crown & third eye.

Notice the crown gently opening like an upside down cone of light. Be in this meditation for a few moments. When ready, ask THS to present her/himself. Notice how they look, feel, speak or show up for you. Spend time being in their presence, ask them for guidance, what your wisdom to share is & how you can express this.

When complete, give thanks & gratitude to this version of you. Return to the image of you in the seat, allow the crown and third eye to go back to its natural state/size. Fill your whole body with breath, anchor your feet and slowly awaken your senses one by one to the world around you.

Always take notes or have paper/pencils nearby to express anything ready to be expressed. Practice connecting daily if possible as you will naturally build a relationship that is deep & meaningful, the more you "show up" to learn.

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