

15 Ways

To Connect to 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 this 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. It is your true Self.

The work of Soul Realignment™ is dedicated to assisting you in connecting to this powerful resource. Your Higher Self longs to express its gifts and purpose into this physical incarnation. It is why you are here.

The following simple spiritual practices will assist you in connecting to your Higher Self on a daily basis. Whether you choose to do these practices for one day, for a week, or for months to come, each will serve you in its own way so that you may begin to fully align with your highest path and purpose for this lifetime.

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Soul Realignment™ Faciliator



1. *Connect to Light*

Spend five or ten minutes gazing into the light of a candle. While you do this, breathe in through your nose and out through your mouth. Because the mind will tend to wander during this exercise, count each breath you take. Try not to lose count. This exercise is simple, but not necessarily easy! Connecting in this way to a natural light source connects us to the Divine Light of our Higher Self.

2. *Open Your Heart*

Send a blessing to someone you love. Just visualize placing the energy of love, healing or simple good will into a white ball of light. Send that white ball of light to the person you love, and imagine them being showered with the blessing energy you sent. Then use the same technique to send a blessing to someone you know, perhaps someone you are not very close to. Next, send a blessing to someone who has angered you. Finally, send a blessing to yourself. This practice expands your heart and awakens compassion, and allows you to connect to the loving energy of your Higher Self.

3. *Smiling Meditation*

Close your eyes and take a single big breath. Smile. Even if you don't feel like smiling - especially if you don't feel like smiling! Focus for a minute or two on the sensation of smiling. Notice what happens to your face, to your emotions, to the space in your heart. Meditate on your smile.

This may feel forced and unnatural at first, especially if you are agitated or stressed. However, you'll find that it's hard to meditate on a smile without that smile becoming genuine. If nothing else, you'll smile or even laugh at yourself because here you are, sitting with your eyes closed and smiling foolishly. Reconnect to the child-like joy that your Higher Self upholds for you at all times.

4. *Mirror Gazing*

This exercise allows you to connect to your true Self with loving acceptance. Sit in front of a mirror, or hold a hand mirror in front of your face. Look into your own eyes without averting your gaze. Keep gazing into your own eyes for at least five minutes. You will find that your features become blurry in the mirror, that the importance of your physicality melts away, and you are left with a connection to your true essence, your Higher Self.

5. *Take Your Own Advice*

Note every piece of advice you give today, every perspective and opinion you offer. At the end of the day, write down the essence of what you've been communicating to others. Apply your counsel to yourself. Sometimes our Higher Self talks through us to others – but the message is meant for us as much as it is meant for those to whom we offer our counsel.

7. *Witness Your Wisdom*

Imagine yourself when you were only ten or eleven years old. Now write a letter to the child that you were. What do you know now that you wish you had known then? If you had the ability to give the child you once were a little instruction manual for life, what would you want it to say? Write down everything that you think is important for the ten-year-old you to know. When you are finished, put everything you've written away for twenty-four hours. The next day, read the instruction manual. It contains the wisdom that has come to you from your Higher Self. Allow yourself to soak up all that you have learned in this lifetime.

9. *Tune In To Your Desired Outcome* *by Practitioner Joann Miller*

I allow ten to fifteen minutes every day to focus on and “feel” exactly how I want my reality to manifest. Then I simply go about my day practicing the art of keeping thoughts that I desire in my mind versus thoughts of scenarios that I do not want in my life.

6. *Stop The Noise*

Go on a “media fast” for a few hours each week. Turn off the phones, the blackberries, TV, stop surfing the Internet, listening to the radio, or reading the newspaper. Stop all information input, so that your inner wisdom has a chance to be heard. Use the silence to ask yourself a question. Engage in some creative activity, and you may recognize the answer that comes from within.

8. *Hand It Over* *by Practitioner Anna Conlan*

This spiritual practice is for those times when you feel overcome by negative emotions or problems, such as desperation or sadness. Imagine a beautiful angel with you, its arms around you, ready to take away some of that negativity you cannot handle. Visualize the angelic presence any way you like - as a conventional angel or cherub, as a bright light or an angel with a human appearance. Throw the negative energy you are feeling into a bag and give it to the angel. Watch the angel take the bag back to Divine Source, to be transformed into Divine Love which is given back to you via the angel. Feel the sense of love when this energy is given back to you.



10. *Practice Gratitude*

by Practitioner Mary Riposo

Each morning before I get out of bed, I say: "Dear God, thank you for another beautiful day on planet Earth." Then, as I go through my day, I silently bless each interaction I have with everybody I come in contact with, whether in person, over the phone, or via email, and whether it feels positive or negative in the moment. At the end of the day, before I fall asleep, I say: "Dear God, thank you for all of the experiences of this day. Please help me to retain all the learning from those experiences, and to release any negativity associated with them." Then I say "thank you" three times.

12. *Walking Meditation*

The next time you go for a walk, allow your gaze to drift to the ground right in front of you. Watch your feet as you walk, bringing your attention to each step as you take it. We're so often concerned with where we are going and the goals we want to reach that we are not present to the actions that allow us to get there. Guidance from the spiritual plane is only available in the present moment. Mindful walking – focusing only on what is immediately in front of you – allows you to be open to receive inspiration and guidance from your Higher Self.

11. *Acknowledge Your Divinity*

by Practitioner Michelle Lee

When I feel disconnected from my Higher Self I first remind myself that I am one with my Higher Self, that I AM my Higher Self and all that this involves. Our Higher Self is God, with all the properties of God. Similarly, just one drop of an ocean has all of the properties within itself as the entire ocean. Those properties of God and our Higher Self are Love, Light, Truth, Power and Abundance, and because they are a part of my Higher Self they are a part of me.

When I feel disconnected I remind myself that the perceived disconnect is an illusion. Then I take just a moment to breathe, and if it is practical I may close my eyes. I visualize my Higher Self as a spark of light just behind my solar plexus or at the third chakra. And as I focus on it, it begins to grow and expand and fill every cell, muscle and fiber of my body. As it fills my body I realize that I am the presence of Love, Light, Truth, Power and Abundance. I begin to feel lighter and more powerful. I take this Light and Power with me into every situation knowing that I AM the presence of God and that I can bring Light to every situation and experience.

13. *Exercise Your Mind's Eye*

by Practitioner Anna Conlan

Spirit uses the mind's eye as a vehicle for sending us messages. This exercise is drawn from William Hewitt's book 'Psychic development for Beginners' and is an excellent one to practice consciously using and manipulating images in your mind's eye.

Imagine you are holding seven balloons on strings, each one corresponding to one of the seven colours of the chakras - red, orange, yellow, green, blue, violet, indigo. Let go of the balloons, one by one, starting with the red balloon and watch the balloons one by one fly off into the sky, until they disappear from your mind's eye. This exercise will be difficult to do at first, if you are not used to using your visual imagination.



14. *Breathe Into Balance*

The yogic practice of alternate nostril breathing can assist us in connecting to our Higher Self by calming our nervous system and clearing the channels by which the energy of the Higher Self infuses our physical body. This simple but powerful practice can be done anywhere. Here is the technique:

Tuck your index and middle finger of your right hand towards your palm. Leave the thumb, ring and pinkie finger of the hand extended. Close the right nostril with your right thumb and slowly inhale through the left nostril. Immediately close the left nostril with your right ring finger and little finger, and at the same time remove your thumb from the right nostril, and slowly exhale through this nostril. This completes a half round. Inhale slowly through the right nostril. Close the right nostril with your right thumb and exhale slowly through the left. This completes one full round.

15. *Connect to Heaven and Earth* *by Practitioner Nancy Leilah Ward*

When I need to reconnect to Spirit, I take a moment to sit quietly and focus on my heart. When I do this, I feel innocence there – it feels sweet and childlike. I sit with that feeling and allow it to spread like an elixir through my being. If I have time, I go back to my heart and spin my heart chakra clockwise. I send my attention from my heart down into the Earth, connecting with her energy, and I draw Earth energy up, circulating it through my chakras. When I get to my crown chakra I open it up – it fans upward and outward. I then call in Spirit, the energy of the Universe. I draw the Spirit energy from the Universe down, circulating it through my chakras, down into the earth. I fill my entire body with the energies of Earth and Spirit, or Heaven and Earth. I like to think of this as Mother Father God loving each other inside of me. I feel energy connecting me to Spirit and to Earth. I send the energies out through my heart and into my aura. I affirm that I am a divine spark of the Creator. The energy goes out from my heart, creating a path which I fill with the feeling tone of what I want to bring into my life.

