

Connecting With Your Higher Self

What is the Higher Self?

The Higher Self is the aspect of your soul that engages directly with this personality and this incarnation. It's the version of you in this current timeline and body.

It has a vested interest in all of the many details of your current life. It's there to guide you through each and every daily situation and circumstance that arises.

It knows your thoughts. It knows your feelings. It knows what the highest and best choice is for the best outcome for you and for your life. It is your guidance and navigation system.

It knows how and what is needed for your highest path and growth. And how to get you there.

What's the relationship of the smaller self to the Higher Self?

By design, the small self is stuck in pain and trauma. And the Higher Self is the Divine Self or pure love.

The smaller self resides in lower dimensions. Simultaneously, the Higher Self exists in higher frequencies. In these higher dimensions, there is no polarity, judgment, reprisal, comparison, competition, better or less than, or any other state of tension.

This means that there is nothing you could think, say, or do that is not greeted with love by the Higher Self. You are loved completely and unconditionally.

We believe we're alone because the veils of separation between our lower and Higher selves are thick and our inner senses aren't developed enough to experience the presence of the Higher Self. It's essential for every human to cultivate awareness of – and develop a relationship with – their Highest Self in order to stay in alignment with their guidance and protection systems.

Why does separation exist?

The separation of the lower and Higher selves occurs through Karma. This collection of experiences in other timelines determines what we have to work through in this lifetime in order to grow. Our past life experiences, lineage patterns, and imprints influence and color our current perceptions and outlook.

This karma sets the 3D stage for our lives. It keeps us in reactivity and separation. It also provides the backdrop and the practicum for our growth.

How do we work through Karma and grow? What's the solution?

Working through Karma directly affects our ability to open and experience unconditional self-love – which is the seat of the Divine Self or Higher Self.

That doorway that separates the two selves must be opened so that the small self can experience the Light and the guidance of the heart's grace, wisdom and potent love.

Trusting in the Divine is the bridge that the small self crosses to meet the Higher Self. To access the bridge, we need to trust in a greater process.

What's the process of learning to trust in the Divine, and trusting in the Higher Self?

Trust allows the lower self to feel safe and innately know that the Higher Self has your back. For the most part, the lower self doesn't have a relationship with or an awareness of the Higher Self. Without this relationship, the lower self is limited by narrow projections, run by lower frequency emotions, and cognitively perceives duality and limited reality. There has to be a bridge built between the aspect of the self that's in darkness and the part that lives beyond the veil in the Light.

The process of trust is a process of reprogramming. We need to begin to innately trust ourselves and the wisdom of our Higher Selves.

Opening and trusting in the Higher Self allows us to embody the wisdom, knowledge, and power of these higher frequencies. It opens us to more understanding, clarity, and more-deeply meaningful lives.

Why is the connection to the Higher Self so vital?

The connection to your deeper sense of Self is paramount to growth and healing.

To facilitate the process, we can do practices to clear, cleanse, observe, and receive. The more we work through the denser material, the more we naturally vibrate at higher frequencies and access greater awareness. With dedication and persistence, our trust continues to grow as we begin to surrender tightly-held beliefs, lessen our self sabotage mechanisms, and heal painful and harmful family and societal influences.

Every relationship is secondary to your relationship with your Higher Self. Who you are in this life is determined by where you are in terms of your relationship with yourself and your connection to your Higher Self.

The Divine is not OUTSIDE of you. The Divine is locatable and accessible within you.