

## Connect with Higher Self Meditation

The most important thing you can do on your path of spiritual awakening is to consciously connect with your Higher Self. This is the part of you that remains in the High Light. The vibration of your Higher Self is too high to be able to live within a human body. In order to experience life on earth, it creates a part of itself that is able to incarnate in a physical body. There are many things it cannot experience while in its natural non-physical state.

There are many reasons your Higher Self creates a physical aspect. Thus, the Higher Self will create a plan, setting the intentions of what it would like to experience during a human lifetime. Once this plan is approved and the body or mother is chosen, the plan is set into action.

Your Higher Self holds the blueprint for your life. Although it is useful to get advice during your incarnation from various sources, there is no one better to go to for guidance than the one who created the blueprint for your Soul. For most humans, making conscious contact with one's Higher Self is an important step before making conscious connection with the Source of All.

We are all One, a part of Source, which is the essence of Unconditional Love. While in human form, it is easy to forget our connection and to feel we are separate beings. Most forget their spiritual roots as they fall prey to the fear and false beliefs rampant on earth. However, for those who Seek to remember, there are plenty of Guides to help one get back on their Path.

The path of the Seeker is never ending while one is in human form. However, it is the Path one must take in order to ascend duality. The ultimate goal is to replace every "negative" thought, word, action, fear and false belief with those based on unconditional love.

There is no right or wrong way to connect with one's Higher Self. The greatest deterrent is not believing the message when it presents itself. Keep trying and there will come an "Aha!" moment when you know beyond a doubt that you are connecting. From that moment forward, it will become easier to connect. Then you will be tapped into all the knowledge and Guidance you need from your Higher Self and Spirit Guides. This will lead you toward a stronger connection with the Source of All and other Masters of Light who live beyond duality.

To begin, sit or lay in a comfortable position where you can totally relax. Turn off the phone and do what you can to avoid any interruptions for the next 15-30 minutes.

The following is one method to help you connect with your Higher Self, your true I Am Presence. Try it a few times, then modify it anyway you need until you find your special meeting place. To get into a relaxed mindset, you can visualize slowly walking down steps, counting down as you go. Others like to count down floors while on an elevator. Some simply monitor their breath. Use whatever method works best for you.

Take several, slow deep breaths in and out as you let go of the concerns of the day. This will place you in a relaxed brain wave pattern, making it easier to communicate. In order for your Higher Self or Spirit Team to communicate deeper with you, they must "step down" their energy. The higher you raise your energy, the easier it will be to meet in the middle. Amp up the love in your heart as much as you can. Think of things you are grateful for. This will help raise your vibration higher.

Not everyone is able to visually “see” images in their mind. Do not be concerned if this is true for you. However, you can still image that you are visiting a place that feels peaceful to you. This could be a garden, the seaside or in your own bed. This can be a place you have visited or seen photos of. It can be on earth or elsewhere. You are a creator, so use your imagination to create the place where you wish to commune with your Higher Self.

Arrange the space so that you are seated and your Self is sitting across from you. If you prefer, imagine you are walking together in a peaceful place. Take several more deep and slow breaths in and out until you feel relaxed. Create the scene with your thoughts. You can even create how you want your Presence to appear. Likewise, your Presence can “shapeshift” into whatever form or formless energy he/she chooses to present to you.

We are all energy beings; the form is a choice or preference of what is needed for you to recognize it and to feel safe. However, pay close attention to how the energy feels. Like the axiom states, “Actions speak louder than words.” Dark entities can masquerade as Light beings. However, their actions will soon show their true self. Thus, be discerning.

Once you imagine that you are sitting across from your Higher Self, no words need to be spoken at first. Making the conscious and energetic connection is most important. Use the Heart Connection to send and receive love to each other. This will create a conscious bond between you on a conscious level. Everyone will make this connection in a unique manner and on a differing time frame.

It may take several attempts to make a strong connection. Your egoic mind may try to overthink, keeping you distracted. If so, gently refocus your attention back to your intention of sitting across from your Self. Once you feel connected, in the beginning, it is good to start with asking how you can make the connection stronger. You can ask yourself what name your Self wishes to be known as. You can also ask how often and under what circumstances it is best to meet. The first few meetings are best to simply strengthen the connection and increase the love bond.

After your connection and bond is strong, then begin your dialogue. Your Self created you from the pool of Unconditional Love that is the Source of All. You are a holographic aspect of your Self and Source. Everything that is within the Higher Self, you have access to. Energies from any of your human past lives are within your “Soul” container and you have access to them, as well. Anything else you wish to explore, such as the experiences of other Souls, the two of you can take a trip to the Akashic Records and gain what is needed for your next step on your spiritual awakening Path.

The trickiest part of the initial conversations with your Self is to know what is coming from the Self, what is being blocked by your own fears and beliefs, and what is being generated from your egoic mind. Practice makes perfect. Practice often. Also, pay attention to the energy behind any messages you receive so you can discern anything from imposters.

If the message feels confusing, demanding or creates mistrust, it is likely being generated from your egoic mind and/or being filtered by your own fears and beliefs. Thus, it is crucial to face your fears and release them. It is also important to dig out any false beliefs you have created throughout your life. These are the greatest stumbling blocks for humans.

When the meeting comes to an end, thank your Higher Self. Ask for continued Guidance on how to connect deeper. You can even set up a signal for your Self to give you when it is time to meet. Perhaps you will choose to meet at a specific time each day, when able. If you choose, you can imagine embracing as you prepare to depart. Send your love and allow yourself to receive the love sent to you.

When your session is over, bring yourself back slowly to consciousness. If you counted down stairs to relax, then visualize yourself climbing up the stairs, counting them until you get to the top. Stretch your body, then open your eyes. Take a few moments to reacclimate yourself. Then have a full glass of water before continuing forward.

As you meet more often with your Self and begin to receive the messages, you will be much better equipped to handle everyday life. Fears will start to fade away. Forgiveness and allowance will happen more readily. You will gain clarity. Your creativity will flow. How you wish to express your innate talents while in human form will blossom. You will create more joy, happiness and bliss. You will experience more inner peace, no matter what is happening around you. Thus, you see, the rewards are quite enticing.

Set aside at least 15 minutes each day to connect with your Self. If your day presents too much confusion, then awaken 30 minutes before anyone else and utilize this quiet time. You can do the same before going to bed.

Be forewarned, that if you truly desire to make this connection, but do not take the time to do so, your Self will assist you. Thus, you can expect a “wake up” call around 3-4 am when the world around you will likely be quiet. If this happens, recognize that it is time to awaken and make the connection. Once you have finished with the meeting, you will likely fall asleep soon after.

Another “perk” when consciously connecting with your Self, and Spirit Guides, is that you are creating a better flow of energy so that you can give and receive love more freely. Visit them often when your battery needs to be recharged and when you desire Guidance on any topic. They are available 24/7/365.

Enjoy the journey, for there truly is no destination.

Many blessings,  
Theresa Crabtree