

## **Higher Self and OverSoul**

It is important to cultivate a relationship to your higher self or oversoul. This aspect of your being is your eternal consciousness. It is not held back by the acquired aspects from this lifetime and it gives you access to your innate spiritual connection to Source energy and all that there is. Within this connection is the ability to receive information without the pesky subconscious mind getting in the way. Connection to the higher self is cultivated through quieting and stilling your logical mind. The messages you receive in healing work can be warped and shifted by the logical mind. When you are truly connected, it is a releasing of the ego's need to be in control and to have a say in what is coming through.

Communication from the higher self is subtle. This is why quieting the mind is necessary. We can ignore the subtle messages of our higher self easily. Again, intention is key here in desiring to open to communication and input from the higher self.

The less used term oversoul is also one that I appreciate. This term gives us the concept that this is an over encompassing soul aspect of our being which is eternal and overseeing all that we do. It is important to connect to this aspect not only because we receive messages and information more clearly, but because when we are connected to this it makes it much easier for us to connect with other spirit beings and forces in a safe and sustainable way. Your oversoul can be seen as a part of a family of beings. These beings can be incarnate in the past, present, future, on other planets or densities or in the space between lifetimes. When you connect to your oversoul, you can connect to these other beings who are sharing a soul signature with you. These beings are going

to then be easier for you to connect to because it is as though you are siblings or cousins. This is part of your soul lineage and one reason that you might be drawn to certain places, times or types of beings. Always communicating via your higher self or oversoul gives you access to greater safety and sustainability in these works. It also helps you to make better decisions in your day to day life based on this higher input.

Doubt, fear, disbelief, hopelessness and lack of faith all shut down this connection. Believe in yourself. Believe in the connection and it will get stronger. Doubt and fear are the greatest killer of our spiritual path. We are afraid that we are not experiencing what we are experiencing and so we discount, make fun and do not take the time to pursue its development.

Your intention must be pure. You can not hide from your higher self. If you are seeking to connect to the spiritual realms and you are doing so out of desire to feed your ego or to take advantage of others you will shut down this connection. You might connect to other beings, but not your own higher self which over time will lead to delusions of grander and pathological behavior. Mine yourself to see if you truly have a hidden agenda in these works. Are you wanting to be special or different more than you are wanting to simply be of service? You also can not want to manipulate or change the things that are coming through. This can be hard because this means that you are completely surrendered to higher will. This does not sit well with the ego and the rational mind which are trying to figure out survival and gain.

### **Practice to Connect to The Higher Self**

Shake your shoulders and take deep cleansing breaths to prepare for sitting.

Contract all the muscles of our body 3 times, holding and squeezing all of your muscles until you shake, and then relaxing an audible sigh breath. This will help to relax your body for presence.

Bring your awareness to your breath, falling it in and out watching the belly rise and fall.

Allow relaxation and presence to enter.

The breath falls into the belly and it relaxes you into a quiescent state of being.

Feel a connection to your heart space.

Call in your protective forces, allow a blue light to infiltrate your field and body.

Feel yourself in a safe and protected space.

Call upon your higher self, your oversoul to become more present, for it to come closer.

Imagine that it is coming closer and closer down to you.

Be present as possible and use all of your senses and awareness to gain information.

Ask to be given a signal and awareness of what it feels like when your higher self is here and communicating with you.

When the presence feels strong, feel free to ask a question.

As the energy of the answer flows toward you, allow yourself to speak it. Do not judge or doubt.

Tune into and check with your heart to feel if it resonates.

When you feel complete, release your higher self from the space.

Come back to your body and breath. Come out of the meditation and do three Pulling Down the Heavens and end with hands over the belly.

\*If you do not get anything, that is fine, know it will come in another way perhaps as you dream or over the next days through interacting with the world. You can request in the meditation to receive in another way at a later time. Feel free to spend more time resting in meditation or journaling afterward. This can be a good meditation to do before bed to keep receiving while you sleep. Trust that you will receive the answer in some way. The most important part is to train yourself to be quiet, present and in awareness of what the connection feels like to you.