

Receiving Message From Your Higher Self

We all want connection to our souls, we look for a higher purpose, life direction and understanding, but a lot of the time we are fragmented and blocked, and we don't feel connected or guided in our lives. How can we start connecting and receiving messages from the Higher part of ourselves? Receiving messages from the Authentic or Intelligent Self are common once we are relaxed and our channel is open and uninhibited.

Breathing has the ability to bring balance and openness on all levels. Your breath is a simple and practical way to open the doorway between the conscious, subconscious and higher mind. It brings up what is blocking your connection and dissolves it, creating a blending of the parts - an integration of mind, body and spirit.

When a person is in a state of integration, peace, harmony and stillness are experienced. Other than feeling absolutely wonderful, another exciting thing happens; when harmony is present we have connection, the doorway is open to your Higher Self and messages and guidance are often given. Sometimes you are shown things, sometimes you receive insight about issues in your life, other times you are given direct communication.

It's often the simple communication from the Higher Self, the words of encouragement that spur us on, give us hope and lift our spirits.

Here are two messages, two different clients received in their sessions this week that made a big difference to how they felt.

Client 1. Towards the end of her session said, I heard "Rejoice - not far to go now".

Client 2. Towards the end of the session he said to himself "I don't know if I can hold all this together" and heard "IT holds it all together." (meaning he doesn't have to do anything but let go and the Higher Part of him will take over and hold him). He also said "there was a lot of light. I didn't see the figure, but there was a lot of light coming from it. A sun type presence."

These experiences bring a great deal of peace to the person. New hope and expansion prevails.

Sometimes people are shown very clearly what steps they must take next. When the channel is open, we have connection, and messages and guidance flow to us from our Higher Self - it shows us the way.

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