

Who is your higher self?



It is your CENTER.

Here are 7 ways to connect with this True You:

1. Be quiet and listen. Relax and put your hands down - often we put them up to defend ourselves from life. Take time to Be Still. (Psalm 46:10)

2. Meditate. It calms and connects us to ourselves.

3. Pray. There are so many ways - find what works for you.

4. Look up - look out - look in. (We spoke about this earlier in the week!)

5. EXPECT to see, expect to know. We spoke about things CLICKING into place on Wednesday. Expect that your prayers and meditations will bear fruit.

6. Mindfulness as a practice - whether you're exercising, eating or having a conversation with a loved one. Be fully present.

7. Connect with your heart - consciously. This creates harmony between your brain and heart.

Remember, the last thing to grow on a fruit tree is the fruit.

Be patient with this process -

Connecting to your higher self takes time and practice.

Pema Chodron said, "***Nothing ever goes away until it teaches us what we need to know.***"

Your higher self-correction is what all of us need so we can learn what we need to know, and who we are meant to be.

Remember WHO you are, and WHOSE you are! ❤️🌟