

Process for accessing the Higher Self

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The Higher Self is a 6th density collective. We are in this physical state 3rd density beings. To understand this you can watch this brief explanation on YouTube :

<https://youtu.be/seaJcY0kXjk>

The Higher Self/Oversoul contains a collection of aspects/ shards of a soul, of which you are one of the aspects, most likely currently in incarnation. You are effectively an aspect of this collection. The Higher Self is the Oversoul, the Whole Soul.

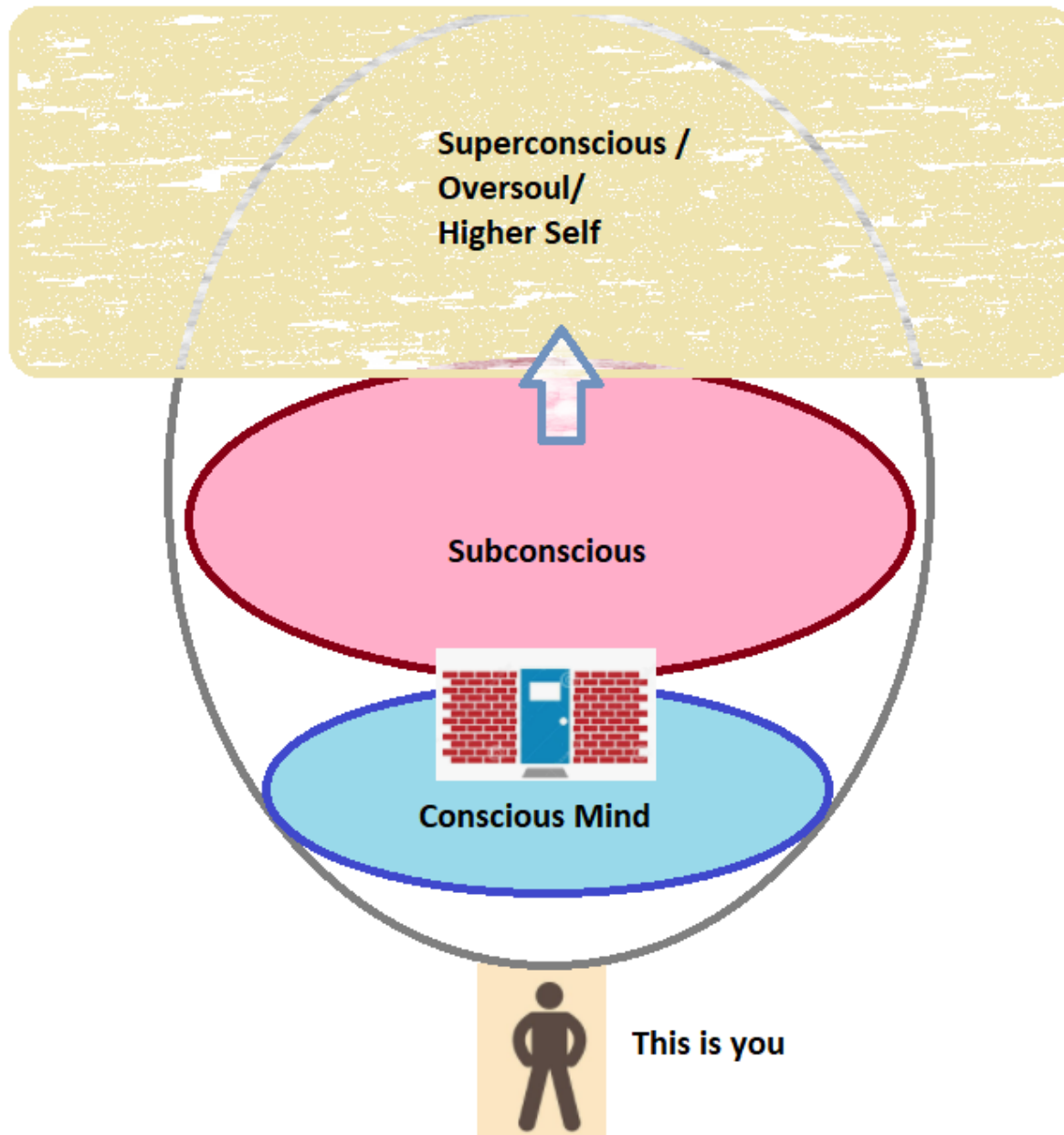
To help you understand this better you can also watch THIS video clip:

https://youtu.be/peYMO_pl1ic

The Higher Self is accessible when the Conscious Mind is relaxed, and in the Theta State

There are 4 states of Consciousness:

1. The full waking state (Beta State)
2. Relaxed waking state (Alpha state) watching TV, meditating or daydreaming.
3. The falling asleep state (Theta state) the breathing changes as you become more relaxed.
4. The fast asleep dream state or REM state (Delta state) You dream or do Astral Travel



From a religious perspective we have been told you "have" a soul. This is in fact not quite true. We ARE a Soul. Let me quickly recap.

What do we know now that we did not know before about the Soul?

- We know now that the soul within is a fragment, a shard of God within.
- We know that this shard within is God living in you as You, in me as Me.
- We now know that we are collectively God having a temporary human experience.
- We now know that the Soul exists outside the realm of Space/Time. From the Soul perspective everything exists simultaneously and happens simultaneously.
- We now know the Soul reincarnates. You may view previous incarnations as past lives, but from the Soul perspective those incarnations are happening simultaneously.
- We now know that the Soul is a multidimensional divine entity. You might be living simultaneously on different planets, or dimensions, having different existences and learning experiences. The Earth School is but one of many such planets.
- We now know that the Earth Plane is the most difficult school souls come to. We come to learn Limitations and Emotions.
- We now know that the Soul plans every lifetime incarnation meticulously, with a series of lessons, sets of experiences, and form contracts with other souls who will be family, friends etc.. This plan includes the Exit strategy, the death and ending of the incarnation. No death is thus by accident. Every single death is a planned exit strategy from the Soul's perspective.
- The Soul agrees that as it comes into the Earth plane, to forget all these plans, and find a way to remember these elaborate plans after being born.
- All the information related to our past lives, plans, are accessible from the subconscious, except our exit strategy. It allows our learning experience to be authentic.

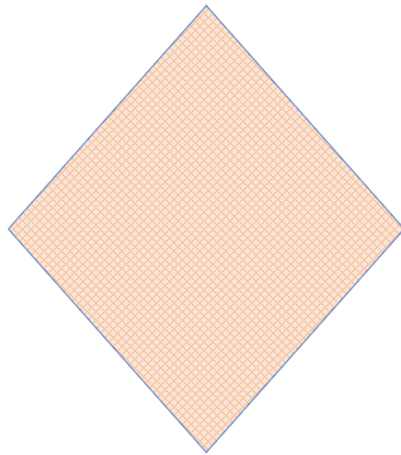
This knowledge may be a lot to process. Please allow yourself time to grasp these concepts.

The best approach we can take is to align ourselves with our Soul agenda, and ask for guidance from the Higher Self.

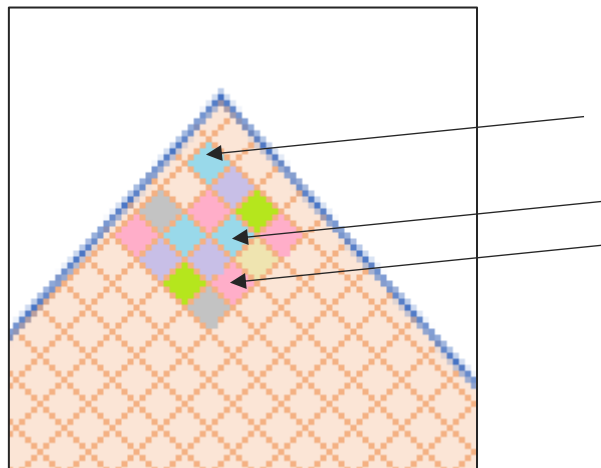
Remember:

- We use our **Instincts** to process animalistic responses, like fight or flight etc.
- We use Logic and Reason, **Common Sense** to make calculated decisions. Both these are in the realm of the Conscious Mind
- We use our **Intuition** to access concepts beyond the CM, like Soul based knowledge and information.

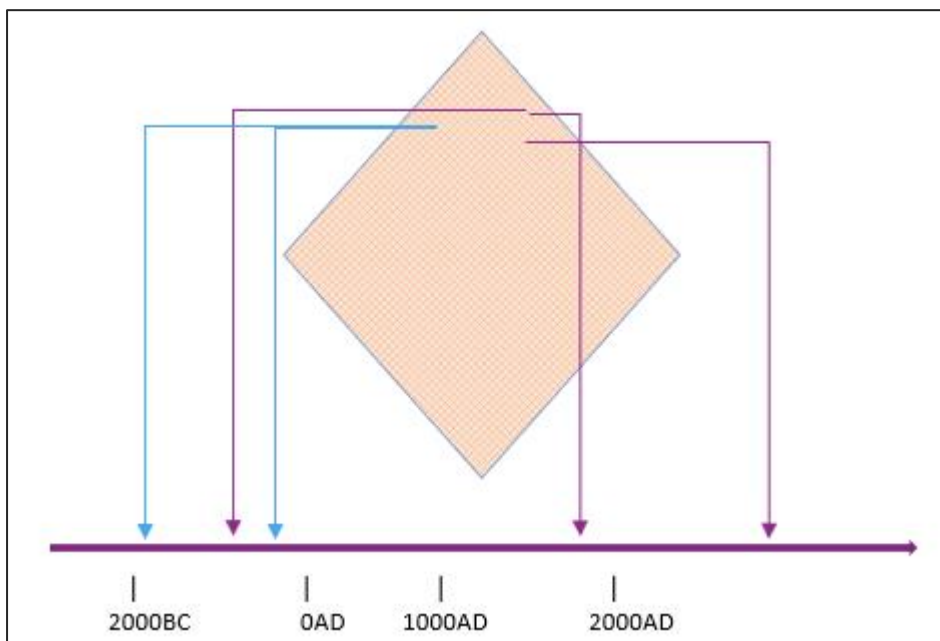
The graphical representation of the Oversoul



Soul fragments within the Oversoul collective



Therefore souls can reincarnate all at once across different times:



How to connect to the Higher Self

We access the Oversoul through the Subconscious when the person is in a relaxed meditative state. We try to get the person so relaxed that he/she can let the Oversoul come forth even though the person is in the Theta State. Sometimes the person is fully aware of the conversation, sometimes not. The Conscious Mind is the gatekeeper to the Subconscious.

- Sit down in a quiet space, and take a few deep breaths, focussing on your breathing.
- Allow yourself to relax.
- Imagine with every deep breath a wave of relaxation washing over you from your head down to your feet. Feel the relaxation as you breathe.
- **The more relaxed you are the easier it is to hear your Higher Self.**
- As you relax your body, also relax your mind. Observe your thoughts as birds flying around in your mind, and let them all pass through, pay no attention to any thought. Until it is empty, no thoughts, no birds.

Then we can begin to ask our questions and initiate a conversation. We have to ask the Conscious Mind permission to do this work.

We normally ask permission while in a relaxed Alpha state:

- **Do I have permission to speak to my Conscious Mind please?**

You may need to repeat the question a few times. You may not “hear” an answer. Some people get a feeling that it is OK to proceed. Once you get this feeling or OK to proceed, you can begin with your petition.

I would like to ask your help today to access my Subconscious please. I respect and acknowledge the Conscious Mind and I know you take great care of me. I appreciate all you do for me.

I am asking help so I can establish a connection with my Subconscious to my Oversoul please. I need this connection to get answers on some important issues. Can I ask the Conscious Mind to help me with this please?

If the conscious mind says no, you may need to ask why it is not allowing you to ask it questions.

Also ask if there are blocks in place that need to be removed. If the answer is yes, then you ask what steps you can take to help it to remove these blocks. Allow it to explain what the blocks are and how to remove them.

In most cases the conscious mind will normally comply and allow you to proceed. You would need to end this conversation by thanking it for the help.

- **I thank the Conscious Mind for coming forward, and for your help, with much love and respect**

Now you can proceed to call forth the Oversoul:

- **May I speak with my Oversoul/Higher Self please?**
- **Do I have permission to speak to my Oversoul please?**

You may need to repeat the question a few times. Then proceed with your petition.

- **I respect the power of my Oversoul and I always ask for permission to speak to it and ask questions. Do I have permission to ask questions?**

You need to ensure you are in a very relaxed state to be able to do this. But this is how you would approach the Higher Self

After you are done you say:

- **I now ask my Oversoul to return to its normal place with thanks and respect, and I ask my consciousness to fully return to my vessel.**

It is advisable that you record your questions and answers. Or at least write them in your journal.

If you are not successful at the beginning (as I was) keep trying this. Keep going until you get it right. There are various reasons for it to fail.

1. You may need to raise your vibration to match the vibration of your Higher Self. Meditation and breathing can help with this.
2. Your Higher Self is just as eager to get this communication channel in place. It took us a few weeks to get our channel open. Just keep trying. It is often a case of feeling your way through the process, instead of thinking. Pay attention to what you feel. You will feel your Higher Self energy is vastly different to your own, and you will recognise it immediately.
3. Be patient with yourself. Be kind with yourself. It will happen. Keep asking them for help with this.

Once you are skilled in your conversations with your Higher Self, you can call upon them simply by saying:

I call upon my team in Spirit of the highest vibration of love and light, and my Higher Self.

Please can you help me with.....