



Holding the Hand of Your Higher Self

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This technique is valuable for those who wish to establish a closer connection to their spiritual guidance. Although the higher self is often envisaged as a light, it is more effective if you can sense it is as a real and solid being.

This visualisation should be practised slowly, giving you plenty of time to feel and sense your higher self energy as a substantial being.

- Find a quiet, warm place where you can sit and know you will be uninterrupted.
- Close your eyes and get comfortable. Focus on your breathing, letting each breath relax any tension in your body.
- Imagine you are standing in a very beautiful natural place: a private, soul space. Use your senses. Feel your feet, feel the air, enjoy the surroundings as you take your time to enjoy the beauty.
- Imagine just over there is a sacred place, a place of relief and comfort: the place of your higher self. It beckons to you to come.
- Walk over and enter this sacred space. Imagine it fully by using your inner senses to touch, listen, and smell as well as seeing.
- Sit yourself down and get comfortable once again. Close your mental eyes and rest in this healing place. Absorb the healing energies, breathing them into your body.
- Now feel the presence of a dear, loving friend beside you. You put out your hand and grab hold of theirs. It's a strong, warm, supportive, capable hand. This is the hand of your higher self.
- Imagine the warm energy of this hand moving up your arm and into your heart, filling you with comfort.
- Take some time to explore your sensing of the higher self. If you want, open your mental eyes and see or imagine this loving, comforting presence beside you.
- Rest and enjoy its company for this experience will assist you to know you have connected with your higher sense at other times.

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