

CONNECTING TO THE HIGHER SELF

What you'll need: A sheet of paper, scissors, and a pen.

Why: The Higher Self is the eternal, fully conscious, most evolved part of you. It is the real YOU. It knows about all of your incarnations. It is the holder of important information. It knows the life lessons you intended to learn. It knows about your Karma. It knows the processes going on in your body. The Higher Self is connected to the Human collective, and to Universal God Source Energy. Being connected to your Higher Self helps with intuition and inner guidance. If you are among those who repeatedly see number sequences, it is the Higher Self that inspires you to look at the clock at just the right moment. The following exercise is a fun way to become more connected to your intuition through your Higher Self.

Exercise

Paper: Take a piece of letter-sized paper. Cut it in half twice, then once again so you have 8 rectangular pieces of paper. Fold each piece of paper in half. On the inside, below the fold of each sheet, write the numbers 1–7 respectively. The 8th sheet is an extra that you can throw away.

Shuffle: Shuffle the sheets so you don't see the numbers.

Quick Impression: With eyes closed select one sheet, raise it to your heart, and take a breath or two while focusing on the heart. Write down whatever word comes to mind. Don't overthink it; just write it on the top of the sheet. Under that word, write briefly what that word means to you in the moment so you can further find the context.

Repeat: Continue the process with the rest of the sheets of paper. When done you will have 7 pieces of paper with words written on top and a single number inside. Record them on the next page.

Interpret: Each number corresponds to a chakra (1=Root, 2=Sacral, 3=Solar Plexus, 4=Heart, 5=Throat, 6=Brow, 7=Crown)

Interpret the words with respect to the information on the next page and develop an intention for the rest of your day.



	Extra sheet, throw away

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| <p>1 ROOT
Adrenals</p> | <p>Associated with safety, survival, grounding, and nourishment from the Earth's energy.
<i>Examples of Health Issues: Joint pain, lower backache, constipation/elimination problems, obesity, anorexia, and poor immune system function.</i></p> |
| <p>2 SACRAL
Gonads (male testes & female ovaries)</p> | <p>Associated with desire, creativity, and sexuality.
<i>Examples of Health Issues: Uterine or bladder problems, sexual difficulties, impotence, lack of flexibility, sciatica, lower back pain, and problems with large intestines.</i></p> |
| <p>3 SOLAR PLEXUS
Pancreas / Spleen</p> | <p>Associated with mental activities, intellect, personal power, and our personal will.
<i>Examples of Health Issues: diabetes, hypoglycemia, gallstones, nervousness, low energy, muscle cramps, stomach problems, lumbar spine, and liver disorders.</i></p> |
| <p>4 HEART
Thymus</p> | <p>Associated with love and compassion, and our connection to the rest of humanity.
<i>Examples of Health Issues: high blood pressure, breathing difficulties, circulation problems, shortness of breath, chest pains, disorders of the heart, and tension between the shoulders.</i></p> |
| <p>5 THROAT
Thyroid</p> | <p>Associated with self-expression, expression of truth, creativity, and communication.
<i>Examples of Health Issues: fever, ear infections, weariness, thyroid problems, disorders in the throat, ears, voice, neck, cervical spine, hypothalamus and esophagus problems.</i></p> |
| <p>6 BROW
Pituitary Gland</p> | <p>Associated with intuition, extrasensory perception, and spiritual wisdom.
<i>Examples of Health Issues: headaches, eye problems, pituitary and pineal gland issues, and neurological problems.</i></p> |
| <p>7 CROWN
Pineal Gland</p> | <p>Associated with enlightenment, and spiritual connection.
<i>Examples of Health Issues: headaches, brain issues, nervous system and muscular system disorders, mental issues, and skin disorders.</i></p> |

WORD/ MEANING

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|-----------------|--|
| 1. Root _____ | 5. Throat _____ |
| 2. Sacral _____ | 6. Brow _____ |
| 3. Naval _____ | 7. Crown _____ |
| 4. Heart _____ | Say or write your intention for the day (example below). |

EXAMPLE

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|---|--|
| 1. Root <u>Rocks (earth, nature, grounding)</u> | <p>Today I intend to get out in nature more, and trust my gut instincts. I will drink lemon in my water to detox, I will practice my affirmations ("I am Love"), I will be brave and love my truth as I speak it. I will continue to expand my consciousness, and have more fun and not take life too seriously.</p> |
| 2. Sacral <u>Sensations (gut feelings)</u> | |
| 3. Naval <u>Yellow (Lemons, Detoxing)</u> | |
| 4. Heart <u>Affirmation (I am Love)</u> | |
| 5. Throat <u>Love (love what I say)</u> | |
| 6. Brow <u>Elephant (big, expansive)</u> | |
| 7. Crown <u>Bubble Gum (fun, whimsy)</u> | |