

Higher Self Connection

What can you expect and how can you use it?

Here's the benefit of building that Higher Self connection. You can ask about anything! One of my students has a very demanding job as a director of several departments of a very large retail conglomerate. While in China buying furniture he noticed one of the legs of the table samples wasn't right. He thought one leg was shorter by $\frac{1}{4}$ of an inch. He asked his Higher Self (HS) and confirmed it. The vendors insisted he was wrong. He asked for a tape measure and sure enough, the table leg was off by $\frac{1}{4}$ of an inch.

I have asked my HS about when my children would be home from an event. Long before cell phones I've asked if my kids were ok when I didn't know where they were. I've asked my HS about clothing that I would like to purchase. One time my HS was very clear about purchasing a skirt that was too tight. I was losing weight at the time, and have learned that it's not the best thing to do. My HS said to get and I fit into it easily within a few weeks and it's been a staple of my wardrobe ever since!

I've even use my HS to help me pass a professional exam. I did study for a whole year before certification – yet there were questions that were trick questions and my HS came through for me. A student of mine was up for her professional certification. She studied for other exams and was an graduate of two ivy league schools. She was so busy with her work that she wasn't able to give it her usual deep study to prepare for this important exam. It meant a 20% pay increase. She asked me to check in with the Akashic Records Keepers to find out if it was in her highest and best good to postpone her exam date. No they said, you can pass it now. "How?" she questioned! They reminded her that she could ask her Higher Self for any questions she didn't know the answer to. "Is that legal?" she questioned? They told her she had studied well. They reminded her that she has also worked diligently on her Higher Self Connection. "Why not?" they replied. "You earned it."

Dan Furst, in his new book, Surfing Aquarius tells us that in the not too distant future we will be pulling our information from within. It makes sense that you can rely on these skill sets right now!

I've used it to handle relationship issues. I've used it to help me know if I'll ever need something I'm thinking about throwing out. The list goes on and on. Write in your favorite Higher Self story! We'd love to hear from you.

One last thought, the way to do this – is found in the book so why wait any longer?

How long do you have to devote to the exercises?

If you will commit to six weeks or longer you will be able to achieve the best results. The practice period does have some rules. You will need to follow them judiciously. The payoff is phenomenal. Devote six weeks to a practice and achieve results for the rest of your life. Pretty wonderful payout!

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Three steps to 100% Accurate Higher Self Connection
by Maureen J. St. Germain

Do this for a minimum of 45 days. It is called your practice period Figure out your practice period future end date is. If today is Feb. 1, then March 15 is the end of your practice period.

1. Ask ONLY yes or no questions. No open-ended questions. Ask unimportant insignificant questions you do not care about the outcome such as “Should I take this route to get to work?” or “Should I wear the red shirt?” Keep asking new questions (about what to wear) until you get a yes. Ask unimportant questions throughout the day as often as 30-50 times.
2. Always follow through on your answer. No exceptions. This is to keep the practice period clear. After your practice period if you decide not to follow your Higher Self it is ok – but you will probably regret it. So not ask important questions. If you absolutely cannot defer asking this question until after your 45 days then make an exception. Make exceptions rare.
3. Do not use any forms of divination during your practice period. Do not use kinesiology, muscle testing, finger testing, cards or pendulums. Divination has its place and can be useful but not during your practice period. If you are a therapist and use these methods with your patients, limit their use to that practice. As far as YOU are concerned you are only asking your Higher Self during this practice period. Do not ask predictive questions such as, “Will the traffic light change before I get there?” or “Will the phone ring in the next few minutes?” These type questions are inviting your ego to track your progress. If you are tracking your progress then you still care about the outcome.

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