

Week 7: Invoking Higher Powers and Working with Your Higher Self

Lesson 1 - Invoking Higher Powers and the Importance of Grounding

- Calling on higher powers before entering an altered state of consciousness sets the space to a high vibrational state.
- The purpose of calling on higher powers is to ensure the information that comes through is of the highest vibration and for the highest good of all.
- Raising your vibration means you are operating from your heart center; with practice and intention, you will be able to maintain high vibrational states for prolonged periods of time.
- Your vibrational state is directly related to the information you are able to receive from the Akashic Records, or any realm (including the physical), and which beings beyond the physical you are able to connect to.
- The longer you spend in the Angelic Realms, the higher your vibrational state becomes and therefore the higher vibrational information you are able to receive.
- Spending more than 45 minutes in the Akashic Records can deplete your energy.
- After you have gone into an altered state of consciousness, it is important to ground the physical body.
- Some ideas for grounding include:
 - Eating food
 - Drinking water
 - Going outside
 - Moving the body
 - Connect with water
 - Aromatherapy
 - Sleep

Lesson 2 – Self-Guided Practice: Aligning With Your Higher Self

You will guide yourself through this process:

1. Be in a channeled-ready state
2. Call upon Higher Powers
3. Express your invocation
4. Express your intention
5. Sense your connection to your Higher Self and maintain this connection through your heart or your 8th chakra. Record your experience.

Lesson 3 – Conscious Intuition and Learning How Your Higher Self Speaks to You

- Your intuition and psychic gifts work unconsciously; the practices in this course will help you to have conscious intuition.
- Your Higher Self is here to support you, not to be used as a crutch or to answer every question you have.
- Pay attention! Notice where or how your Higher Self is speaking to you through your environment. Take in what the message of the day is and see where it shows up outside of you. It could come through an animal, an object you come upon while walking, another person, an online message – the possibilities are endless! See where it could be and journal about this experience.
- Continue practicing this until you feel a strong and easy connection with your Higher Self.

You will guide yourself through this process:

1. Be in a channeled-ready state
2. Express your invocation
3. Express your intention
4. Sense your connection to your Higher Self. Ask your Higher Self to bring forth an energy or message that is helpful for you on this day, and to show you a sign in your outer environment. Record your experience.

Lesson 4 - Discerning the Energy and Messages Between Your Higher Self and Ego

- Self Reflection: Consider the qualities of your Higher Self and the qualities of ego. Make two columns and write down the qualities you think each has. Based on these qualities, what kinds of messages do you think your ego will express, and what kind of messages do you think your Higher Self will express? You may find writing the opposite of each quality to be helpful.

Lesson 5 - Self-Guided Practice - Your Higher Self and One of Your Gifts

You will guide yourself through this process:

1. Be in a channeled-ready state
2. Call on higher powers and set space
3. Express your invocation
4. Express your intention
5. Sense your connection to your Higher Self and ask your Higher Self to tell you one of the gifts you offer humanity through your being. Record your experience.

Lesson 6 - Self-Guided Practice - Inviting Your Higher Self and Your Highest Good

You will guide yourself through this process:

1. Be in a channeled-ready state
2. Call on higher powers and set space
3. Express your invocation
4. Express your intention
5. Sense your connection to your Higher Self and ask your Higher Self to give you a message related to your current Path and your highest good. Record your experience.
 - a. This message could be a message of encouragement, or a next step; it could be literal or it could be symbolic. Remember, you can always ask for more clarifying information. In general, it is best to take messages as metaphors and discern them as you do information in dreams.

Lesson 7 - Discerning Energy Between Your Higher Self and Angels

These are the questions you will be asked during the meditation:

1. Where do you sense the Angels the strongest?
2. Where do you sense your Higher Self the strongest?
3. How do you experience the Angels in your heart?
4. How do you experience your Higher Self in your heart?
5. How do you experience the Angels in your body?
6. How do you experience your Higher Self in your body?
7. How do you experience the Angels in your brain? Where in your brain do you feel the Angels?
8. How do you experience your Higher Self in your brain? Where in your brain do you feel your Higher Self?