

BEing Your Higher Self Outline

REACHING UPWARD

January 15th-Being your Higher Self-The first class is an overview of the Being your Higher Self Series. We look at how Spiritual growth comes from increasing contact with your Higher Self and allowing it to become the director of every part of your life. When you begin a path of spiritual growth-seeking, learning-exploring the greater being that you are, and uncovering the mysteries of the universe-you will never be the same. We end with a meditation that connects you to your higher self.

January 22nd-Creating with Light-In the second class we explore, create and play with light. Light is one of the most powerful forces in the universe. It is a living presence that responds to our thoughts everywhere and anywhere. This is a very interactive class where you will be calling light to yourself to protect, to heal and to bridge a gap of separation. You will also learn how to send light to create harmonious relationships. We will end with a meditation that will charge and radiate the light you already are.

January 29th-Connecting with the Universal Mind-Everything around you exists as part of the Universal Mind, also called God/All-that-Is. The universal mind is unmanifest essence-the substance out of which all physical form is created. You are part of this Infinite Intelligence. In this class we learn how to tap into this higher mind and draw to you unlimited health, abundance, new ideas, knowledge and anything else you want. The Universe mind is perfection. It perfectly creates what you think about. We end with a meditation to connect with the Universal Mind to bring something you want from the world of unmanifest energy into physical form.

February 5th-Linking with the Higher Will-The Higher Will is an aspect of God/All-That-Is. It is a moving current of energy that carries everything in the direction of higher evolution. It is a gentle stream of love and spiritual energies that leads everything in all kingdoms-mineral, plant, animal, and human-to growth, aliveness, and a higher order of being. In this class we learn about the higher purpose to your life, the special contribution you came here to make. We begin to align with the Higher Will to produce the results that you want when you listen within. We end with a meditation that will energize the process of reaching your highest evolution and potential in this lifetime by aligning with the Higher Will.

February 12th-Seeing the bigger picture-Receiving Revelations-

Seeing the bigger picture involves putting everything into its larger framework, where its true meaning can be understood. Your Higher Self has a larger plan for your life, and every experience you have will fit together and give you value in some way, even if you don't yet know how. As you link with the Higher Will, you will learn more about the bigger picture of your life and the part that you will play in the grand scheme of things learning to trust the insights you receive. We end with a meditation to see the bigger picture-why you chose this lifetime, what your higher purpose is, what lessons you came to learn, and more about your service to humanity.

February 19th-Opening Awareness of the Inner Planes-There are other realities that exist besides the reality you can see, touch, and hear with your physical senses. There are the higher dimensions that your Higher Self lives in. These realities are very real; you're Higher Self, other people's Higher Selves and many high beings live there. In this class we learn how to consciously join with the higher community of beings your higher self is already a part of. Part of the higher purpose of the community of higher beings is to work with the Universal Mind and Higher Will to assist all life in evolving. We end with a meditation to open your higher centers of telepathy and to meet the higher community of beings who are working together on the inner planes to assist all who are awakening or asking for guidance.

February 26th-Moving into Higher Consciousness-As you become your Higher Self, you will experience many higher states of consciousness. These states come naturally with your increased observation, attention, and awareness. They come from your greater attunement with the higher dimensions and your growing ability to exist in more dimensions that just your earthly reality. In this workshop you learn how to consciously develop skills of higher consciousness to increase your awareness. As this begins to happen you have greater awareness of your psychic abilities. We end with a moving into higher consciousness meditation to assist you in developing your abilities to sense the subtle energies of the higher dimensions and to further stimulate your psychic centers known as the third eye and your spiritual center known as your crown center.

Total cost of this series is \$90 to be paid in full by the first class. This includes handouts, group participation and activities, and field work.