

SUGGESTIONS FOR HOW TO USE YOUR HIGHER SELF AND INNER GUIDES

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- Source of Guidance and advice (general advice and specific advice)
- As an inner therapist or co-therapist
 - Guidance about psychological awareness, understanding and insight
 - Information and advice about important issues and decisions
 - Source that provides and transmits nurturing, support and protection
 - Aid in shoring up your boundaries
 - Source for providing you with new emotions and feelings (Eg. Safety) by giving you a direct transmission of those feeling states
 - Insight into psychological issues that are giving rise to physical symptoms
 - Source of symptom relief
 - Aid in understanding and overcoming fears and resistances
 - Dream Interpreter
 - Advocate for uncovering and working through traumas
 - Mediator between sub-personalities in conflict with one another
- Aid in chakra clearing
- Source of transpersonal energies for clearing, transforming, refining and evolving your energy field
- Inner realm travel guide so that you can experience other dimensions of reality
- Guide for exploring other parts of the earth as well as the interdimensional aspects contained within the earth
- Inner planes spiritual mentor
- Guide and teacher for developing energetic sensitivity and psychic intuition
- Advocate for any and all manifesting, creating and dreaming practices