

DEVELOPING AND DEEPENING YOUR RELATIONSHIP WITH YOUR HIGHER SELF AND INNER GUIDES

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(HS refers to Higher Self and or Inner Guide)

DEVELOPING YOUR RELATIONSHIP

- Start by asking to meet your HS in the dreamtime, while you sleep. Right before you go to sleep, just make the request that you would like to meet and that you would like to remember the encounter. Be prepared to awaken at any time in the night with a dream, image or felt sense of your HS and to record your impression right then!
- Engage in an imagery process or meditative practice where you can meet your HS (listen to the audio guided imagery process here on the website)
- When you make your initial request for a HS be clear in your intention that you want a guide that fits both your personality and your spiritual essence. Also be intent on a HS that communicates easily with you.
- Establish contact and then build basic rapport. Just get to know one another before you ask for information, healings or whatever. And ask them what their name is or what they would like to be called. Remember if for any reason, you don't feel chemistry with your HS or your HS doesn't feel like a good match, you can always ask for another HS.
- Deepening your relationship with your HS is like developing any friendship. It takes experience over time to develop trust and intimacy. As a part of the "getting to know you " phase, ask your HS for its history or autobiography. Get its perspective on the purpose of the relationship both for you and for HS. Feel free to ask your HS any questions about them much like you might "check out" a potential trusted confidante.
- Be attuned to the images, sensation and feelings you have in the presence of your HS. These are the stable subtle cues that let you know you are in tune with them and that your connection is on track. When the image of them is "off", the felt sense of their presence is odd or the way they are responding to you seems strangely different, just figure you are not centered and therefore there is "static on the line." Always assume it's coming from your end, not your HS. They are trained long and hard for this job and they are good at it. So re-center yourself and make a clear intention to focus and start the connecting process again.
- The basic assumption with your HS is that they are always present and willing to communicate. HS will always go out of their way to bridge the connection with you. If the connection is "off", you can also ask yourself, "What needs to happen inside of you

for the connection to be clear?” You can also ask yourself, “What feelings or thoughts are blocking the contact”. Most of the time, you might be feeling scared of hearing what the HS has to say about something or you are projecting onto them your own abandonment issues. Unprocessed emotions on your part about the contact are what usually blocks clear contact.

- You can always ask your HS to help with any issues that may be blocking the connection or preventing good communication. When you have the courage to just tell your HS what is going on with you, any fears about the connection or the issues you raise with them and engage their support, usually the relationship gets back on track easily.
- Develop over time cross modality contact. For example, if you first have a visual image of your guide, make a request to HS that you then sense them, and finally hear them. If your first contact is more of a sensation, ask HS to manifest in a visual form that emanates those sensations as well. Then ask the HS to talk to you. If you first contact you just hear them, then ask that they appear in a visual form and evoke in your stronger felt emotions/sensations. Over time, try to be able to see, sense and then dialogue with your HS
- Develop strategies for how to handle those times when you feel the contact is “off”-just doesn’t feel clear. For example, reset your grounding, clear your mind and then send out the invitation for your HS to reenter. You can also ask HS to “clear any static” in the communication channels to help with the reset.
- Practice, practice, practice!
- Allow the relationship to deepen and evolve over time. Notice how both of you change over time. Yes, your HS also grows and develops too!
- Establish relationships with other guides as well to broaden your repertoire of HS.
- HS contact can be withdrawn in more advanced stages of HS work giving you a chance to open up other avenues to receive information, so that you don’t overly rely on HS
- Learn to use Life in all of its various forms as your HS
- Open up to other HS in other dimensions as you broaden your experience of being multi-dimensional.