

HOW TO TALK TO YOUR ANGELS/HIGHER SELF

Have you ever tried connecting to your angels or higher self?

Do you feel you are unable to connect to your angels properly?

Do you struggle with thoughts when trying to seek a higher connection?

Did you know we all have the ability to tap in and connect to our higher selves/5D consciousness?

It takes daily practice to strengthen your connection to your higher self or the angels. You can practice for a few minutes each day or a few hours. Or you can connect in a few days a week. Your connection will be based on your discipline to practice, and it is simple! We ALL have this gift of connection.

Below are the steps to connect to your angels or higher self.

*Feel free to have a notebook and pen nearby to document any information you get through.

1. Take 3 deep breaths in through your nose, and out through your mouth. Settle in and get comfortable. You can lay down or sit up, whatever is comfortable for you. Put your hands in a prayer position so your energy circuit (your body) is closed off (so you are ONLY connected to your energy).
2. Start by cutting your energy chords.
3. Say out loud or in your heart to yourself: "I cut chords with everyone and everything, and I reconnect my energy chords to everything that is real, whole, pure, and true, my higher self, 5D and beyond".
4. Take 3 more deep breaths in through the nose and out through the mouth.
5. Say to yourself in your heart: "I throw any and all EGO I have in my body into the Galactic Central Sun for recycling, transform it into light, and I utilize the energy for the highest good for all".
6. Take 3 more deep breaths in through the nose and out through the mouth

Notice: If your thoughts are calm, you can get ready to ask a question. If you do these steps and still have racing thoughts, start the process over again until the thoughts calm down.

7. Ask the angels or your higher self any question. If you are just starting to tap in, practice with simple questions such as yes or no questions.

Important: The FIRST answer you get/feel in your heart IS the answer from your angels or higher self!

If for example you ask a question and get a yes then a no, cut energy chords and try again.

If you doubt the first answer you get, the ego is able to come in immediately to throw off your guidance to confuse you. If this happens, cut energy chords, get centered, and ask the question again. Trust the FIRST answer you get and stick with it! That's the key!

This is a learning process and it involves you fully trusting yourself and your guidance! We all receive our guidance in a different way. Some people feel it, some hear it, some see it.

The more you practice you will learn how your guidance comes through. It is different for everyone!

The more you practice you can begin channeling information or messages, and the guidance will come through more naturally in the organic flow of your everyday life. Trust the process, trust yourself.

