

Your Higher Self

-This meditation is written and shared with love by Nadia Isabel.

Begin the exercise by setting a quiet and safe space for yourself in whatever way you choose. You can have relaxing music, candles, incense, etc. It's a good idea to have a notebook and pen handy so you can jot down your experiences.

Once your mind is relatively quiet and you are relaxed, you are ready to begin the meditation.

Meditation

See yourself standing in a place that makes you feel the most **you**. It might be a holiday destination, a theatre, a place of worship, a room in your house, a place in your imagination or memory. You are completely alone here. Draw your attention to your senses. What can you see around you? Be specific. What furniture is there? How do the objects in the space make you feel? Are you in nature? Is the lighting soft or natural? What can you hear? Can you smell anything? Baked cookies, flowers, perfume, aftershave? What can you feel and touch? Water? Sun on your skin? Breeze or ocean spray?

Make this image as real as you can. Whatever is in this space is here for a reason. Notice the details as if you are physically right there.

You begin to get the feeling that you are not alone in this place anymore. The presence of somebody else makes you feel overwhelmingly calm and relaxed. In the corner of your eye, you see a figure walking towards you. A figure that has the most powerful yet calming energy. They almost glow and radiate with divinity and strength. As they come closer, you can see the clothes that they are wearing. They could be completely unclothed or wearing the most exciting clothes that you have ever seen. Clothes that you have always wanted to wear but never have. Either way, they are gliding towards you. A few steps closer, and you can make out their facial features which hold a kindness, a knowing, a wisdom. And suddenly you realize that this person is you. Completely you. You are now met face-to-face with your highest self. They are fearless. They are love. They are the truest, purest and powerful creature. This person is you and you are them.

You share a moment together- it could be eye contact/a touch/a joke/an exchange/a conversation/an action. It is an intimate moment. Let any emotions bubble up and flow through you.

Then, they lean in close so they can whisper something in your ear. Listen closely, as it will be a subtle message; one that you have needed to hear for a very long time. You may hear the message clearly the first time or it later on in a dream, or days or weeks later after doing this meditation many times. The message will come to you when you are ready to hear it. Just know that it will happen and you will know the message when you get it.

They give you a gentle hug, and slowly turn away. Before your Higher Self starts to walk back to where they came from, they turn back and tell you that you can come and visit anytime. Whenever you feel you need to communicate, just imagine this place, and they will be there. Whenever you are in need of guidance, encouragement or just a break from your day-to-day life. You know that you can come here anytime you choose. Knowing that, gives you a sense of peace. This place is yours and only yours.

Take one last look around, and thank this place for helping you to connect with your Higher Self.

Slowly begin to feel yourself in your room, or wherever you are doing this exercise. Feel the chair or ground underneath where you sit, become aware of what is around you; furniture, sounds, smells, etc. Once you feel you are fully back, slowly open your eyes and take a deep breath. The last step is to journal your experiences.