



Prayer to the Higher Self

Begin this prayer by focusing on the cycle of your breath. On the inbreathe imagine breathing light into the sacral and allowing that light to grow with each breath into a sparkling sphere of pure pranic light. Asking your Body Elemental to assist you in holding this light and building this light in the sacral centre.

As this sphere of light builds imagine calling it up into your heart and from there into your hands. And into this sphere of light say the following prayer mentally or out aloud. Once the prayer has been repeated three times you will be asked to surrender the sphere of light carrying your prayer to the sun, to the Temple of the Higher Self.

Beloved Higher Self, you dwell in the higher realms of light, you are the way and you are the light.

Dissolve all the distortions and delusions of this world that seeks to touch my heart and mind. Beloved Higher Self, dissolve all fear of death in my heart and mind, so that I know the truth of the immortality of my Spirit. Forgive and cleanse all past errors, anywhere forgiveness and cleansing of self is needed. Forgive and cleanse anywhere I have strayed from the true path, anywhere the connection to the light was broken. Send light to all places in my innermost being that needs your light. Reconnect me fully now to the true way.

Beloved Higher Self, you who dwells in the higher realms of light, clear the inner channel between heaven and earth, connect my energy to the crystalline core of the earth and the crystalline core of the sun. And in this connection, fully open the inner channel of protective light, in this connection assist me in walking freely and courageously in this world and in all other worlds.

Beloved Higher Self, you who dwells in the higher realms of light, assist me in meeting all my earthly challenges and lessons with an expansive heart, an expansive mind. Assist me in walking the path of truth, in growing in wisdom, in living in love, ease and grace.

Beloved Higher Self, you who dwells in the higher realms of light, you are the true gatekeeper, you are the true inner teacher, connect me now to my Team in Spirit, the guides and angels and Stellar Races who are here to assist me in my earth mission.

Beloved Higher Self, you who dwells in the higher realms of light, you who holds the higher vision, the bigger picture of this lifetime, you who knows the truth of my multidimensional nature, you who knows the wonders of the many abilities, gifts and talents I have developed over many lifetimes. Connect my conscious mind to the expansive light and guidance of your being, connect the depths of my unconscious mind to the expansive light and guidance of your being.

Beloved Higher Self, you who dwells in the higher realms of light, send me your healing touch, your healing light deep into my physical body, deep into my bones, my blood, organs, systems, cells, DNA, and all sub-atomic levels of my body. Completely and 100% restore my connection to my original divine blueprint so that my physical body may fully remember its true holy nature.

Beloved Higher Self, you who dwells in the higher realms of light, open my heart and mind to the miraculous nature of this Universe. Expand and strengthen my intuition. Awaken, expand and strengthen my inner senses, my inner knowing. My ability to discern truth from falsehood. Activate and protect my sensitivity. Allow me to know the true magical nature of my being.

Beloved Higher Self, you who dwells in the higher realms of light, I call to you now. I ask that you take an active part in my life. May your light, love and power be with me always. Together may we be in constant holy communion with the One, the Source, the Universal Mind, God/Goddess All That Is.

Now surrender the sphere of light in your hands, hold it above your head and then release it up to the light sun, to the Temple of the Higher Self. Allow this sphere of light to carry your most heartfelt prayer.

