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Higher-Self Meditation Script

By Brad Austen

In this meditation we will be learning to connect to our higher-self and also strengthen this connection; allowing ourselves to be conduits for spirit.

Your higher-self is always with you; it's simply a matter of being still and tuning into it. With this connection, you will be guided to make the right choices in life and live your life to your highest calling.

Begin now, by bringing your attention to your breath. Breathe in deeply and slowly, allowing your stomach to expand as you breathe in. Exhale slowly, allowing your body to relax on the out-breath. Again breath in, and then breathe out slowly.

Allow your mind to relax and become still. If you have any unwanted thoughts during this meditation, simply say in your mind "Silence now."

Close your eyes and visualize yourself sitting under a very large tree. The tree branches extend out very high above you, reaching for the light.

Similarly you have a network of branches connecting you to the light of your higher-self.

Imagine your higher-self as a beautiful golden angel above you; this is who you really are.

As you observe this angel, it smiles and glows with light. Ask this angel, that is your higher-self, to merge with you now.

Visualize a piece of your higher-self in the shape of a golden ball coming down and descending into your body as you sit underneath the tree. Feel the golden ball coming into your crown chakra at the top of your head.

An aspect of your higher-self has now downloaded into your consciousness. There is also a golden shaft permanently connecting you to your higher-self.

What does your higher-self want to tell you? Feel free to ask a question, if there is something you want the answer to. Allow your mind to be still and wait for any impressions, images, or words, to filter into your mind.

Your higher-self may communicate with you through words, pictures or an instant knowing. This may also evolve and change, the more you connect with your higher-self.

You now have made the first step to connect to your higher-self. With practice it will become easier for you to connect with your higher-self and receive daily guidance. Each day, simply clear your mind, set your intent and ask your higher-self whenever you need some guidance.

It is now time to leave this meditation. Very gently bring your awareness back to your body. You can give your fingers and toes a wiggle and when you feel ready, open your eyes, coming back to waking consciousness.

