

Exploring the Higher Self

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By Ronald Holt

To help simplify matters, let's define the higher self. This can be a daunting and voluminous task due to its sublime nature. It is my intent to keep this as brief and clear as possible. Higher self is an integral and intimate aspect of ourselves that remains aware of (and actively interacts with) the whole of our being and our existence on the many planes or possibilities of life. One definition of the higher self can be: The part of ourselves that remains aware of our fragmented aspects and our wholeness simultaneously.

Connecting with and recognizing the higher self is a rather large subject and requires touching upon many areas within the subject in order to explore it with clarity. Whatever is written on this subject will never be enough to satisfy the human mind. The only time we feel true satisfaction is when we fully experience love and spirit for ourselves. Connecting with the higher self takes practice, refinement, dedication, and discipline. You will receive from this practice what you put into it. It is important to understand that there are no beings, planes, or dimensions outside of ourselves. All dimensions, beings, and planes of consciousness exist equally right here and now, within and around us. This requires that we as individuals open our senses sufficiently so we can participate with other beings, the higher self and/or with the other planes of reality. Sometimes experiencing another plane, dimension, or being can appear as though they are separate from us or that we have exited completely from this 3D plane and arrived at a totally different place.

A single drop of water is a good example of ourselves in our separated singularity or individuality. Many drops can co-exist in addition to the single drop. It is possible to create an infinite multitude of seemingly separate drops. This is similar to our 3D reality of separation. There are a multitude of individuals existing in their own individual forms. These individuals are seemingly separated from our own self. However, when you take the drop and add it to a pond, the drop will meld and integrate into the pond. In the pond, the drops are so integrated with each other (like we are in the unified field) that the drops comprise the entirety of the pond or the pond's unified field. Together we comprise the whole reality or medium. There are no parts of the pond (or unified field) that are not an aspect of us. Therefore, there are no planes, dimensions, or beings with which we are not intimately integrated.

In trying to understand a perspective of the higher self in comparison to our ego self, higher self would be like being at a conference in a large hotel auditorium that was partitioned into several smaller rooms. Our greater whole being would occupy the entire floor as well as all the partitioned rooms. Our 3D ego consciousness would only be aware of the one room in which we were focused. Higher self, in comparison, would be fully aware and participating within all the rooms on the floor simultaneously. The higher self would have a much greater vision of the whole of our being and the many rooms or planes upon which we exist.

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The higher self is you. It wants to become whole and integrated. Therefore, it is bound to help you in every possible way that you are willing to accept. The higher self's foremost concern is for your highest good. That highest good is observed through the eyes and vantage point of a much more expanded and intimate awareness and an understanding of not only yourself but the current reality you have created for yourself within that partitioned room. The higher self naturally wants to help you evolve to be able to access the many partitioned rooms that comprise our total self. Eventually, the higher self will teach you to remove the partitions completely.

Higher self is highly motivated to communicate with us at the first available moment of clarity or mental inactivity. This may not require us to adhere to a step-by-step protocol to reaching higher self. Higher self wants to be able to communicate with us at every given instant but generally finds itself in a challenge with our 3D selves because of our insistence on creating a barrier of resistance to the higher self. This barrier of resistance is, quite frankly, our preoccupation with a myriad of distractions.

Higher self may use any number of methods or tools to communicate. Unfortunately, not every communiqué or subtle message received is from the higher self. This makes it even more of an appreciable task to try to identify, clarify, and refine these communications. (The origin of these other communiqués is a subject for a later discussion).

Higher self communicates in a subtle fashion in most cases and resorts to drastic forms of communication or even silence when there is no other choice. Many times we have used the gifts of our human potential without recognizing them and in so doing have taken them for granted. The voice of the higher self is one of those gifts we have taken for granted. It is our soft and subtle voice that comes to alert us to potential dangers or calmly helps us find our keys after we have madly searched the house. Higher self is also the voice of our higher reason and our creative inspiration. When we hear our own subtle voice of inspiration, it becomes our choice to listen and follow through with the message or deny it. Denying it usually produces the consequence of us regretting the outcome, knowing we could have altered it by taking the suggested prudent action.

If you receive a message that would have you harm yourself or another person, you did not receive a communiqué from higher self! Higher self may have you do things that make you feel uncomfortable, such as asking you to take steps to overcome your fears in creative ways. Or, it may have you do things that you resist.

But higher self will never have you harm yourself or another being. Higher self has the task of evolving our trust and belief systems as well as working with our fears in order to get us to the edge of the known and step off into the unknown. Higher self will also teach us to release our need to control each other, our surroundings, or life in general and loosen our attachment on how we think life should be. This may include painful lessons, depending upon how strong or tenacious is our need to control. (Lessons don't have to be painful. The painful ones usually occur when we ignore the higher self or resist change.)

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We have been taught in our society to plan our lives and live within our visible means of support. If we fail to plan, then we plan to fail. It is important to understand that, however, there is an equally important way of being that has to be learned as well. We must learn to live close to our hearts and our dreams. When we live within our inspiration (our heart and dreams) we do what our heart tells us despite fearing a lack of support. We manifest the support we need without being able to see where it is going to come from most of the time. Balancing these two methods gives us an ability to know when to apply either method to the situations we face.

In 1988, I had been working for Honeywell for five years in Albuquerque New Mexico. One day, my higher self came to me while I was at my desk and said, "Its time for you to quit here and go on." I thought to myself, "Did I hear correctly? ...Is my higher self crazy?" I was quiet for a few minutes, trying to digest what the higher self said. I decided to give a piece of my mind to the higher self. I told the higher self that I had payments to make to my ex-wife and my truck. I told it that I

have worked here for five years and was just vested for retirement. I said that I would have to give that up while continuing the payments to my ex-wife and my truck. I told the higher self that I believe in the higher self and in following its guidance. However, I said that I needed to be sure that this was clearly what was desired of me, and not just my own imagination based upon me growing tired of doing the same old job. Therefore, I needed to have three very clear signs, -- not some wishy-washy signs, but three very clear signs -- so I would unmistakably know that it was a higher self message. At that point I would not hesitate to do what was requested. I laughed to myself and then said, "That will take my higher self a good long while to accomplish, so I am safe!"

Within one day I had all three very distinct signs and my foot was squarely in my mouth. I walked into personnel the next day and gave my two weeks notice. I was asked where was I going to go and what line of work I had lined up for myself. "I don't know," was my answer. This was the first time my higher self had me step clearly into the unknown without a visible means of support.

When we step off into the unknown, we receive an opportunity to learn firsthand just how much mental and emotional baggage we carry and how light and trusting our hearts really are. All of our issues come up when we face the unknown. Flower of Life was a good teacher for me, because we as facilitators are constantly stepping off into the unknown with each workshop and with each group while we remained in a vulnerable and openhearted state.

In general, I was very excited to be living in the moment but I did have to face my fears. Living in the moment, I had to stay alert to opportunities that would make themselves available. As the deadline approached on my two-week notice, I still did not have a clue what I would be doing. On the last day, the head of engineering came to me and asked if I would sub-contract. Higher self stepped through and lightened my heart with inspiration and said, "This is it!" I knew that I had to accept and so I did. In the new job, I was making 3-times the amount of my former position with half the work hours.

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This went on for three months until higher self came through and said, "It's time for you to go to Hawaii to live." Life was getting exciting now. I needed little coaxing for this request, and so I set off to sell all my belongings at the flea market. In two weeks my girlfriend and I had sold all we had. Together we had two ten speeds,

two back-packs, and \$3000.00. We bought our tickets and put our bikes on the plane and headed for Hawaii. Upon reaching Hawaii we got on our bikes and headed into Honolulu to look for jobs and to swim on those beautiful beaches. It took us a week to find jobs that would temporarily tide us over until we could find what it was we really wanted to do. Eventually my higher self graduated the stakes of its requests as my confidence in myself and my trust in my higher self grew.

On one such occasion years later, my higher self communicated to me that it wanted me to go to Japan and get the Flower of Life started there. At the time, I had no money. I remember saying to myself, "I wonder how higher self is going to work this one out?" Within a few days I had a ticket to Tokyo and I had borrowed \$300.

In October of 1993, I landed in Tokyo, Japan and stayed for 3 months. To make a long story short, I was successful in getting the Flower of Life started there. The lessons and adventures I experienced opened me up to a whole new way of being. There are many such stories I would like to share but we need to get back to the higher self.

Communicating with the higher self is an ongoing process of refinement and discernment in three distinct areas. These are:

Refining our ability to sense and receive the subtle communication.

Refining the clarity of the message.

Refining our ability to remain in the receptive state.

Refining our abilities in these three areas enables us to more clearly sense or tune into the higher self, more accurately receive the messages, and reside more consistently within the receptive state during the course of our day. It has been said that, "The highest form of art is being receptive to higher inspiration." For now I will cover only one area as there is so much to cover within each area.

Refining Our Ability to Sense and Receive Subtle Communication

A: The Mind

When we afford ourselves a moment to stop the mind's constant mental chatter, it reverts to a state of quiet calmness or inactivity. This calmness or inactivity has a benefit that promotes receptivity. When we recognize the moment we attain this mentally quiet state and how we ventured into it, it can be refined into a heightened state of receptivity that becomes more familiar and easier to access.

Breaking the merry-go-round of mental activity and juggling our daily priorities with the emotional stresses they bear upon us is similar to observing a lake. When the high winds blow upon the waters, an endless series of waves bounce across the surface. The wind and wave action create currents under the water's surface and dredge up the loose mud, which in turn clouds the water. This is very similar to the state of being constantly preoccupied with mental chatter and fixated on keeping ourselves busy with an endless list of priorities that need to be done now. The amount of internal pressure and preoccupation we place upon ourselves to accomplish the list of priorities keeps our attention, focus, and emotions locked into the mundane and away from our inspiration.

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Stopping the mental chatter; Each of these exercises, when practiced regularly, will help the individual recognize the internal process for quieting the mind. Eventually Breaking the stream of endless have-to-dos and the constant mental chatter creates time when our receptivity is heightened and allows an opportunity for the higher self and ourselves to establish communication with each other. This is similar to when the clouds pass and the wind subsides. The lake then becomes calm, glassy and clear. One can see a good distance into the water (which represents our spirit). When the lake is calm, it is an ideal state for receptivity, clarity and reflection. Like the lake in the calm state, so will our mind be when we take the time to quiet it.

When we occupy our mind with so many tasks and priorities for extended periods, it becomes cloudy and murky. When we take steps to get the lake glassy and clear, we have created time to allow the higher self and the higher planes to reflect through us. This action gives us the gifts of rejuvenation, inspiration, vision, clarity, and healing, which come from giving ourselves a break in the calm of spirit. When we take time to accomplish this state, the mind and emotions become fully recharged. When we are fully recharged, we can tackle the various tasks in our day-to-day world and proceed with renewed vigor, clarity and creative imagination.

Exercises for Calming and Quietening the Mind

Stopping the merry-go-round of mental chatter requires practice to become adept. Becoming adept is becoming aware and familiar with the internal process of you will become so familiar with how to shut the chatter off, that you will be able to do it at will without having to do the exercise.

1. Walking on Rocks

One of the quickest ways to quiet the mind is an ancient indigenous practice. However, it can be dangerous as it requires a fair amount of agility. In this practice, you graduate from walking in an unbroken pace to a slow run (when you are ready) on top of a field of large rocks.

While you walk on the rocks, you will notice that the mind will insist on telling you where to place each of your steps one-by-one. Your mind will continue to do this for a time until it becomes tired of telling you. At the point of mental fatigue, you will begin to recognize that placing your steps in the right place does not require your mind to mentally tell you. When you are at this point, the mind starts to relinquish its insistence on controlling your every move. This is the breaking point of the mental merry-go-round. Take time to remain in this state and familiarize yourself with it. Also, repeat this process often in order to familiarize yourself with the breaking point. As you familiarize yourself with this state, you will become familiar with the place inside yourself where you can reside without the mental merry-go-round.

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2. Chanting or Repetitive Prayers

This process creates the same results as the first exercise, however it takes a little bit more time and practice. To do this effectively, the individual must use a deep degree of sincerity of intention. If you take a chant or prayer (or a series of chants or prayers) and repeat it while staying mentally and emotionally focused on the meaning of the prayer for a period of approximately 20-30 minutes (sometimes longer), you will begin to feel a break in the mind's grip on the mental-merry-go-round and the pull of the mental priority list. As in the first exercise, take time to remain in this state and familiarize yourself with it. Also, repeat this process often in order to familiarize yourself with the breaking point. As you familiarize yourself with this state, you will become familiar with the place inside yourself where you can reside without the mental merry-go-round.

* **Note:** Exercise #2 and #3 require a fair degree of discipline and determination. When trying to stop the merry-go-round, a flood of resistance from your ego may occur that makes it difficult to relinquish control. It may try to affect your thoughts and emotions to the point of making it very difficult for you to see any good reason to continue. This is where most students give up. If you have spent a lot of time keeping the merry-go-round going, you have built up a momentum of chaotic energy.

It takes time to neutralize or transmute this energy into a finer quality. Neutralizing this chaotic energy creates an additional challenge. If you have created chaotic energy (your angst), you will be used to having a particular level or momentum of anxiety that you have used for motivation. When this is gone, you will feel drained and begin trying to re-create your familiar energy source before allowing your spirit to create and replace the old energy source.

3. Meditation

Learning to stop the mental merry-go-round will enhance your ability to meditate. Without being able to stop the mental merry-go-round, meditation can be slower than the second exercise but works just as well. There are many forms of meditation and they require the practitioner to adhere to the particular guidelines of the chosen form for any results. As you quiet your mind and emotions inside your meditation, your access to the heart becomes easier. This will take you deeper into the higher frequencies. It is in this place that communication with the higher self becomes the most accessible and clear. As you reach this open and vulnerable state (when all else is still and quiet inside you) the messages that suddenly settle into your awareness that inspire, heal, inform, or warn you in a loving manner are generally speaking from the higher self or your guides/guardians.

Understanding an Important Characteristic of the Mind

Imagine for a moment that you are standing by a very still and clear pond. This pond so still and clear that you can see the reflection of the surrounding hills and trees. As you look at the reflection you are stunned by the high level of clarity. This begins to captivate you, so you concentrate on the sharpness of the details. As time goes on you find you have become so mesmerized by the sharpness of details in the reflection that you barely recognize that you are beginning to orient yourself according to the reflected reality.

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This reflected reality and your orientation within it becomes more believable and concrete as you put more attention into it. This is exactly what the mind and ego does. It tries to make the ephemeral concrete. When we turn on our heart, it is like a passing rain cloud that sheds a drop of water into that perfectly still reflection. A ripple is caused that snaps the grip our mind has on the reflected reality. The mind always tries its best to make the reflection concrete in our belief system and reality.

Simply put:

Our mind tries to create form out of the formless.

Our heart takes the form and tries to return it to formlessness.

Our desire wants us to merge with whatever is the focus of our attention.

In our society we have placed a higher value upon the mind and intellect. This is important, however it has its consequences. It has us constantly focused on the mind without an equal amount of time and training on the heart. Focusing too much on the mind keeps us in an unbalanced state. This unbalanced state allows the mind to pour its concrete over the vast delicate world of sensitivity, vulnerability and feelings, making it difficult for the heart to open. Without an open heart and our vulnerable sensitivities, we would be trapped within the concrete of the mind. Generally speaking, if the mind cannot control something, it will generally denounce or deny it until it can learn to work in cooperation with it.

The mind (or intellect) will at times try to tell you that you have opened your heart. However, intellectually believing you have opened the heart will leave you devoid of the results you seek and allow you to retreat further into a sterile world that encroaches upon you until it cements you into its rigidity. The only true fulfillment I have found is when I have surrendered completely to love and watched as this love removed the rigidity of my inner concrete. Surrendering and opening the heart is not a one-time thing. We must practice surrendering to our hearts everyday until we become so familiar and comfortable with the process that we are able to surrender at all times.

As we continue to refine ourselves and our ability to sense the subtle nuances in the finer vibrations, we will become aware of the presence of a variety of beings that exist on other planes. We will then have a clearer insight and understanding about the beings with whom we are communicating. The unified field that comprises the many planes or dimensions is so populated with beings that literally every inch on every plane is alive and conscious. Like water, the unified field is viscous in living consciousness, creating a liquid light essence similar to the texture or fabric of the water and the pond. This is part of the reason that love is the most intelligent force in creation. It is the pool that contains all of us within it. Love is the only frequency humble and forgiving enough to allow us to come together from all planes at once harmoniously. Like adding more water to water, there is no resistance.

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B: The Emotions

Dealing with emotions is very similar to dealing with the mind, with a few differences. To clarify this I need to reiterate an idea. Imagine that you have a clear rounded wineglass filled with pure water. If you take a flashlight and shine it into the glass of water, the light would shine completely through the glass. No obstructions would be evident as you viewed the light. The glass (and the water within the glass) would receive the light clearly.

Now take black pepper and sprinkle it into the water. This is a good analogy regarding thoughts or distractions in your mind. When you take the light and now shine it through the glass and the water, shadows appear where the light is being blocked. The shadows are like our lower thought forms that are real and active, but they exist only because the higher light is being blocked. When you add more pepper and stir the water, it becomes even more clouded. This is akin to creating the mental merry-go-round. It keeps your thoughts stirred up and cloudy. Very little light can penetrate the swirling cloudy water. In this clouded condition, we begin to lose the ability to see the wide spectrum of possibilities in our lives. We then begin to strongly believe that the world is dark like the clouds in our own mind.

Our emotional state is similar to the example of the water glass and the mind, with one exception. The cloudiness represents our unresolved feelings instead of our thoughts and beliefs. Using the same example, the pepper represents emotional wounds or beliefs about ourselves or the world around us. There are a number of emotions that find their way into the water and into the chalice of the heart. Swirling them about (without taking the time to clear the water) will cause us to sink into darkness and drown in the world of despair we project onto the reality around us .

There are many techniques for healing the emotional body and they will not be discussed at this time. Simply, the clearer we keep the glass (our mind and heart) on an ongoing daily basis, the easier it will be to receive the higher self. I have discussed only a few of the many areas regarding the connection with the higher self.

Clearly, more can be written on the subject. However, this is enough for now so you can begin to refine your own connection with your higher self. Having a good overview of all of these elements is essential to evolving our relationship with the higher self. As you learn these steps, your higher selves will begin to reveal more of your own unique journey. More than anything else, the journey is never complete and requires patience, dedication, and an open heart.

Walking the rainbow--the journey of living life closer to the heart and higher self--is not always sugar and spice. Your eyes may see you fail (or what you think is failure) many times before you understand the lesson or see your own self-sabotage circuits. When you are sincere about connecting with the higher self, be alert!

Your higher self will often use other people as messengers or to help set your lessons in motion. Always remember not to shoot the messenger!

Ronald L Holt