



**DEVELOP A
RELATIONSHIP WITH YOUR
HIGHER GUIDANCE SO YOU CAN
MANIFEST YOUR SOUL'S CALLING**

Dear Highly Conscious Soul,

Can I be direct with you?

When you woke up this morning, what was your first thought?

Was it excitement and gratitude for the day? Or was it an immediate wave of overwhelm, discontent, stress and anxiety?

I ask because those thoughts are indicative of all that is happening in your life.

Some people let negative thoughts passively rule their day, and their external reality totally reflects that. They feel cut off from their Higher Guidance, they are running from one task to the next, there is never enough time in the day.

They are also quite often in unhealthy relationships, experience financial scarcity, and, deep down, lack a sense of real confidence and self-worth.

When I witness how many people are disconnected from their divine life purpose, feeling lost, confused, hopeless and depressed, it concerns me. And it doesn't have to be this way!

Deep down you know that there is more to life. You are here for a reason but you can't quite figure it out.



Isn't It Time You Aligned With Your Soul's Calling and Effortlessly Created a Joyous, Expansive, and Abundant Life Beyond Your Wildest Dreams?

It is my joy and my passion to share with you these powerful steps to help you make the shift from a place of searching for your purpose to BEING your purpose. From a place of not trusting your guidance to trusting it implicitly.

This internal shift automatically accelerates your soul's journey and connects you more closely with all that you are and were divinely created to BE.

We are hardwired to receiving guidance. No exception. But we need to learn how to tune into the right "broadcasting station". If you are tuned into AM 607 and guidance is only available on FM 104 than we need to practise tuning into the new station.

**And the way to do this is to practise
MINDFULNESS AND BEING.**

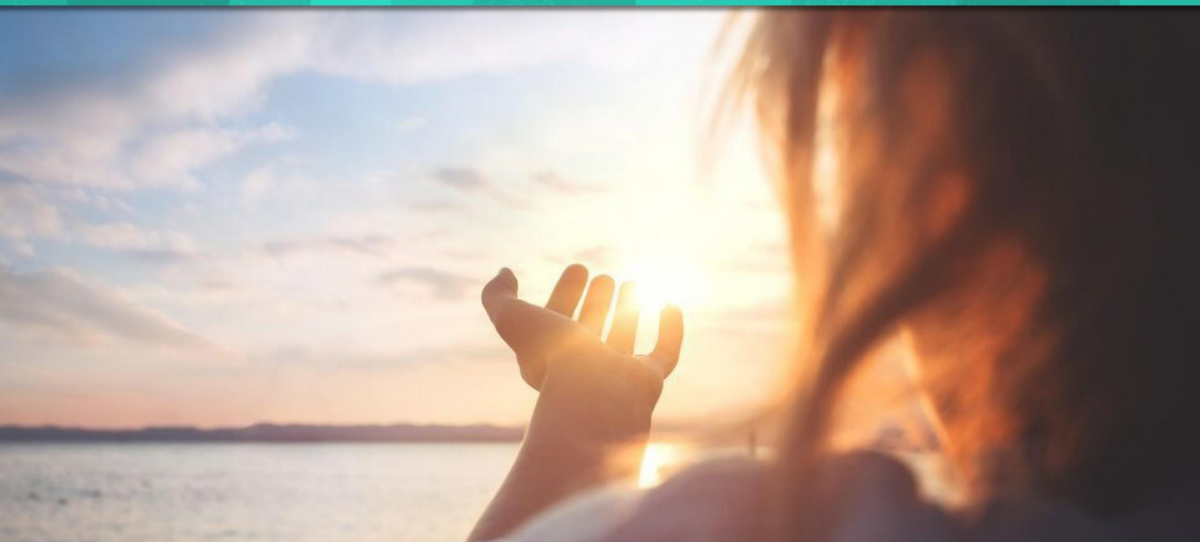


Setting yourself up for success

- Set aside regular time either in the morning and/or evening, however brief. Start with 15 min.
- Create some kind of simple ritual: for instance, a candle and a simple altar to help you focus and come into resonance. Choose a place that feels inviting to practise.
- Make sure that you are undisturbed and minimize distractions, put your phone on silence, turn off your computer, close the door and communicate with your loved ones that you don't want to be disturbed.

A date with your Higher Self

- Sit comfortably in a chair so your back is supported, and place your feet on the floor, unless you are comfortable sitting cross legged. One is not better than the other, it is just a matter of comfort.
- Close your eyes and become aware of your body, imagine you have an inventory from head to toe, just noticing which parts feel good and expanded and which parts might be tight or even give you pain. ACCEPT all you find, no need to change it.
- Then do another body sweep and simply through your intention, focus on softening and relaxing your body. Check your jaw, your shoulders, let go of any tightness around your belly. Adjust your posture so you are comfortable. Being comfortable is the KEY because if your mind is focused on being uncomfortable then it's hard to connect.
- Take 3 deep breaths....breathe in, feel your belly expand, keep breathing all the way up into your chest and upper lungs, slow down the exhalation and use your tummy muscles to squeeze out all of your breath. Internally with each breath in, say "YES" to life, "YES" to all the good coming to you, with each breath out, let go. Letting go of any interactions you had with people, whether pleasant or not, letting go of any jobs you still need to do, gradually through the focus on your deeper breath allow yourself to come more and more into the present moment.



Connecting

Start with an invocation, ask for your guide team to come in. This is very personal, so use whatever feels good to you. As an example you can use:

"I ask for the presence of Divine Light and Love within and without, I ask for the Ascended Masters of love, truth and wisdom to be with me, I ask for the angelic kingdom to be present, I ask for my team of guides to be with me for the highest good of myself and the highest good of all. So be it".

- FRAME THIS PRESENCE in whatever way works for you (God, Higher Self, Christ Self, Spirit, Goddess, I AM Presence or the voice of God within).
- It is very beneficial and powerful to call on those brothers and sisters, (Jesus, Buddha, Mother Mary, the Saints of all traditions, the Grandmothers and Grandfathers, or the Brotherhood of light) who have transcended before us. They are our human link to God. They stand present to assist all of us as one family of God. We are all EQUAL IN POWER AND TRUTH, God is everywhere and you are God, even if you are not aware of it yet.
- CONNECT WITH PRESENCE NOW. Connect with the Power that animates each inhale and receives each exhale. Express and feel your LOVE and GRATITUDE. Be open to the intention of recognizing Presence as being always with you - breath by breath, it is dynamic. Be still and vitally alive to the sensation of energy, light, and love that expresses and receives your body and breath. Feel/see your heart radiate a golden light that surrounds your entire being. Again feel gratitude for this Presence of Self/Source.
- Intentionally and consciously make THE SHIFT OUT OF EGO-SEPARATION INTO PRESENCE, bringing yourself fully present. Practise....focus on your body sensations, observe the monkey mind....notice your breath.

- ASK AND YOU SHALL RECEIVE! Express your desire for assistance and guidance, sharing openly, intimately, and honestly. The universe is supportive. Any issue, task, situation, or place in which we are unclear is an opportunity to ask for assistance, guidance, information, and a solution.
- You can express a timeframe in which you would like to receive an answer. Allowing time to pass also allows us space to let go of our attachment or uneasiness. I find this useful when I am not ready to hear the answer immediately, usually because I have not yet “let go” of the concern.
- So I make my request with a timeframe such as, “Please give me the solution by morning.”

Inevitably in a quiet yet clear way the answer will come through effortlessly and perfectly in the morning. I have sometimes requested days in advance and found the needed information appears right on time.

At other times what I have asked for may appear on the internet or in a conversation with a friend or in the form of an email that offers the solution. This is why we need to learn how to BE present, so we don't miss our answers.

- Then LET GO. The request has been made, and you are no longer the one in charge of the solution. So let go of the concern.



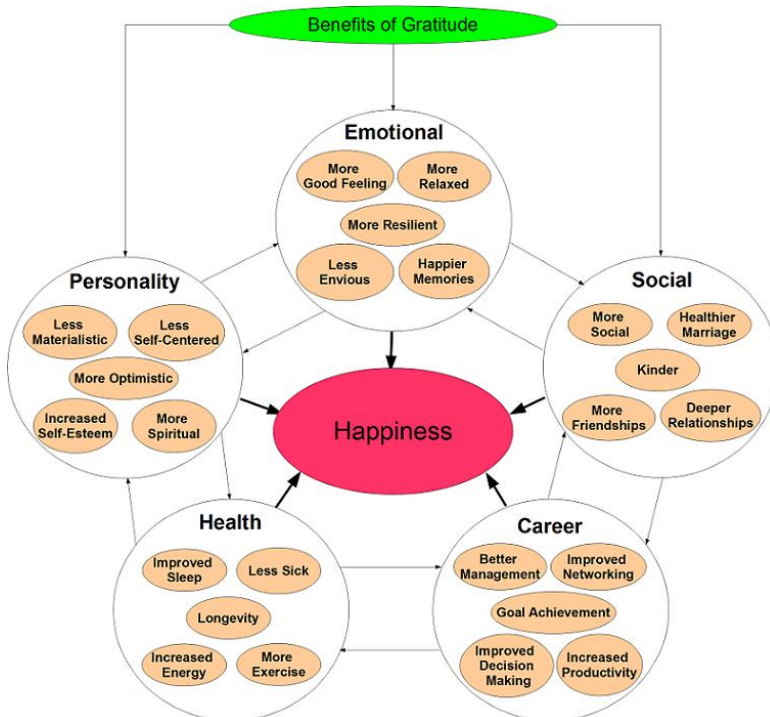
What Meditation or Mindfulness is NOT

You will NOT be devoid of thoughts

Guidance will NOT come in with bells and whistles....it is totally ordinary

With our 24/7 connective-ness our monkey mind is worse than ever. Expect and accept that you will focus on your breath, then a thought will come in and then the practise is to keep re-focusing on your breath. When you endeavour to be still, the first thing you notice is how frantic the mind is. ACCEPT, over time it will get easier.

How gratitude can change your life



On a metaphysical level, gratitude will raise your vibration into positivity and the law of attraction will give you more of the things that you are grateful for. It will also shift your mind to looking for the good rather than what is not working.

How does guidance come to you?

We each get guidance differently. Some of us are highly visual, some of us hear, some of us “know”, some of us have a gut feeling or a hunch or a prophetic dream. One is not better than the other.

We also get guidance in the form of a book that someone happens to mention, or someone says something that resonates with you or someone offers you assistance.

At other times what I have asked for may appear on the internet or in a conversation with a friend or in the form of an email that offers the solution. This is why we need to learn how to BE present, so we don't miss our answers.

Be attentive at the appointed or an unexpected time to receive or “download” your perfect answer. Look for signs and synchronicities. NOTHING ever happens by accident.

Why Is It Important to Listen to Your Guidance?

Your guidance from your higher self is your best guide for an awesome, meaningful experience here on the physical plane.

Any time you get an inexplicable feeling or premonition, your higher self is trying to communicate with you and guide you on the right course of action.

How Does the Higher Self Communicate?

If you've been dismissing those hunches and gut feelings, you might want to ask yourself why. Information that comes from the higher self is not necessarily picked up with the physical senses, but it's no less valid!

After all, you can't physically perceive gravity, but obviously there's something keeping you from floating away like a birthday balloon. Many of us are so used to believing that only what we perceive with our physical senses is real and we tend to ignore this hugely important aspect of ourselves – we are energetic beings foremost.

Trouble shooting

A potential issue you may have with the messages you're receiving from your higher self is that they're often garbled, cryptic and totally baffling, especially if they come to you in dreams.

It really helps to journal these weird messages because sometimes the answers become clear when you write about them.

Sometimes you can hear voices; other times, you'll receive images or strong urges to do – or not do – something.

One ability you'll develop as you become used to hearing your higher self is the ability to discern between the fear-based voice of the ego and the infinite/eternal voice of your higher self.

You can develop a keen awareness of your body as a great “translator” of your higher self's messages.



Ego versus Soul

How do you tell the difference between a fear-based answer that your ego gives you and the voice of the higher self?

How do you know that the answers aren't just imagination, or something your mind made up to appease you? Here's how:

If you feel physical sensations of anxiety, tension, fear, anger, etc., you are talking to the ego.

The ego creates its identity around pain.

That's what it knows. That's what it's comfortable with and that's the language it understands. It wants to keep identifying with that negativity because then it has an identity.

If you feel physical sensations of lightness, love, energy, inspiration, happiness, etc., you are talking to the higher self.

One method is to ask yes/no questions and then listen for the immediate answer – sometimes even before you finish the question.

This immediate response is probably your higher self, bypassing the programming of the mind. If you were to give yourself time to analyze your question, believe me, the ego would start chiming in with its usual negative chatter!

Another method is to journal. You can ask questions and write or type your first, immediate gut-reaction answers. Then go back and re-read them with an awareness of your physical and emotional response, you'll see right away if your answer came from the ego or the higher self. Journaling also helps to make sense of the messages that you don't "get" right away.

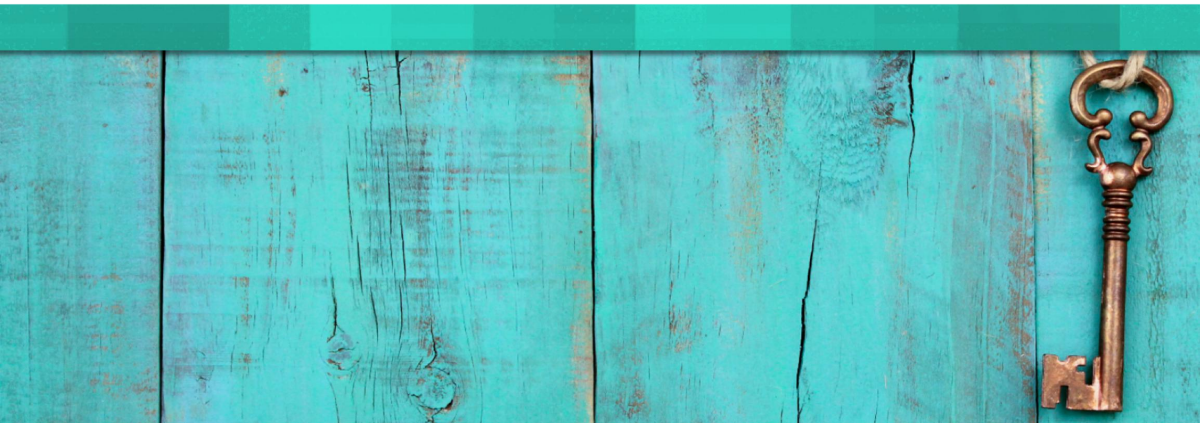
If the answers seem wiser than usual, it's the higher self. If the answers seem forced or if they sound like you telling other people what they want to hear, they're from the ego. If the answers seem like they're coming from a higher intelligence, they are.

You – that is, the higher you – is your best guide.

Your ultimate teacher.

So make a date with your higher self, and find out what's going on in your life. Ask the big questions from your "big self."

Your life will take on a whole new meaning – and possibly a whole new direction as your higher self points you toward what is right for you.



ACT ON IT. This is the most important part.

If you find yourself struggling to take action, know that this is resistance rearing its ugly head.

This is universal.

The Universe is responsive in nature.

Every single one of our actions is met with an equal and opposite reaction. It's Universal Law. In other words, whatever you put "out there" is also what comes back into your experience.

If you take action on your guidance ... there **MUST BE** a reaction, a response that brings your desire closer to you.

Given that a response by the Universe is not just likely, but **GUARANTEED** ... isn't it crazy that we're so reluctant to take action on our guidance that we received?

See, what we all secretly want is for the Universe to give us a step by step proven plan, we want to have a guarantee that we will get paid, that we will get the result we want ... and **THEN** we'll take action.

It doesn't work that way.

You take action, and the Universe responds with an equal and opposite reaction.

You put it out there, the Universe sends it back to you.

If you take action that expresses the value of who you are, the Universe will react by sending that value back into your experience.

If you take action that expresses that you are worthy of your highest vision for your life, the Universe will react by sending new opportunities to move into that vision. Guaranteed.

It's Universal Law.

If you keep these two simple principles in mind ... how can you not trust yourself to powerfully step forward into the life you want for yourself. So go on, take the next step!

Here's to the Power of Being YOU

Blessings

Shivany

PS: Asking for help is not a weakness, it is a sign of strength. We all need help at different times. Are you ready to use this shortcut?

Ready to discover who YOU are, at Soul-level, and what that would look like in its fullest self-expression? Are you stuck and wondering how you're creating lack, when you're working very hard? A Soulrealignment reading (Akashic Records) is the best place to start shifting both your self-perception AND your results!

<https://shivany.com/product/divine-soul-blueprint-comprehensive/>

Here's to the joy of being YOU

With love

Shivany

About Shivany

<https://shivany.com/about/>