

## Your Higher Self

Your Higher Self is the aspect of your consciousness closest to Source - the fully realized eternal being that you are. It is your soul, it is your essence....

It exists beyond space and time and the confines of third dimensional reality, and is the overseer of your multi selves - past, present and future, conscious and subconscious.

It knows all you have been, all you are now, and all you are becoming, and it is aware of the countless possibilities available for your growth and success and that which will serve you optimally.

Your Higher Self knows you inside out and loves you unconditionally. Its vast, all-encompassing perspectives will gift your life immeasurably and pierce the veils and limits of your personal beliefs and programs, bringing truth and light to even the darkest of moments.

Your Higher Self communicates with you via your intuition. Its information is sourced in love and truth beyond the confines of your conditioned self. It is the golden compass that points ever to the truth of who you are, to your highest path and potential and the love at the heart of all.

By connecting to this infinite and loving source, you are accessing the highest level of your being, which will raise your vibration profoundly, and by virtue of such alone, massively enhance your manifesting potential by the law of resonance.

The meditations, exercises and practices that enable you to connect to this more real you - your expanded all-knowing self and the keys and solutions, love, wisdom, healing and guidance that will most serve you and take you to your dreams in a magical and effortless way.

## How Can I Benefit From a Soul Realignment™ Session?

Make no mistake about it – we are all perfectly capable of clearing any negativity that is affecting us on our own. However, there can be invaluable benefits to working with a practitioner and a modality that focuses on spiritual clearing of negativity.

- We are not always the most objective observers of our own life experiences. It can be hard to see the forest when we are standing in between the trees. Within a Soul Realignment session, I access your Soul's Akashic Record and receive all information from this source. The most prominent negative patterns currently affecting you rise to the surface, so that we may clear them at the spiritual level.
- There may be negative patterns at work that are outside of your awareness. You may have become so used to working with these that you have come to see these limitations as part of who you are. A Soul Realignment session can bring awareness and clear these patterns and allow you to embrace your Soul's potential beyond what you can currently perceive as possible for yourself.
- Within a Soul Realignment session, we can accurately determine the root cause of existing negative influences, even if these lie many physical lifetimes in your Soul's past. This modality brings a very high level of consciousness and understanding to the root cause of each situation as it is manifesting itself in your life today.
- Sometimes negative patterns accumulated from many physical incarnations obscure our many Soul level gifts and even cloud our sense of purpose. A Soul Realignment session sheds light on what your Soul is here to accomplish, and what special gifts and purpose it brings into this lifetime.
- Soul Realignment uses a highly effective means of spiritual clearing to remove negativity at Soul level, combined with practices that allow the energetic shift to occur at the mental, emotional and physical levels, also. Most clients report a tangible difference in their physical life experiences within a month of their session.