



The 4 Cornerstones for Channeling Your Higher Self

*Building A Practice of
Inner Communication*

Celeste Hamman, M.Ed.

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Introduction

Take a deep breath and let yourself get centered. Now, would you be able to tell me what energies are present within you? Excited? Expectant? Doubtful? Curious? Critical? Intrigued? Of course you could do this. You already possess some level of skill at sensing energy.

What I hope you gain from this book is a guideline for further developing these skills and expanding your capacities for sensing energy even more. My goal is to help you build the cornerstones for intentionally tapping into the vast reservoir of information that is accessible to you through your expanded energetic self, your Higher Self, to find deep wisdom, support and guidance for your life. The results you'll notice when you integrate these four cornerstones in your life are that you

will make better choices, you will create more of what you want, and you will feel much more love surrounding you.

We are Energy Beings!

Rub the palms of your hands together quickly for about 20 – 30 seconds. Feel the heat generated? This is the energy that is in you transformed into heat. Everything about our bodies is energy, including our thoughts, beliefs, and emotions.

Now hold the palms of your hands about an inch apart and feel for the space that is between your hands. Can you feel the density that is present there? This is *you* as energy. This is you as a non-physical energy being. It is this “non-physical” part of you that this book is concerned with.

I use the term “Higher Self,” but you may call this non-physical part of

you your expanded self, your God-self, love energy, universal energy, your soul, or any number of terms that refer to that part of you that is pure, divine and unconditioned by the world of form. Regardless of the words you use, the four cornerstones presented here are for building your ability to open yourself to receive communication with this part of you that loves you unconditionally and always communicates from a place of your highest good.

The acronym S – E – L – F spells out the Four Cornerstones for Accessing Your Higher Self.

S is for Sacred Space

In order to build your skills at receiving, interpreting and integrating the communication that is available to you from your Higher Self, you must practice those skills. Setting aside specific quiet time in order to practice is the first cornerstone. Our world is so full of noise and activity it is often hard to recognize, hear or feel this communication without slowing down and being quite.

Experience S: *Seeing Your Sacred Space* – is a visioning exercise to help you create both your environment and intention for setting aside space and time to practice honing your communication skills. Have pen and paper (or your journal) ready to document what you envision.

Seeing Your Sacred Space

Take a few moments to sit quietly and breath deeply. Allow your breath to slow and feel your body relax.

Begin by making a statement of openness and gratitude such as, “Thank you for your presence in my life. I am open to receiving your support and wisdom.” Let this statement settle inside of your body, again, breathing slowly and deeply.

Now ask to be shown where within your physical environment is the best place for you to create a sacred space with which to communicate with your Higher Self. Let a response bubble up within you. You may actually see an image, but you may also just receive a feeling of knowingness. Not everyone “sees” information. Allow yourself to be open to however the information appears to you as it might show up as images,

colors, feeling states, emotions, voices, thoughts you hear, as “packages” of information, or knowingness; there is no ONE WAY of receiving communication from your Higher Self.

As this information about your specific space is revealed to you, notice if there are differences within this space being revealed and what the space currently looks like. Notice, or ask, what time of day this space is most appropriate for your use.

When you are clear about your sacred space and time, slowly allow your awareness to return to the present, expressing appreciation for this initial communication from your Higher Self.

- *Visit your online environment for journaling prompts and suggested action steps that will help you record and integrate this experience.*

E is for Easing out of the Ego Mind

In order to open to the communication that is always present to us from our Higher Self, we must first be able to let go of our incessant reliance on our thinking mind. Our intellect, or thinking mind, is great for research, reading, math, and such, but plays havoc when we rely on it for information about ourselves. When our intellect tries to “figure out” our life, it turns to our conditioned beliefs, unresolved emotions, and thoughts of the past or future, all aspects of the ego mind.

The “ego mind” is the part of you that wants you to believe it is in control of you. And, it attempts to control you by using faulty programming such as harsh criticism of yourself and others, doubting the goodness that is inherent in you, and

worrying about the past or future without an ability to stay in the present moment. When you begin to recognize the ego mind for what it is, an illusion of self, and turn your focus to who you really are, pure awareness, then you are on the path for your Higher Self to bring love, support, guidance and joy into your life.

Experience E: *Ego Mind or Awareness?* – is an exercise for noticing how certain states of being make you feel on the inside.

States of being linked with the ego mind often have an “edge” to them, may feel uncomfortable, yet, sometimes include a sense of “justification” in them. It is associated with emotions such as fear, worry, anger, doubt, pride, entitlement, judgment, hopelessness, and lack to name a few.

States of being connected with pure awareness are often described as

spacious, vibrant, expansive, or include a sense of “is-ness” in them. Emotions associated with pure awareness include peacefulness, openness, curiosity, playfulness, joy, freedom, appreciation, fulfillment, and love, among many.

Play with this exercise and notice what you notice, as an observer.

Ego Mind or Awareness?

Pretend you are a scientist in a lab and are researching what happens in the physical body when various thoughts and/or emotions are present. Put on your “observation cap” and make notes about how each of these scenarios feels in your body. Use your memory, thoughts, emotions, beliefs, and imagination to magnify and amplify each of the scenes, making them “come alive” within you so that you have a clear understanding of what happens within *you*.

- Having an intense discussion with a significant person in your life.
- Looking at yourself in pictures or video
- Playing with a puppy or kitten
- Visiting an art gallery or museum
- Reconciling your bank account or investment portfolio
- Participating in a favorite hobby
- Attending a religious or spiritual event
- A moment from your last vacation

- *Visit your online environment for journaling prompts and suggested action steps that will help you record and integrate this experience.*

L is for Listening to the HeartMind

In the previous exercise you began distinguishing how thoughts create physical sensations. As you played with the idea of “awareness,” maybe you noticed the sensations of peacefulness or spaciousness. These feelings are often associated with moving out of the conditioned mental processes and more into yourself as divine energy, your Higher Self. Moving into your “HeartMind” during your quiet time further develops your ability to shift out of your Ego mind.

When you “drop down” into your HeartMind, you are opening up to the energy that is Love. Not romantic love, or the love you might feel for your parent or a child, but the energy of Love that is universal, unconditional, and holy. This is Love as a noun, a state of being, rather

than a verb, something you do.

Experience L: *Listening in Love*
– is an opportunity for you to open your heart to it's expression as an energy field and not as physical form.

Listening in Love

Sit quietly, taking several minutes to center yourself with full, deep breaths. When you feel you have relaxed and eased yourself (mostly) out of your ego mind and into a gentle state of peacefulness, begin to imagine a bright golden-white ball of light just above the top of your head. Even if you can't "see" this image, try imagining what it might feel like instead.

Allow this bright golden-white ball of light to begin to slowly descend into your body through the crown of your head. Let yourself observe this ball of

light as it slowly, slowly lowers through your head, behind your eyes, nose and mouth; descending slowly down the back of your throat, behind your sternum and sinking to the bottom of your chest cavity. Allow this ball of light to settle where it feels comfortable, somewhere above the naval.

Notice that as this ball of light descends that your thoughts quieten, your body stills, and the outer world fades away. There is much spaciousness here, a feeling of freedom may also show up.

Either spontaneously, or with a gentle nudge, allow the many blessings that are in your life, the many things that you appreciate, to flow into this space, your HeartMind. Now, notice how Love fills you up and spills out, flowing both in you and around you. Let your HeartMind follow this path of Love, feeling itself expand outward toward the horizons and upward towards the cosmos, never

diluting, only expanding. Breathe deeply and let go.

Love Opens to Vastness Everywhere. Breathe deeply and let love flow.

Whenever you are ready, open your eyes slowly into your environment. If you feel moved to do so, give a statement of appreciation to your Higher Self for opening this door for you.

- *Visit your online environment for journaling prompts and suggested action steps that will help you record and integrate this experience.*

F is for Feeling More

If you've already begun to initiate the first three cornerstones of accessing your Higher Self into your life, you have probably noticed that you are sensing more of everything. Colors appear brighter, images are sharper, smells are more pungent, your skin feels more responsive and even your taste buds shift their preferences. When you tap into your expanded consciousness, all of your senses are heightened, and in combination with the communication coming from your Higher Self, your sixth sense, intuition, blooms.

Intuition is the ability to know something without knowing how you know it, you just "know it." You can actually train your intuitive skills with playful experimentation.

Experience F: *Feel Your Antennas Go Up!* – is a list of scenarios to stimulate you to experiment with your intuitive abilities as you move throughout your day. You'll learn to strengthen your ability to tap into, and trust, your intuition by turning up the volume on your ability to sense and feel more of the energy fields that surround you.

Feel Your Antennas Go Up!

When you first start playing with tapping into your intuition, remember to let yourself take a few initial centering breaths, and ease out of your ego mind (which will most likely be trying to convince you that you've gone nuts). Following are some examples of how to play this game, and, by all means, get creative and make up your own experiments!

1. As you turn into a parking lot, let

- yourself be “guided” to the row that contains your perfect parking spot.
2. Before you line up to pay for a purchase, “feel for” the fastest line.
 3. In a restaurant, let your intuition show you an image of the meal that will be most satisfying for you to eat, *before* you open the menu.
 4. Let a name or image come to you before you look at your caller ID, or answer your phone.
 5. Pause after you walk into a bookstore and let your eyes locate the brightest table or shelf; move to that location and look for the synchronicity for being drawn there.

Maintain a playful perspective when you experiment with these possibilities, as well as the ones you make up for yourself. When your intuition pans out, give yourself an inner “high five!” When it doesn’t appear to be the “right” choice,

chalk it up to a potential misread of the signs, enjoying the game without being attached to the outcome. It's entirely possible that you did get it "right" in the bigger scheme of things, and it's just your intellect (ego mind) that doesn't understand.

- *Visit your online environment for journaling prompts and suggested action steps that will help you record and integrate this experience.*

Building From Here

Opening the channel of communication that flows from your Higher Self is a skill that you can develop. You now have the four cornerstones for creating a practice that can make that happen. It's my wish that you experienced through the exercises in this book, at least a glimpse of the loving support and guidance that is constantly streaming from your Higher Self.

Please visit my website, <http://channelyourhigherself.com/> for more resources to support you in fully developing, or expanding, your skills. Here you will find books, audio, subscriptions, group and personal coaching, classes, and workshops all geared toward supporting your divine capacity to access and use the vast reservoir of information and inspiration that is your Higher Self.

Share Your Story!

Would you like to share your own story of opening to your inner channel? You can add your stories, testimonials and resources through my website, <http://channelyourhigherself.com/> or by calling my testimonial line, (214) 615-6505 ext 1395.

Your story can offer future readers a greater array of possibilities and experiences to learn from. Gifting your words adds to others' potential for creating their own unique portals to inner communication.

Spread the Love

The 4 Cornerstones for Channeling Your Higher Self makes a potentially life-changing, yet inexpensive, giveaway to your friends or at spiritually oriented special events. You can purchase packs of 10 books for a \$10 fee. See my website, <http://channelyourhigherself.com/> to place your order.

Spirituality

“Wise, down to earth and completely authentic, this master coach has created a portal for helping all of us access our innate, unfaltering wisdom.”

Renee Peterson Trudeau, president, Career Strategists and author, "The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life."

Want to make better choices in your life? You already have within you a direct channel to bona fide support and guidance, yet for many of us there is way too much static in our lives to access this information. By placing the 4 cornerstones, represented by simple exercises S-E-L-F, into foundational habits in your life, you increase your capacity to receive, interpret and utilize communication that is constantly streaming to you from your Higher Self, that part of you that loves you unconditionally and always guides you toward your highest good.

<http://channelyourhigherself.com/>

Celeste Hamman's life revolves around sharing what she learns. Her passion for supporting others on their life path takes the shape of being a Master Life Coach, Elite Fitness Trainer, spiritual guide, energy teacher, and resource connector. Hamman holds a M.Ed. in Wellness, is a Certified Wave-Maker Coach and graduate of CoachU.



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