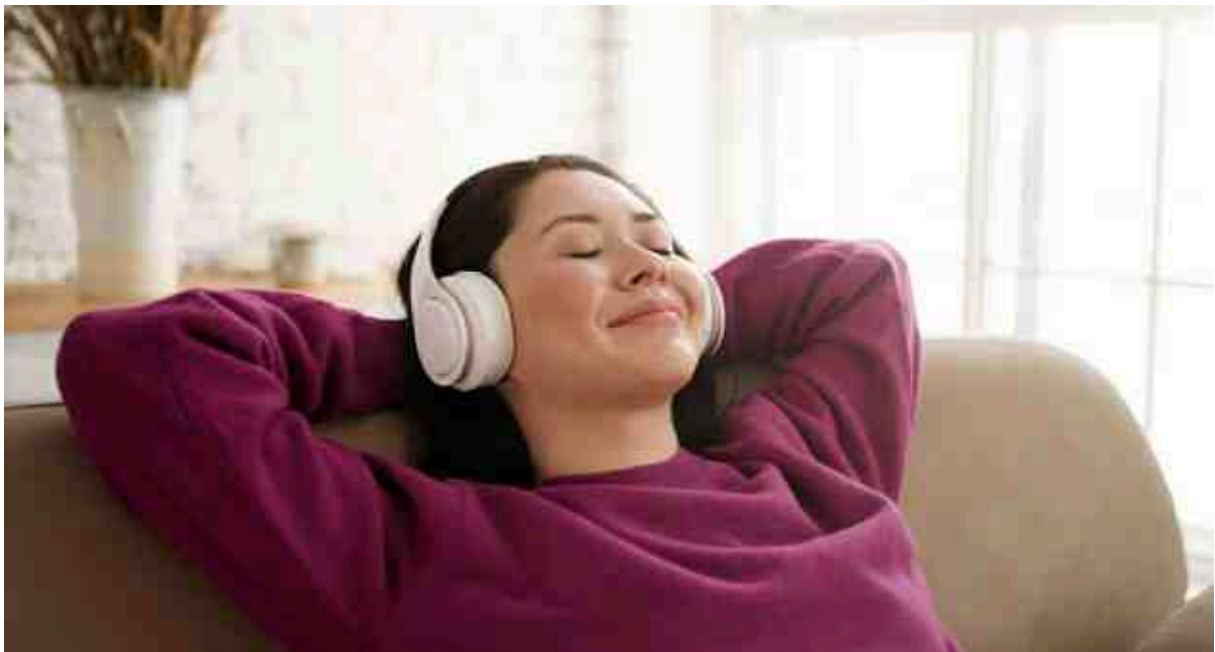




CONNECT WITH YOUR HIGHER SELF

*Get in touch with your inner wisdom
and make your life significantly easier*



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 *Wisdom Stirring*

TIPS FOR CONNECTING WITH YOUR HIGHER SELF



Ways you're blocking your higher self

1. Keeping busy
2. Being distracted
3. Procrastinating
4. Perfectionism
5. Negative self-talk
6. Playing the victim
7. The people around you

1. Don't worry
2. Be patient
3. Be calm
4. Don't try too hard

Common features of your higher self

1. Quiet, calm and gentle
2. Comes in many different forms
3. Uses signs and symbols

Signs and symbols from your higher self

1. Strange or Intense dreams
2. Synchronicities
3. Intuitive hits
4. Sudden insights
5. Inspired action
6. Weird events
7. Changing relationships
8. Mirroring or repetition
9. Specific thoughts
10. Intense emotions

WAYS TO CONNECT WITH YOUR HIGHER SELF



1. Silence
2. Mindfulness
3. Spending time in nature
4. Self-care
5. Journalling
6. Shadow work
7. Positivity
8. Heart focus
9. Flow state
10. Meditation

QUESTIONS TO ASK YOUR HIGHER SELF



Use these questions to connect with your higher self, whether that's during meditation, while journalling or just out on a walk. Listen to what comes to you, or pours out onto the page, and reflect on the answers.

Don't feel limited by these questions. Instead, use them as a starting point and create your own questions as you feel the need to, wording them in whatever way makes most sense to you. Make it a two-way conversation, and ask about anything you want.

About a specific situation

1. What can I do about [this situation]?
2. What am I not seeing about [this situation]?
3. How can I get clarity about [this situation]?
4. How can I forgive myself for [this situation]?
5. What is the most important thing to know about [this situation]?
6. What can I learn from [this situation]?
7. How can you help me with [this situation]?

About life in general

1. Am I on the right path?
2. What is my purpose?

QUESTIONS TO ASK YOUR HIGHER SELF (CONT.)



3. What can I do to become more aligned with my purpose?
4. What is the best next step for me?
5. What do I need to do differently?
6. In what ways am I limiting myself?
7. How can you help me release my limiting beliefs?
8. How can you help me release my past traumas?
9. How can you help me overcome my [negative emotion]?
10. How can I overcome my resistance to [important activity]?
11. What patterns am I repeating and how can I release them?
12. Why am I being challenged right now and what can I learn?
13. What do I want to experience in this lifetime?
14. What lessons are my past experiences trying to teach me?
15. What strengths do I have that I have not yet seen?
16. How can I develop greater self-acceptance?
17. What is the best way for me to express my creativity?
18. How can I use my unique skills to improve my life and make a difference in the world?
19. Which of my habits and activities are reducing my well-being?
20. What do I need to do to take better care of myself?
21. Which areas of my life are out of balance and how do I fix them?

QUESTIONS TO ASK YOUR HIGHER SELF (CONT.)



22. How can I protect myself from negative influences?
23. What do I need to let go of?
24. How have I grown or changed recently?
25. What can I do to navigate change more easily?
26. How can I best serve myself and others?
27. How can I stay motivated towards my goals?
28. What can I do to improve my existing relationships?
29. How can I attract more loving relationships into my life?
30. How can I experience more financial abundance in my life?
31. How can I trust that everything is unfolding as it should?
32. What can I do to remain aligned with my higher purpose?
33. How can I make better use of my available time and energy?
34. What is blocking me from experiencing [thing that I want]?
35. How can I experience more peace / happiness / joy?
36. Which spiritual practices serve my highest good?
37. How can I develop more faith in life and my journey?
38. What can I do to build a stronger connection with my higher self?
39. What wisdom am I ready for that you can share with me?
40. What is the most important thing I need to know right now?

ABOUT ME



I believe...

- That we all have an inner guidance system that gently pushes us towards the things that are best for us, if we only take the time to stop and listen
- That information is useless if it doesn't allow us to take practical, relevant action to change our lives
- That there is no ONE right answer to any question or problem, but instead we each need to discover our own unique answers
- That the world is in serious need of upheaval, and that innovation and courage is what's required to create the beautiful world our heart knows is possible
- That learning to trust the Universe is absolutely essential if we're ever to make the kind of difference we want to make
- That the status quo is boring and yesterday's news, and that the promise and potential of tomorrow is the most intoxicating and exhilarating thing in existence!



Hi, I'm Nicola

I've been exploring my spiritual side since I was a young child. I want to share what I've discovered along the way to empower you to take control, think for yourself, live authentically and create a more meaningful life on your terms.

You can find out more about me and join my email tribe here:

<https://wisdomstirring.com/email/>

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Connect With Your Higher Self Workbook

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