

Chapter 7

Contacting Our Higher Consciousness

Our higher consciousness is the nature of the universe, and also the nature of ourselves. In its essence, it is infinite space imbued with love, wisdom, and bliss. For most people, it is easiest to visualize it in a personified form like an angelic being that is infinitely loving and wise. Doing this is probably not very difficult for people who hold religious beliefs. In order to practice higher-consciousness healing they can simply visualize a central figure of their religion and open their hearts to this divine being.

Those who do not have any spiritual beliefs can think of their higher consciousness as the part of their mind that is more loving, happy, and wise than they feel at the moment. They may choose to see it simply as shimmering light. In fact, we can choose to visualize higher consciousness in whatever form is inspiring for us—for example, as an angelic being, a wise old man, or a living and loving light—as long as our inner image is really beautiful.

In my counseling practice, I have found that there is only one form of visualization that doesn't work well: imagining that our higher consciousness looks like ourselves. Even though our higher consciousness is the essence of ourselves, we tend to miss its vast power when we visualize it as looking like us.

You may ask how our higher consciousness can take all these different forms. The answer is that we always perceive it from our personal point of view, depending on our culture, belief system, upbringing, and religious background. This personal context determines both the way we perceive the world and the way we perceive our higher consciousness. There is nothing wrong with this and higher-consciousness healing will work no matter what form we give to our higher power. However, even though our higher consciousness can appear in many forms that are dependent on our own perspective, we don't "own" it. We all share higher consciousness, because it is the nature of the universe.

In order for higher-consciousness healing to work, we do not have to have a mystical vision of our higher power. Therefore, if our higher consciousness doesn't appear spontaneously in front of our inner eye, we can simply choose how we want to imagine it. For example, many of my clients like to perceive it as a shimmering light that has a living and deeply loving quality. It is important always to visualize your higher consciousness in a beautiful color and surrounded by brilliant radiant light.

No matter how we perceive our higher consciousness, remember that it is always wise and loving, and never critical or judgmental. If our higher consciousness seems to be criticizing us or anyone else, the channel to our higher power is blocked. The critical voice we hear is actually the voice of our own personal consciousness. If this happens, we simply need to relax a little more and try again.

How do we know if we are perceiving our higher consciousness correctly and not just making it up? The answer is that we will always perceive a mixture of our higher consciousness and our own personal consciousness. On a "good day," we will perceive more of our higher consciousness; on a "less good day," we may perceive more of our personal consciousness. This is quite normal and does not decrease the effectiveness of higher-consciousness healing. In order to use this method, we don't need to be an advanced spiritual seeker. All we need is to have the wish to open up to our higher consciousness. At the end of the day, the only thing that matters is that higher-consciousness healing brings results in a straightforward way.

Visualize your higher consciousness in a beautiful color, surrounded by radiant light.

Once we are in contact with our higher consciousness, we need to ask for help. Asking for help can be difficult for some, because it means admitting that we are not as strong and self-reliant as we would like to be. But, in order to gain the full benefit of our higher consciousness, we have to give up the idea that we are completely autonomous and in control.

Even though our higher consciousness is the essence of ourselves, we need to perceive it as something higher and stronger than ourselves because, otherwise, we can't really open up to its enormous power. The help of our higher consciousness is the most beautiful gift in the universe, and we need some humility in order to receive it gratefully.

Alison

Alison contacted me because she felt very lonely and depressed. Her most painful emotion was sadness and she received a healing symbol to overcome this feeling. I showed Alison how to send love to herself with the help of her healing symbol and envelope herself in a comfort blanket made of its loving light. At first, she found this hard and recognized that she had the irrational idea that she deserved to be punished. She immediately wanted to find out where this belief came from, and started to blame her neglectful mother. I discouraged Alison from doing this, however. Instead, I explained to her that no one can be sure where their irrational ideas come from, and that blaming her mother would only make matters worse. Once she accepted this line of thinking, I instructed her to send the loving light of her symbol to herself and to her mother, and to wish her mother to be happy from the bottom of her heart. When Alison came back after two weeks, she reported that all her sadness was gone and that she had had the best conversation with her mother in years. Subsequently, Alison started to make more contact with other people and continued to feel much happier than before. Her sadness and her neurotic beliefs about deserving to be punished simply disappeared.

Summary

- People who do not have any spiritual beliefs can think of their higher consciousness as the part of the mind that is more loving, happy, and wise than they feel at the moment.
- You do not need to have a mystical vision of your higher power in order for higher-consciousness healing to be effective. You can simply choose how you want to perceive your higher power—for example, as a central figure of your religion, as a beautiful angelic being, or simply as a shimmering light.
- Even though we may use different images for our higher consciousness, we always share it with all beings in the universe.
- Your higher consciousness is always beautiful, wise, and loving. If it seems ugly, judgmental, or critical, you are actually perceiving your personal consciousness.