

*Awakening
to
Spiritual Evolution*

Sarah Johns



Awakening to Spiritual Evolution

I have written this book to encourage you to discover your true Self in ways that will lead you on a never-ending journey of exploration into the true nature of your Self in all your authenticity and glory.

About the Author

Following her own Kundalini awakening, Sarah has dedicated the latter part of her life to guiding and inspiring others through her work as a Spiritual Welfare Coach.

To find out more about Sarah's work, visit www.sarahsspiritualwelfarecoaching.com

Sarah is also an intuitive artist. Her hand-drawn illustrations/paintings can be found throughout this publication. (Goddess Art ©).

Dedicated to all lightworkers and truth seekers

Disclaimer

The information contained herein is provided for informational purposes and should not be viewed as a substitute for professional advice. The author, Sarah Johns, cannot be held accountable for whatever you the reader experiences as a by-product of the information presented in this publication.

Copyright ©Sarah Johns 2023. No part of this publication to be copied or used elsewhere without my strict permission, thankyou

Chapters

Introduction.....	Page 1
New Earth.....	Page 2
Awakening.....	Page 4
Spirituality.....	Page 8
Consciousness.....	Page 10
Goddess Energy.....	Page 13
The Divine.....	Page 15
Higher Self.....	Page 17
'Be.' A poem by Sarah Johns.....	Page 20

Preamble

So, here we all are experiencing life on a beautiful planet. Each and every one of us are taking part in the same production on the same stage. The invisible lines dividing us, the ones we know as race, culture, religion, and age, should hold no significance at this time.

We are on the precipice of a new era where spirituality will provide the firm foundation for all we build from this time forth because we will be given building blocks from other dimensional perspectives. The energetic changes upon us are already demanding we take responsibility for our spirituality in this age of unity consciousness. To understand this necessity is to find the common thread holding all of humanity together; love. The love I talk about is heart-centred, and unconditional in that it knows no bounds. With this will come peace. We cannot expect a loving and peaceful world until we as individuals become loving and peaceful ourselves. This is not a 'new age' idea but rather, an 'old age' concept pre-dating our planet.

Paradigms previously determining the energetic structure of Earth are falling away and we are being forced to step outside the confines of conventionality and explore concepts we may not have previously been open to. A natural human response is the desire to cling to safety by hanging on to what is familiar whether it is true or not. Somewhere along the way, we have managed to disconnect ourselves from the truth about the nature of our reality under the influence of external forces.

More and more people are awakening and discarding the old belief that we are here to serve systems of control designed to prevent us from discovering our personal power. The deception has been spun like a web over humanity for centuries, just as ideologies limiting our minds have been spun into stories and turned into books, words set in print and trapped within the typeset, as mistruths succeed in silencing those who know the truth. The roots of corruption and societal unfairness are slowly dying and there is now a unique opportunity to move beyond the illusion of all we believed to be true. As we sail into this new epoch, I have been prompted to share my own writings to offer different ideas and to assist with your personal spiritual evolution. An important message I wish to present to you first is you are so very loved unconditionally by the highest of the highest.

Sarah

*Never Underestimate the Depth of Courage an
Individual Possesses for it is this Courage
that Leads to a Fulfilled Life*



New Earth

Since 2012, Earth has been preparing for a transition to a higher consciousness. We are now on the brink of a spectacular new way of being as systems restricting the truth around sacred knowledge fall away, granting us access to an unlimited perspective on our lives. Energetically, New Earth is a place of higher frequency. Its physical manifestation is being brought into existence by the power of the people. Joining New Earth is a choice we have as individuals. The requirement for this step in our evolution is to expand our consciousness. Our desire for transformation comes from within. It is only when we have a sound understanding of our responsibility to each other and all of creation will we enter a space within ourselves connected to a force of unconditional love.

Changes

Noticing the changes occurring in and around us is contributing to our eagerness for New Earth rippling out into the collective creating a regenerative energy we could only have ever once imagined. Energies resonate at a specific frequency and through the Law of Attraction we continue to make a connection symbiotically to an energy and attract the same experience time and time again so the importance to live in our hearts without fear-based thoughts cannot be over stated. Finding joy in our lives is paramount as it is joy that cultivates the heart-centred love essential for creating harmony.

Forgiveness

When we forgive someone, we release them and free ourselves of entangled emotions. By doing so we also release judgement. The negative perceptions of our self and others stem from judgements derived from our ingrained beliefs. Judgement is the illusion of knowing and tricks us into feeling shame and guilt to provide a breeding ground for criticism. Both of which are old paradigms.

Transformation

Rediscovering our inner power is the key to our transformation. No one can take our power from us. The only thing that diminishes our power is the belief we are powerless. Self-love, self-worth, and self-awareness are the three cornerstones essential for supporting our personal power, and all are prerequisites of New Earth. For those of us being swept along with the current there can be no turning back as we swim towards the shore having waited ages for the tide to turn. As we break free from our reliance on external forces and stand in our own power, family members may fall out of favour and lifelong friendships disintegrate. This will involve various processes where upon detachment occurs because a separation is necessary to identify what is beneficial to us and what is not. Showing others the joy within us is imperative if we are to realise our own power with integrity.

Well-being

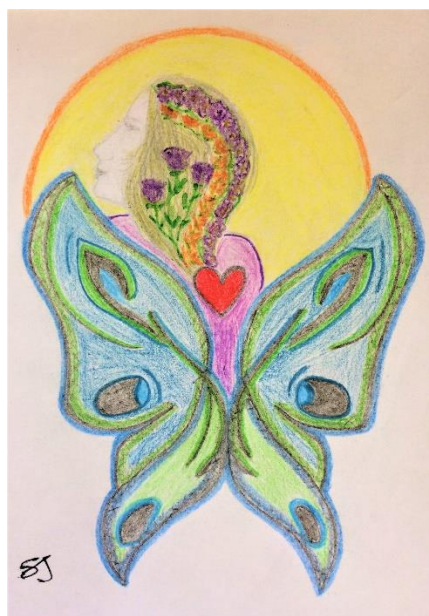
Our lifestyles may require an overhaul to ensure compatibility with the energy of New Earth. Physical symptoms such as bodily pain, headaches, toothache, chills, and fatigue are not uncommon, as well as experiencing emotional and mental symptoms as our body aligns to the new frequencies. It is vital we develop an awareness and a response of what it is our body needs at these times of energetic adjustments. If you are concerned about any health issues, please seek medical advice.

How to Cultivate Self-Love, Self-Worth, and Self-Awareness

- Write down your ideas to contribute to New Earth
- Set an intention of love daily
- Think loving thoughts, speak loving words, and act in lovingly ways towards yourself and others
- Forgive yourself
- Treat *yourself* how you would like others to treat you
- Give thanks to all your previous 'selves' who helped get you to this point in your evolution
- Resist the temptation to compare yourself to others
- Do or say something to make someone else feel better. This can be as simple as telling a friend you appreciate them
- Thank the universe for everything in your life
- Practice gratitude with an open heart
- Give something away - your time, food, money, or your smile

Affirm I AM loved

Change the World by Setting an Intention of Love



Awakening

A spiritual awakening is naturally part of our evolution. To transform into a state of wholeness is the desired outcome. Although an awakening differs from person to person, the ultimate goal is self-realisation when we realise our potential and live our life in ways that allow us to be who we truly are. Once an awakening starts, it is impossible to stop and will continue until our physical body is discarded when our Self moves from matter to Spirit. Energy is all there is and when we fully embrace this concept, we can see the relevance of the previous sentence.

A wake-up call

An awakening presents itself when we have reached the point of greatest despair at a time when we feel our connection to ourselves and our way of life has been severed. This disconnection creates within us a primordial desire to find our way back home to Self. Looking back, I had ignored a few wake-up calls in adult life. The final prompt came as a burn-out; an inadequate and modest reference which fails to acknowledge the true extent of the seriousness of the condition, as much as it does not afford any respect to body and mind either. A stress breakdown is a more apt way of saying body and mind are broken. This latest prompt worked because the sound of my distressed spirit reverberated through every cell in my body as if my life depended on it. A spontaneous Kundalini awakening ensued and as I entered the eye of the storm I desperately searched for the proverbial trail of breadcrumbs.

Kundalini

Kundalini energy is the Divine Feminine life force existing in every one of us and it is this energy which directs our spiritual liberation. A spontaneous Kundalini awakening is one where the energy channels have not been opened sufficiently, creating an energetic crisis in the physical, mental, emotional, and spiritual bodies.

Truths

I found myself witnessing the world beyond the illusion of my own mind. The mistruths - the thoughts I perceived to be real but were not - had fallen away. Acute periods of disorientation fell upon me as the fabric of my outer world tore apart creating inner conflicts which led to an identity crisis. I experienced what is known as the dark night of the soul or the death of the ego prompting a spiritual emergency: a terrifying episode where I felt I no longer existed in the physical reality. My mind and body felt a million miles apart. I didn't know if I was present in the physical world or witnessing my life in another dimension as it became evident my relationship with reality had disintegrated. In the early stage of my awakening as I navigated what felt like the fires of hell, I mistakenly believed I was being punished by an external force and a victim of a dastardly plan by an unseen villain. This mindset did not serve me, so I delved deeper into my inner worlds only to be faced with a heap of past-life memories revealing the horrors I had endured during many lifetimes, all serving their purpose to prompt the deeper energetic healing required for renewal so I could begin a brand-new cycle of death and rebirth.

Spiritual Emergency

A spiritual emergency is a term phrased by Dr Stan Grof M.D who recognised through his research that unlike a spiritual emergence which is fairly uneventful, a spiritual emergency causes a significant disruption in both psychological and social functioning.

Shadow Self

Meeting my shadow self proved to be instrumental in the healing process. The shadow self is the dark side of our personality we keep hidden, created by our deepest emotional wounds. When ignored, they fester and deny us the ability to live in a state of wholeness. I learnt to work with my shadow self and realised its darkness is merely an underdeveloped aspect of my consciousness and the trauma that created it happened to be a necessary part of my evolution. The negative emotions that form our shadow self are responsible for us believing we are unworthy, unloved, and unlovable. By acknowledging the emotions such as guilt and shame instead of letting them cause havoc in my mind as they had often done, I freed myself of their control and started to repair the different parts of myself. This epic journey of self-discovery forced me to structure a new belief system. Part of this process involved disregarding the notion that I am separate from any source of goodness while accepting I *am* worthy, I *am* loved, and I *am* lovable.

Ascension

Our spirit's primal instinct is to connect to Source. The deeper I fell into my lower realms as if I were being dropped into oblivion onto a launch pad, the more fear I felt but the higher I could rise in an attempt to connect to a higher power. The downs when thrust into my personal hell, were brutal, but the ups induced a rapture when I arrived at heaven within me. I can honestly say there were times I found myself suspended between light and darkness, life and death, sanity and insanity, bliss and fear. During the eighteen months it took for Kundalini to transform me on all levels, not a day went by without some sort of paranormal event, physical pain,

discomfort, or sensation, as Kundalini transmuted energies, and eventually I accepted all the phenomena as proof of my ascension.

Exploring the unknown parts of Self

I navigated my way through unseen dimensions encountering beings bringing forth their stories as my Self unravelled, exposing at first my life in the lower realms then progressing over another twelve months as Kundalini relentlessly made her way through my higher energetic realms. Various teachers from the subtle realms in the guise of spirit guides came and went as I tuned into and out of their frequency bandwidth, intuitively recognising the energy of each one. I also retrieved my own wisdom buried deep in the recesses of my subconscious mind, revealing hidden layers of myself to be either celebrated or denounced, such were the extremes. As the process continued, it became clear an alchemy was taking place within the core of my being. I became acutely aware that our spiritual existence is of primary importance and our spiritual awakening in itself is a death leading to a rebirth.

Trust the Invisible

As my awakening gathered pace, my awareness sky-rocketed blowing apart the boundaries limiting my spiritual freedom. I began to understand everything had its place in my life from the less obvious, such as being in the right place to create the next part of my life's journey, to relationships and the roles other people play in my life, embracing all that's presented to me to either enjoy it and if not, be at peace and trust that every moment is complete in itself. Once I had recognised this and saw through the illusion of limitation that had been thrust upon me, my creative abilities flourished and I successfully undertook projects I'd never contemplated before.

Awakening with the Natural World

The natural world played a pivotal part in my awakening, not least because nature helped to develop my intuition and awareness, but on a deeper level it nurtured me and allowed me to express myself without judgment, cultivating a rawness I needed to explore and experience my inner worlds. Working with the Earth's natural cycles, the seasons, and the moon phases taught me how to live in harmony with myself. Birds in particular played a key role in my awakening. Feathers were usually presented during periods of difficulty. Kestrels, Buzzards, and Red Kites were always close by and remain so. I have learnt over the years to recognise their calls, flight patterns, and behaviours and these became omens. This form of divination known as ornithomancy is one I still use regularly.

How to Support Your Spiritual Awakening

- Make time to be by yourself without distractions to find your place of stillness within
- Spend time outside developing your awareness and intuition by connecting to nature
- Develop an awareness of your physical, spiritual, emotional, and mental needs

- Listen to your intuition and pay attention to your inner guidance
- Write down your feelings, thoughts, ideas and experiences as self-reflection exercises
- Use methods you feel comfortable with to develop a sense of calmness

Affirm I AM who I am

The Power we Seek Exists Within



Spirituality

The elements of spirituality incorporate our core values, our relationships including those beyond Self, our life's meaning, self-awareness, and transcendence to connect with something far greater than ourselves. How we express our spirituality depends on our culture, upbringing, and beliefs. It is not possible to gauge one's own level of spirituality or measure it against someone else's because there are no two people on Earth with the same spiritual energy. Neither will we establish how spiritually proficient we are as individuals due to the fact we will always be unaware of what we *don't* know.

Denying our Self

Spirituality is not a subject I learnt about when growing up. My education seemingly strengthened the rigidity of social structures while laying the foundations of my existence in the delusionary reality of the adult world, rather than encouraging and promoting exploration of my own thoughts and beliefs, stifling my natural flow of imagination. My intelligence that existed beyond the state curriculum became worthless in an institution devoid of individualism, denying me the freedom to explore ideas beyond any syllabus associated with formal education. I sought solace outdoors, riding my horse for hours on end through the Suffolk countryside with Mother Nature by my side where strong bonds to the natural world were formed. I enjoyed this state of being which I felt resembled a reclusive figure, serving to protect me from the harshness of a reality I felt so out of place in.

The difference between spirituality and religion

Having spent hours sitting on wooden pews and kneeling on prayer pads worshipping the Christian God while listening to sermons about hell and damnation in a cold building where love seemed elusive, and then years later experiencing a spiritual awakening, I conclude there is a vast difference between spirituality and religion. Religion focuses on a certain belief system and an

ideology based on doctrines and rituals which must be obeyed with a greater emphasis on the external attributes such as worshipping an archetypal figure, attending places of worship, and reading scriptures/books/bibles. Whereas spirituality is having the freedom to discover and explore new concepts in our own time without rules, and without fear of being punished for our beliefs that are all interwoven with universal ideas based on wisdom, love, gratitude, forgiveness, compassion, truth, peace, and the interconnectedness of creation (Oneness). Unlike religion, there is no hierarchy in spirituality because there are no systems of control. I learnt too, that when you free yourself from external forces limiting the life you desire to live, a massive leap in your spiritual evolution occurs beyond anything you would believe possible.

How to Develop Your Spirituality

- Accept this is your journey and no one else's
- Establish spiritual practices you feel comfortable with
- Gather and explore spiritual information that resonates with you
- Spend time in nature
- Develop an awareness of the bigger picture
- Be receptive to new ways of expressing yourself creatively
- Write down your thoughts and experiences, or express them in other creative ways.

Affirm I AM free to express my spirituality

Spirituality is Key to Inner Power



Consciousness

The consciousness I refer to is personal consciousness encompassing self-awareness beyond human intellect. Personal consciousness creates our reality. How we react and the actions we take depends on our level of consciousness. At this time of accelerated spiritual transformation, our consciousness is expanding to accommodate our innate intelligence that has previously been inactive.

Inter-dimensional space

Within our consciousness there are many dimensions we can access. (A dimension is a space held open by a certain frequency). As I achieved higher states of consciousness I tuned into other dimensions to retrieve information beyond what scientists term the nature of our reality. This information originates from a formless place before time, space and matter, and is often referred to as universal consciousness. It is at this point we feel we are living a double life. Straddling different realms with one foot in the physical realm and the other one in another reality, metaphorically speaking, can often feel quite precarious.

Other realities

The discovery of other realities brought an understanding of how we are all connected to each other and the universe by unseen interwoven threads of energy pulsating through all of creation and out into the universe holding all life together. I believe the reason why everyone has differing perceptions of this transient experience we call life is because individually we are having a multitude of experiences different to each other's.

A dream beyond my wildest dreams

During the intense period of my spiritual awakening, I spent nights drifting in and out of what I can only describe as an unconscious state, going beyond a deep sleep, with the awareness of being

present, but at the same time experiencing transcendence beyond my personal consciousness and travelling to other worlds. During one particular dream I saw how we are all connected. The only way to describe this is to imagine your body structure has been turned inside out and visualise your energetic system connecting you to all of creation and into other dimensions, the Earth and extending out into the universe. As my dream continued, I could see everything is manifested from Self and I had the ability to access other worlds and beyond by travelling deep into my energetic structures. Is Earth a spaceship I wonder? Are we onboard to travel from one world to the next by expanding and transcending our consciousness to explore worlds in our different energetic dimensions we perceive to exist outside of us but are actually within us?

Separation

Through many distractions we have become separated from our personal consciousness, and we are now part of a society where we are separate from each other. This has led us to falsely believe we are also separate from nature. This is our downfall as it is these disconnections that have led to wars, the destruction of the planet and eventually, the demise of the universe. The vast areas on land and in our oceans and now in space, are greatly polluted with debris from humans. The truth is we are not separate. The world gives us the appearance of separateness, not just physically, but the illusion that's been manufactured also gives the impression we are separate from any source of joy and to acquire this we have to search outside of ourselves to find it, and in doing so we are distracted from maintaining a level of consciousness beneficial to our overall well-being.

Duality

Duality is a natural construct of Earth. Examples are light and dark, sadness and happiness, good and bad, success and failure, life and death. Opposing forces are two ends of the same scale and the meeting point between two opposites is where existence becomes self-aware. From this moment our lives are without duality and Spirit becomes matter manifested in material form. The spectrum of duality can be compared to a light prism when split into a spectrum. Our human perception sees the separation but to the universe there is only light. On this basis, as an example, light and dark are one, yet our human perception is that they are separated because we have an inherent human need to pull the components apart to isolate and judge them, but when we accept there is no separateness we learn to explore other dimensions of our consciousness which then leads to a greater state of awareness and the ability to co-create our reality.

How to Expand Your Consciousness

- Explore the nature of your personal reality
- Dismantle belief systems that do not serve you
- Try something you never thought you were capable of doing

- Become aware of your thoughts, words, and actions every minute of the day and how they may be creating your reality
- Keep a dream diary
- Adjust your routine to allow yourself time to daydream and your imaginal mind to wander
- Foster your connection to the natural world

Affirm I AM happy

*Set Clear Intentions to Allow Your Consciousness
to Create the Reality You Desire*



Goddess Energy

The Goddess is the embodiment of the Divine Feminine Energy; the Source from where all creation springs from. It is a vibrant, nurturing, and intuitive energy present in both men and women. It is only when I truly connected to my inner goddess that I stopped seeking answers from the external world because all the wisdom and knowledge I needed sprung forth from within like water from a well. I learnt too, to just 'be'. From this, came the ability to live life in its flow beyond third dimensional space and time, and just accepting my journey and embracing it all as a path of learning.

Feminine Energy

The Divine Feminine is an important aspect of creation. This concept along with numerous goddesses representing the natural power of women have been swept under the carpet and their energies suppressed causing an imbalance of masculine-feminine energy, as well as the depletion of the female element required to nurture and care for the planet that has led to the destruction of Mother Earth. Women are the bringers of life and possess the creative energy necessary for the survival of humanity yet all mention of the Great Mother is omitted from the bible because religious doctrines demand that we worship a male god in a deliberate attempt to maintain a patriarchal system. The word Holy as commandeered by religion (with various connotations) derives from the 'hole' where all life sprang from.

Natural Order

A woman's womb is a sacred creative space and can never be replicated in any shape or form. It is women who provide the portal between the physical and spiritual realms to bring forth into the world new creations of mind, body, and soul. In matriarchal cultures women are revered because they are the child bearers. When they can no longer bear children they are respected as an elder and their aged wisdom sought after. The natural power of women has caused a great

division between the sexes but it is women who have paid the price. In 1487, the most significant cull of women began in Germany when Henrich Kamer denounced the feminine energy as witchcraft and evil and the female became hated. Millions of women were tortured and burned at the stake as the practice spread across Europe and Great Britain, continuing for hundreds of years. In effect, a whole spiritual dimension disappeared. The women were healers, herbalists, and midwives in communities that depended on them for their well-being. For this they were persecuted.

Persecution

History is lined with tales of wrong doings and punishments handed out to women in different cultures and religions across the world throughout the centuries. Practices that began many years ago are still prevalent today. One example, from the mid 1900's thousands of unmarried mothers have been imprisoned and beaten and their babies stolen or murdered by Roman Catholic nuns and priests, demonstrating the abhorrent and depraved cruelty to women in an attempt to suppress the sacredness of the Divine Feminine Energy. The persecution of girls and women continues throughout the world today because men let it happen. They are the decision makers and the controllers of power. It is now time for women to rise and take their rightful place in the world once again, and to be honoured for their natural ability to be part of a union of sacredness that binds them together. Only then will the feminine once again represent the supreme power of the universe.

Reawaken Your Goddess Energy

- Practice self-love by treating yourself with kindness, love, and compassion
- Nurture yourself
- Honour your body
- Unleash your creativity
- Create a regular self-care practice
- Experience the wind, rain, and sun on your skin
- Be prepared to work with the natural cycles and rhythms of nature
- Evoke your sensuality with colourful textiles, vibrant crystals, flowers, essential oils, incense, and herbs

Affirm I AM loving and compassionate

From the Goddess Hope Springs and Life is Eternal



The Divine

Divine love is unconditional, infinite and ever-present without fear and devoid of enmity. We are not separate from divine love because we are divine beings. Divine energy flows through you and me as a piece of the Source or whatever form you feel divine energy exists in. Our world and the universe are created from divine love and therefore we are all an expression of the divine in physical form. As I have come to realise, divinity cannot be explained in human language because it is multi-dimensional without the constraints of humanness, time, or space,

Divinity

We do not need to seek forgiveness from one who loves us unconditionally because we were never condemned in the first place. Until my spiritual awakening, I had never imagined the divinity I describe. The sense that there is something far greater than myself went beyond anything I had ever contemplated or been taught and with it came an incredible connection which until that time had laid dormant in the part of me that existed beyond my physical self.

The Power Within

The realisation there is a power within far greater than we could ever imagine assists in cultivating heart-centred feelings beyond the boundaries of our physical self because when we put out love we receive it back and return to a state of grace. We can manifest miracles when we connect to the realm of divine love and create the divine intervention so many pray for. Our divinity and the power within us are enough to change the world with the smallest of actions.

Religion

We are born into this world in a state of wholeness; at one with the universe with no resistance to life, complete in love, joy, and peace as our true Self. We are perfect. Some would call this a state of grace. But then we become indoctrinated into a system designed to eradicate our

freedoms on all levels with organised religion leading the way and as I have come to realise, its purpose is to underpin and strengthen methods of control, whatever epoch humanity is travelling through at the time by unjustly convincing people that all suffering, wars, and poverty they endured were a necessary part of their god's plan. On one hand we are told we have free will and on the other, the same entity who gave us free will, punishes us for breaking 'his' rules. We have been convinced that the god we are told to worship experiences human emotions, such as anger and judgement to justify their wars and their greed. It is no wonder humans have been fighting each other for centuries with a role model who promotes suffering and violence in 'his' name. It has all left me wondering if perhaps the patriarchal system is the man-made male god we have been told to worship.

Threads

Woven into our energy system and encoded in our DNA (deoxyribonucleic acid) is information and memories, presented to us at the right moment in time. Whether we receive messages from spirit guides or ancestors they are all divine aspects of our soul.

How to Connect to your Divinity

- Spend a few minutes a day focusing on feelings of love, joy, and happiness, and honour them
- Release all judgements of yourself
- Spend time in nature, either outside during the day, or/and observing the sky at night
- Pay attention to your dreams. Write them down if you can recall them
- Study metaphysical subjects you feel drawn to
- Lean into your creative energy and create to your heart's desire
- Allow yourself to imagine an even more wonderful version of yourself

Affirm I AM worthy

Delve Deep to Discover the Unknown Mysteries Within



Higher Self

Our higher self knows exactly what it is we need to live a fulfilled life as our authentic Self. Therefore, without our connection to our higher self we cannot achieve this. Our higher self is multi-dimensional and takes us beyond what we perceive to be real in the physical dimension and as well as offering us their unique guidance, our higher self is the grand communicator, deciphering and delivering messages from beings in other realms. These communications are an integral part of our interconnectedness to the universal consciousness we depend on for our humanness.

Wild and free

By connecting to my higher self I succeeded in breaking down my limitations allowing me to experience unconditional love, joy, gratitude and also, to gain a deep trust in whatever is unfolding. Synchronicities occurred adding symmetry to my life, weaving new patterns into my existence. All came thundering into my life like a herd of wild horses. I developed a craving for adventure and a yearning to explore, and intuitively knew I had to go to India. During my enlightening stay there I underwent a rebirth to the extent my present life felt like a past life without the process of physically dying. This journey in my outer world reflecting the journey in my inner world both involved the exploration of unknown places and gave rise to a transcendental state. Like the horses, I felt wild and free. I am not entirely sure of the wondrous process that took place in my body during my stay in India, but I do know I achieved an inner peace I never thought possible. I returned from India with a courageous spirit accompanied by a brand-new sense of purpose, which led me onto my present path.

Establish a connection

I have been asked to tell you why meeting your higher self is important for the planet as a whole. Earth is unique. It was created to be a place of learning and healing. There is no other

place in the universe where we can gather the experiences and knowledge needed to take with us to our next incarnation wherever in the universe it might be. By connecting to your higher self you will be playing an enormous part in ensuring the continued existence of all of creation. To put it simply, connecting to our higher self establishes our connection to a vast illuminated quartz crystal grid. The brighter the grid becomes, the more light there will be in the world. As our vibrations rise, we transcend, aiding the ascension of all of creation. By connecting to your higher self you will not only have access to the information you require but you will receive the guidance to help you connect and work with beings from other realms to create the Oneness needed for the survival of all.

Guided Meditation to Meet Your Higher Self

An ideal way to meet your higher self is through meditation. Meditation is about being present in the moment while feeling comfortable, relaxed and calm. As you move into another space in your consciousness, be aware of what you feel, see, and hear beyond your physical five senses. An excellent way to focus and stop your mind from wandering is to be conscious of your breaths. Remember, your higher self will always work with you for your highest good. If it is not possible for someone to guide you through this meditation, I recommend you use a voice recorder to assist you.

Make yourself comfortable in a sitting or lying position, ensuring your head and neck are supported and you are warm enough.

Close your eyes when you are ready.

Be aware of your body as you prepare for this meditation.

Ground yourself by imagining you have long roots coming out of the soles of your feet, going down deep into the Earth.

Take three deep breaths in and out then breathe normally. Keep focusing on your breath

Visualise a staircase of your own design.

You are aware that you are about to embark on an exciting journey. With eager anticipation, you climb onto the first step. As you do so, the staircase is illuminated by a brilliant white sparkly light.

You continue to climb your staircase. You are aware that someone is waiting for you at the top, someone who has waited many lifetimes to meet you.

As you near the top of the staircase, you notice the light has changed colour and there are now hues of gold, purple, blue, green, yellow, orange, and red.

As you stand at the top of your staircase you are enveloped in a rainbow.

You step off your staircase into a multicoloured tunnel of crystalline light where someone is waiting for you. It is your higher self who greets you like a long lost friend.

Your higher self takes you by the hand and leads you into a beautiful garden, beckoning you to sit beside them on the grass.

Spend as long as you want here with your higher self. Ask all the questions your heart desires you to.

When you feel it is time to come back thank your higher self, then walk out of the garden and into the tunnel of multi-coloured light.

Ahead of you is your staircase. You are ready to walk back down knowing that from now on, you and your higher self are one.

You make your way down and as you step off the bottom step, you find yourself stepping into your physical body.

Wiggle your fingers and toes and gently stretch. Open your eyes when you are ready.

If you lie down to meditate I recommend you roll onto your right side as you come out of the meditation as this keeps your body cool and calm as you come up to sitting. The reason being is that one of our main channels of life force known as prana corresponding with cooling energy, remains open.

Connect to Your Higher Self and Reveal the True You

Be

You can be whoever you want to be
Soar high to become free of the limitations of your mind
Be like the waves of the sea
Let the flow and ebb take you to a new destination
Stay rooted like an oak tree
And shine bright like a star-spangled constellation
Forever you are granted your birth-right to be free
Believe there's a place for you beyond what your imagination could ever find.

Sarah Johns

