



Spiritual Guidance

Connecting to your Higher Self

It's evident wherever you look and when you talk to people and observe their behaviour, that many people feel 'disconnected' and dissatisfied with life as time goes on. The sad part about this is that they only need some guidance to reconnect to their higher self to find their answers and tap into the joy within.

The truth is that **within each of us we already have everything that we need** – call it intuition, a sixth sense, an inner guru if you like. I prefer to term this our 'higher self'. This part of our self feels the connection to 'all that is' - the universe if you like. Our higher self knows that we are whole and complete, and doesn't seek outside confirmation or validation. The problem for most people is that they are out of touch with their higher self and this is part of the reason why so many people feel unfulfilled, distracted, or overwhelmed. As children, we are told to listen to our parents - that they'll have the answers, however many do not... We listen to societal 'norms' and conventional wisdom and this often falls short of an understanding of your spiritual needs.

The self-help industry is booming – a testament to the unfulfilled needs of many many people. They seek the answers at any age. If you look around at events, seminars and retreats, people are seeking answers: buying books, attending courses and programs to try to expand their understanding of their inner domain. They are searching for meaning, a spiritual path or awakening as they are feeling deficits in their lives. People want more than their experience of life so far. They yearn to connect with their inner knowing, inner peace and satisfaction.

Perhaps your catalyst for seeking answers was because you heard someone speak and their message resonated? Perhaps something poignant that you read caused your experience of awakening?

Don't think that help only comes from the outside though. The truth is that **everything you need is already within you**. You can connect with your higher self (your inner guru) and trust that you will be supported in your life journey.

To understand your inner world: go deeply within

How loud is your critic? (some would call it 'ego')

This is the little voice inside that is judgmental and critical about everything – that instils doubt... This critical voice masks (or blocks) the voice of your higher self. If you are not used to trusting your intuition it's hard to distinguish what's going on.

All our lives we've grown up with overstimulation from our cram-packed schedules. The (over) use of social media is having a profound (and negative) effect on many teens and adults. People are so busy and distracted. They are listening to the negative voices and are not tuned into their higher self.

Alan Watts (1915-1973) was a British philosopher who interpreted and popularised Eastern philosophy for a Western audience. He expresses this concept of being out of touch very nicely here: **“We seldom realize that our most private thoughts and emotions are not actually our own. For we think in terms of languages and images which we did not invent, but which were given to us by our society.”**

So the way forward is to tune out from the hype and then allow yourself to tune in to yourself: really listen and engage. It is in this space that you will come to recognise your heart’s true desires as the voice of your higher self will become easier to hear.

Another insight from Watts says **“What you do is what the whole universe is doing at the place you call the here and now. You are something the whole universe is doing in the same way that the wave is something that the whole ocean is doing. The real you is not a puppet which life pushes around. The real deep-down you is the whole universe.”** This explains our connection and the dis-connection (that we feel in our own minds) very well.

Quantum physics theories and concepts may be a little confusing to understand, but they are really just talking about energy and there is scientific proof that everything and everyone is connected.

If you can accept the Quantum Physics theory that space connects all things, and understand that this space is between all things: galaxies, stars, planets, cells, and atoms - even inside the atom is 99% space - then it makes sense to wonder why we pay so much attention to physical boundaries and think of ourselves as separate?

We may be unique creatures in one sense, but we are never alone— we are always connected. Many people have lost that connection.

Quantum physics suggests that we are more than our physical bodies; we are energetic bodies and our higher self is present in all dimensions. So our sense of separation is only due to perceived boundaries that are in fact nothing but energy vibrations, and therefore illusory.

So how to connect and go within?

Spend time in nature: One of my favourite ways is to go outdoors! Find a forest, a beach, or a mountain and allow all my senses to engage: listening to birds calling, feel the sun or the rain, or the breeze on my body.

Practice Yoga or Meditation: There are many forms of meditation, so if sitting still isn’t your thing, you’ll be pleased to know that there are meditations through movement. Personally, I enjoy writing (journaling) as it helps me to go deeply within to find those thoughts that are perhaps ‘hidden gems’. Sometimes I just listen to sounds and harmonies in a positive vibrational frequency, whilst I let my ‘self’ go within. The practice of meditation is a way that you can get to know yourself anew and more intimately than before.

When you mindfully engage with the world around you, you’ll experience a depth of understanding that wasn’t there previously. Be present and take in each experience, walking, eating or singing, using all of your senses. When you are fully present in the moment, the voice of your higher self will become clear.

Play and recreate: let loose and play – like a child! Explore, de-stress, act, sing, dance, laugh, crawl, run, climb... This is a great way to connect to your inner being. Tune into your intuition and start to grow and learn how to tap into this resource. We are so tuned in to, and governed by, our to-do lists, schedules and deadlines that we rarely allow ourselves to just be. You can make ‘play time’ a regular part of your life – a part that you will enjoy as you return to a natural state..

Trust your inner guidance and intuition: It’s very worthwhile to ask your body! This is especially useful for those who are always ‘in their heads’. Try this simple exercise to experience how you will recognise your physical intuition.

Close your eyes and think about something very positive – something you really love or find inspiring and uplifting! It could be about winning a race, achieving an award or spending time with someone with whom you feel amazing. Tune into your body – to your ‘gut’ and note how it feels. Does it feel really open, expansive and energising? If so, your body is saying ‘Yes’.

Now, do the same thing but focus on something that’s really challenging, difficult or stressful. Note now how your body changes when you think about something negative? Does it feel heavy and closed-off? This is your body communicating ‘No’.

Your positive habits and rituals will steer you towards success

When you set your intention and make space and time to do the things you need to do for yourself in order to grow and be healthy, to feel energy, to have clarity of mind (and purpose), etc. then you will experience wonderful and positive changes.

Keep your habits uncomplicated and easy to do – and keep doing them! I have written at length about this in my book “Positive Habits Get Results”. **Making a decision** about what you will do is very important and **taking action is paramount** if you want to see the changes occur.

The main message here is to be mindful and remember that you are not alone. You may need the help of a teacher, mentor, coach or guide. It would certainly help you achieve your goals faster if you can benefit from the assistance of people who have already achieved that which you are aiming for.

When you’ve connected to your higher self, you’ll know not only when to ask, but who to consult to help you get to the next level in your journey of awakening. You’ll be able to determine which modalities are right for you, even if they seem a bit non-traditional or something you’ve never tried before. Intuitively you’ll know if it feels right. Trust your intuition or “gut” instinct which is the physical expression of your inner knowing. Use it to help you decide. If you think about an opportunity (a new relationship for example) or a decision you need to make (perhaps regarding your business or job), if it makes you feel open and expansive, then it’s the right thing, but if you feel tight and closed off, then it’s probably not! Don’t confuse excitement with fear! They are closely related. You will need to practice tuning-in to your intuition and it’s worth the effort because life will be far smoother.

Remember that everything you need is already within you.

It's now time to reconnect to your higher self and start listening.

I invite you to start a dialogue with me if you would like to explore working together so that you get what you want and need. I can be reached via my website or email: Donna.E.Portland@gmail.com We would then set up a time to talk. * International enquirers please be aware that I am (usually) located in Sydney, Australia so when we speak we need to plan for the time difference.

My best wishes to you,
Donna Portland

Over the page is my gift to you: a mantra that you can print out and read aloud to yourself every day for inspiration!



I am the one creating my experience in life.

I am the one who shapes the meaning of my past.

**I am the one who determines how well I do,
regardless of the circumstances I am in.**

I focus on my capacity, not my circumstances.

**I have the power to create my desired future,
regardless of what I see in front of me.**

Focussing on what I can do about it, right now,
is how I change my experience.

I can change my life, one day at a time.

Every morning: I feel the gratitude
for my past, my present, and my future.

**I transform my life and relationships by
reaching out & connecting with my loved ones,
and telling them how grateful I am for them.**

Let it be.