

## **Working with Inner Guidance**

Everything in the universe is made up of energy vibrating at different frequencies. You have four main energy bodies that vibrate at different frequencies: physical, emotional, mental and spiritual. Each of these bodies has a particular vibrational frequency.

Some people will be more spiritually aware, other people will be more physically aware. Some people are very emotional while others are more intellectual. The aim is to raise the vibration of each of these bodies so that you become a balanced person.

Our overall vibration can be high or low. Lower vibrations are associated with disempowering thoughts, negative emotions, poor health and lack of spiritual awareness. Higher vibrations on the other hand, are associated with empowering thoughts, positive emotions, good health and spiritual awareness.

Like attracts like. The lower your vibration, the more likely you are to attract to you people who are unkind or events that are unpleasant. If your vibration is high, you are more likely to attract positive people into your life. With a high vibration you will be more able to manifest your dreams and opportunities will seem to fall in your lap.

As your vibration rises the quality of your inner guidance gets better. As your guidance improves you make better choices for yourself. If you are a therapist with a high vibration you will be better at tuning in to your clients and finding the real causes of their problems. Also, as your vibration rises your dowsing will be more accurate.

If we use the analogy of a piece of glass, if there is dirt on the glass less light will get through. If your vibration is low the guidance from your Higher Self and your Spiritual Guides must pass through a dense layer of energy, as a result your guidance will be unreliable and you will generally make poor choices.

Dr David Hawkins has a system where each emotion is linked to a different state of consciousness. He has created a scale of consciousness that goes from 1 to 1000. He says that once we get to the level of consciousness 200 we reach the level of integrity.

The different states of consciousness are shame (20), apathy (50), fear (100), anger (150), courage (200), reason (400), love (500), peace (600), enlightenment (700-1000) are all located on this scale. (Dr. David Hawkins – Power vs Force).

### **Guidance**

The Higher Guidance from our Higher Self and your Spiritual Guides is generally received at the Crown or Third Eye Chakra. From there it flows to our conscious mind as intuition or to our heart as joy or peace. Being with loving people and doing activities that are right for you will give you a feeling of joy.

There is also gut level guidance that works mainly through the Solar Plexus Chakra. This level of guidance tells you about the people you meet, the places you visit and the foods you eat. This level of guidance tells you if you can trust people and if foods are right for you.

For more information about the Solar Plexus Chakra please see the sample chapter of my book 'Reclaiming Your Sacred Spirit' –

[http://www.simonheather.co.uk/pages/chapters/reclaimingyoursacredspirit\\_sample.pdf](http://www.simonheather.co.uk/pages/chapters/reclaimingyoursacredspirit_sample.pdf)

If you are holding a lot of negative emotions in your emotional body these can effect the quality of the guidance that you receive. Negative emotions may lead you to make poor choices in your life and be attracted to people who will cause you suffering.

Negative emotions act like a filter between your Higher Self and your body and your mind. In this case your inner guidance may lead you to make disastrous choices. This may lead you to question your inner guidance.

According to the 'Law of Attraction' you are always attracting to you what you need to experience. If you are attracting abusive people then you need to look at yourself to see what energy you are putting out into world. You may need a period of inner healing before you embark on any new relationship.

If you feel like a victim you may find it useful to read about the 'Drama Triangle' – [https://en.wikipedia.org/wiki/Karpman\\_drama\\_triangle](https://en.wikipedia.org/wiki/Karpman_drama_triangle)

Once you have healed your past emotions and negative thoughts your guidance will get better and you will make better choices in the areas of - Diet, Relationships, Job, Social Life, Where You Live and Friends.

If you have any unresolved issues these will push you into situations / relationships where you are forced to confront these issues. The only way to heal yourself is to stop blaming other people for your problems. Life is always reflecting back to you what you are projecting into the world.

Regardless of what has happened to you, you are responsible for how you interpret your experiences. There are circumstances and people that may challenge you and cause you pain, but it is your choice as to how you react.

To heal yourself you need to take responsibility for your actions, emotions and thoughts. You need to set boundaries and re-claim your personal power. You need to come up with strategies and habits that will strengthen your energy, raise your vibration and increase your self-love.

If you can look within yourself and say "Why am I attracting these people / these situations? You will gradually be able to dismantle your habitual tendencies.

Most of our habitual tendencies were laid down when we were young children. As a child we copy our parent's behaviour. As we get older we may see that our parents relationships were dysfunctional, but by this time we have already absorbed their patterns.

It takes a lot of energy to break out of our habitual patterns of behaviour. Find a good healer/therapist to help you. If conventional therapies don't work I suggest that you try Shamanic Healing or Ancestral Healing.

My book 'Reclaiming Your Sacred Spirit' contains lots of practical exercises to help you regain your power and self esteem.

### **How to Raise Your Vibration**

Devotional Chanting  
Meditation  
Conscious Breathing  
Satsang – Seek Out Holy People  
Create Positive Routines  
Healthy Diet  
Find A Good Spiritual Teacher  
Introspection - Look Within  
Give Yourself Quality Time  
Find a Good Therapist /Healer  
Practice Gratitude  
Understanding That Everything in Life Is Impermanent  
Do Something To Help Someone Else  
Listen to Music You Love  
Move – Exercise - Get Active - Dance  
Use Affirmations  
Do Yoga or Chi Gong  
Hug Someone  
Practice Mindfulness  
Spend Time In Nature  
Be Mindful About The Information You Take In  
Take Action  
Take Responsibility  
Work With Your Guides and Angels  
Appreciate Beauty  
Practice Acts of Kindness  
Let Go of the Past – Practice Forgiveness

### **How to Lower Your Vibration**

Procrastination  
Blaming Others  
Gossiping  
Focusing on the Negative  
Comparing Yourself to Other People  
Getting Caught Up in Conspiracy Theories  
Watching Violent Movies  
Staying Up Late Every Night  
Eating Junk Food  
Drinking Alcohol and Taking Drugs

### **Books**

'Reclaiming Your Sacred Spirit' by Simon Heather

<http://www.simonheather.co.uk/pages/books.php>

‘Power vs Force’ by Dr. David Hawkins

<http://www.veritaspublish.com/>

## **Links**

<http://www.ananda.org/prayers/articles-on-healing/how-to-strengthen-and-protect-your-spiritual-magnetism/>

<http://www.spiritscienceandmetaphysics.com/5-ways-to-raise-your-vibration/>

<http://in5d.com/21-ways-to-raise-your-vibration/>

<http://www.ask-angels.com/spiritual-guidance/how-to-raise-your-vibration-9-ways-to-increase-your-frequency-now/>

<http://www.raise-your-vibration.com/spiritual-practices.html>

<http://www.theholisticingredient.com/blogs/wholesome-living/13587702-8-ways-to-raise-your-vibration-your-positive-energy>

<http://consciouslifeneews.com/raise-vibration/1161662/>