

Alignment with the Higher Self: the Essentials for Success

by Christine Hoeflich

It is becoming clearer and clearer that in order for the "Law of Attraction" to work for you, it's not enough to "visualize what you want" and "feel what you would feel as if you already achieved your goal," you need to "align" with your soul's (your "higher self's") plan. For example, some New Age teachers now say that you need to "deliberately align" with the "Law of Attraction." Others say you must "align with the universe," still others with "your purpose." But what does this mean from a practical point of view?

My understanding is that "aligning with your higher self's plan" means to stand behind and follow through on the plan of your soul. By the way, when New Age teachers say that "you create your own reality," the part of "you" I hope they are referring to is your higher self, rather than the part of you that's experiencing limited consciousness.

If you don't understand that your higher self might have a plan for your life that's a bit different from your own, it might seem that the "Law of Attraction" isn't working. The truth is, your higher self does have a plan (of which you're probably not quite aware), and it's highly likely that this plan doesn't include getting "everything you want" as quickly as possible. In fact, it might not even include getting you out of "hot water" as quickly as possible, whatever "hot water" means for you (e.g. debt, foreclosure, relationship trouble, health problems, etc.) It's more likely that your higher self would rather have you learn and grow through firsthand experience than to be rescued from your situation by outside forces. I explain the basic premise of these ideas in two other articles, "The Truth about Awakening: Reconnection with the Higher Self" and "The Soul's Perspective on the World's Crises: the Way to Resolution" so I will not repeat it here. Rather, I will explain what "aligning with the higher self" is. Aligning with the higher self is the quickest and easiest way to personal growth as well as to your potential--which is how you will resolve your issues, regardless of what they are. In other words, it's in your best interest to align with your soul's plan because it is in fact the key to your success.

Aligning with your higher self means having faith in and surrendering to your higher self--which means following through on your higher self's guidance (your intuition) even though you might not have things in your life figured out yet.

The following is a summary of the steps needed to align with your higher self.

1. Develop a relationship with your higher self by spending time with it
(e.g. quiet time, daily meditation, taking a minute or two to "check in," to focus on it several times a day)
2. Learn to recognize and distinguish your soul's voice from outside influences and mental conditionings
3. Ask it for guidance
(e.g. ask specific questions, ask for clear guidance)
4. Follow through on the guidance promptly and consistently
(this part might require some faith and courage)

As you begin to see the results from following through (these can be in the form of synchronicities, new insights, "signs" from the universe, greater cooperation in life, etc.), you will naturally and organically build trust in your connection with your soul, as well as in your soul's plan. Your trust will continue to grow until you begin to trust it more than anything else in your life. When you have this kind of trust in your higher self, you will make huge strides in your personal

development, your accomplishments and your subsequent confidence in yourself.

How long will this take? That depends on where you are at the moment and what your higher self has in store for you. However, it doesn't have to take long at all to achieve some results so that you are encouraged to continue on this path. Here's an example.

G. is a parent at my younger daughter's grade school, the father of two children, and a contractor who builds outdoor decks for a living in Silicon Valley. Years ago, G. had given up his dream to own a vacation home in the Sierras because he didn't think he could afford one. But after reading my book when it was still in manuscript form, he began to think about his dream again and planned a camping trip to Bear Valley with his family (where he had wanted the second home). There, G. and his family visited a realtor who informed them that there wasn't anything available within their budget. But after they left the realtor's office, G.'s inner guidance told him to look around on his own--which he did. Not long afterwards, they drove up to a house with a "sale pending" sign on the front lawn. Again, his inner guidance told him to get out of the car and look around. Out of curiosity he did, even though things certainly didn't make much sense.

The property seemed perfect, with a nice yard and a small creek in the back: everything he and his family could have hoped for. Then he knocked on the door and introduced himself to the owner, who happened to be there.

The owner welcomed them in and explained that despite what the sign said, the house was available again because the deal had fallen through earlier that day. Furthermore, he said he was in a terrible bind because he had bought a house in Oregon and needed to sell immediately. "Make me an offer," the owner told G.

G. and his wife excused themselves for a moment and together came up with a number they could afford, but it was considerably below the asking price. "I can't give you what you want for this house," G. told the owner, "but I can give you my word that I'm good for this much." The owner accepted G.'s offer.

The next thing G. and his wife needed was a mortgage with good terms--which they were quickly able to find. Then while working on a client's deck one day, G. was offered the contents of her kitchen (she happened to be remodeling at the time) because he happened to mention that he had just bought a new vacation home. He received a Viking stove, dishes, pots and pans, appliances, pretty much everything he needed to furnish the kitchen in his new vacation home. Then a friend called to say that he was moving out of the area and needed to sell the furniture in his apartment. G. ended up furnishing most of the rest of his vacation home for 500 dollars. All this happened *within one month* of reading my book. G. told me that he attributes what happened to his feeling "in tune with himself" after reading my book (which explains the essential steps above in complete detail, including practical examples of how to go about them.)

Why is reconnecting to your higher self the key? Because after ages and ages of humanity being disconnected in order to experience and learn things the hard way, it is time to reconnect. By reconnecting, we tap into that ages-long wisdom, come back together in Oneness, and begin to experience what is sometimes referred to as the "Golden Age."

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