

Vision Quest Journal

Day 6 Tuning Into Your Higher Self

Yesterday we focused on noticing little signs from our higher self. Today we are going to go a step further. There will be moments in which you “hear” your higher self whispering to you.

Maybe it’s a plan. Maybe it’s an encouraging word or phrase that you know beyond a shadow of a doubt that’s coming from your higher self.

That is when you need to pull out your vision quest journal and write it down! Keep a tally!

I want you to start noticing different ways your higher self is speaking to you. It may be through words, feelings, signs or all of the above. I want you to simply start paying attention. I want to remind you that your higher self guided you here to this course for a reason. And you listened!

So I know that you know how to tune in to your higher self. And what we don’t realize is how when we are about to make a change, or a shift or a transformation in life our entire being starts preparing whether we recognize it or not.

Now take a deep breath into your heart center. Relax your shoulders and your face. Relax that space between your eyebrows.

What is 1 thing you can do to start working toward your vision?

What is 1 thing that you can let go of that may be keeping you from this vision?

If your vision still has not come, then simply be open to your vision revealing itself. It doesn’t have to be anything major.

Now throughout your day today, keep a pen and paper handy. I want you to be open to your higher self whispering encouraging words and phrases to you, supporting you on your vision quest.

By the end of today you should have 1 thing you want to start doing and 1 thing you want to let go of that will help you move toward making your vision a reality. You will also have a list of encouraging words and phrases that you can bet are coming from your higher self, that will keep lifting you up and pressing you forward as you navigate getting back on track. Write these down in your vision quest journal. These are special mantras specifically for you and your path.