

## Chapter Three

### The Higher Self

#### **You have to go beyond the problem to find the solution.**

One of the greatest challenges you face each day is how to express the power within you. The years of struggling to survive the oppressive illusions in your life may have caused you to doubt your ability to overcome your present feelings of powerlessness.

Yet today, in the midst of overwhelming perceptions of yourself with less power than you really possess, you have the opportunity to solve all your problems.

The process to unleash this great power is one that requires you to look inward and discover the source for solving all your problems. For you to become a part of this empowerment process, you must first learn to be comfortable with yourself and to overcome the belief that authentic power exists outside of your mind. You must condition your mind to know that all power comes from your mind.

Whenever you hear someone say something about inner power, do you really understand what it means or what it feels like beyond the sound of the words? The search for inner power is a continuous process that involves you working to overcome the problems in your life. This involvement requires you to go beyond the meaningless words and learn how to embody the greatness within you.

One way to begin this process is to free your mind to communicate with your higher consciousness. This method of communicating will allow you to ascribe voices and attributes to your thoughts. You can illustrate this practice by creating a dialogue between your lower self (victim consciousness) and your higher self (empowered consciousness, or your Sage).

For some people it is difficult to communicate with themselves. It is much easier to imagine that you are talking to another individual. You can do whatever makes you feel comfortable as long as you realize that the conversation is occurring in your mind. The purpose here is to guide you into trusting your intuitive power and for you to know that all power comes from within you. Even when you pray or meditate to a higher

power, it is you that is doing the communicating and it is also you interpreting the answers to your prayers.

The point of changing how you think and live is to know you are responsible for doing the work. This self-responsibility changes the traditional relationship between the victim and the Creator, where the victim asks the Creator to solve a problem for him or her and believes that the Creator will accept the responsibility and do the work for him or her.

The task before you is for you to solve your own problems, because you are the one who created them. I'm sure you believe the illusions are responsible for the way you think and live. Unfortunately, in many ways, you are correct in the sense that you have given great power to other people and given yourself very little, if any, power.

Ask yourself: Who is responsible for someone who is a drug addict or alcoholic? Who is responsible for someone who is illiterate, unemployed, or homeless? Who is responsible for someone who is a murderer, thief, robber, or child molester? Who is responsible for the oppression and cruelty that someone experiences every day? The simple answer is the person who is taking and receiving the actions.

Anyone who allows himself or herself to think that someone else has control of their thoughts is a prime candidate to become a successful victim. Your mind is the gateway to your freedom. If you allow people to fill it with thoughts about how weak and powerless you are and how strong and powerful they are, you will remain helpless.

When you imagine yourself with power, you have power. The method to imagine yourself with power is to know you are able to talk directly to the power that can solve all your problems. Whenever you talk, pray, or meditate to a higher consciousness, you believe you are communicating with someone who has the power to give you something you desire, but have been unable to achieve.

The exercise you are about to do is a reflection of how it feels to see your thoughts on paper. During this process, you are praying or meditating to a higher consciousness with the power to solve your problems or fulfill your desires.

For you to change the way you think and live, you must open your mind to travel deep into the bowels of human knowledge and beyond. The more you work on overcoming your problems, the more comfortable you will become with trusting the

power in your mind. This discovery of consciousness will lead you into pure enlightenment; however, to achieve this great power, you must first learn to talk to your higher consciousness.

You can begin the process by relaxing your thoughts, banishing your fears, and knowing that you have the power to change the way you think and live. This belief alone is sufficient to stimulate you to action.

### **A CONVERSATION WITH YOUR HIGHER SELF**

“Who is it?” I ask, startled for a moment.

“It is I,” says the voice from within the lights. “I am the one you seek.”

“Are you the Creator?”

“I am that I am. That is who I am.”

“Oh, my God, it’s the Creator,” I exclaim. “But—I thought I would see Sage first?”

“Don’t you recognize me?” the voice says calmly.

“Uh, I’m not sure. Who are you?”

“It is I, Sage, your friend.”

“Sage—but I thought you said you were the Creator.”

“I am the Creator. When you see me in this form you also see the Creator.”

“Really!”

“Yes, the Creator and I are one at this level of consciousness. Here, I am empowered to conceive myself as both Creator and human.”

“Do you mean I have been with the Creator for this long and didn’t know it?”

“Yes, Advocate, that’s true,” Sage says, calmly embracing me with his thoughts.

“As you know, you have the power to conceive yourself as both God and man.”

“Yeah, I do.”

“That’s good.”

“But Sage—How does it work?”

“It works when you achieve clear awareness,” he says. “When your thoughts are clear, your awareness of yourself as a human diminishes.”

“In what way?”

“It is your awareness of yourself with so many limitations that prevents you from becoming aware of yourself as the Creator—”

“But—I don’t understand.”

“When you free your mind of self-imposed limitations, you empower yourself to think as a creator.”

“How do I overcome my limitations?”

“By changing the way you think about yourself and the things you desire to achieve.”

“I have tried to do this, but somehow I seem to always discover new limitations.”

“Trust the creative process and know that you have the power within you,” Sage says. “Don’t look for this power outside of you.”

“But I don’t know how to control my runaway thoughts yet—”

“I know.”

“Then?”

“When you recognize my presence in your thoughts, you will see your life clearly,” Sage says. “I am your unconditioned consciousness. I have the power to condition my thoughts to become many different life forms.”

“Uh, that is true, but I don’t feel this power in me right now,” I say silently. “Right now, I am aware of being a human being. Nothing else overshadows this awareness.”

“That’s because you think with your conditioned consciousness,” Sage replies. “As a human, you think of yourself with limitations—”

“Well, I do—I mean, I guess I do have limitations.”

“Only self-imposed ones.”

“Well, that’s true,” I say. “But I can’t seem to think beyond my limitations.”

“That’s why you are here now so that you can learn to think of yourself without limitations,” Sage says, comforting my thoughts. “At this level of consciousness, you will begin to think of yourself as a creator rather than as a human creation.”

“But I am human.”

“Okay, let’s go beyond the human awareness for a moment,” Sage says, moving his thoughts to a higher level of human awareness. “We are going to discover the secrets

of power that will allow you to never be powerless again regardless of the magnitude of your problems.”

“I am ready,” I exclaim excitedly.

“Good! I am sure you will agree that it was your ignorance about who you thought you were that prevented you from recognizing the Creator and me as part of your thoughts.”

“That’s right, “

“Now,” Sage assures me, “you will learn to recognize our presence in your thoughts. This will give you great power, because we will share our power with you.”

“Does this mean I will discover my purpose?”

“No,” Sage says. “It means you are ready to receive more information about your purpose.”

“Uh, I’m sure you know that I’m ready,” I say, while I focus on controlling my thoughts.

“Very good!” Sage says, complimenting my grasp of his thoughts. “However, before you receive such powerful information, information that will give you dominion over your life, you must first master the knowledge of how to overcome the illusions—”

“Excuse me, Sage: Is that it?”

“Yes, that’s it,” Sage says. “When you accomplish this task, I will return to your thoughts with great power and clarity. Then you will have all the power you need to fulfill your purpose—”

“How long will this take?” I ask.

“Not long. You’re almost there.”

“That’s what I wanted to hear.”

The conversation with yourself is simply your mind communicating with your higher self, your intuitive consciousness. This process of conversing with yourself is a way for you to see what you are thinking. Imagine for a moment that you wrote on paper your prayers and meditations. How do you think they would look and sound?

The further you go in developing your mind to think beyond your limitations, the closer you get to expressing your greatness.

## **REVIEW OF HIGHER CONSCIOUSNESS EXERCISE**

1. How do you feel when you pray or meditate?
2. Do you believe or feel that you're talking to a higher being inside or outside of you?
3. What do you usually expect to accomplish by prayer or meditation?
4. The Sage in the exercise is you expressing empowerment.
5. The Creator is the unconditioned consciousness with the power to express limitless ideas and expressions of life.
6. The unenlightened requestor is you expressing doubts about your power to change your life.
7. The process of change flows from the individual entering into a prayer-meditative state of mind to the prayer itself and finally to the realization that you have the power to solve all your problems.
8. The results of prayer-meditation are expressed in the confidence you have in yourself, not in the belief that a higher power is not present within you.