

## **Intention To the Higher Self - Practicing Mastery**

Step by Step Instructions

## **STEP 1) Things You'll Need**

- A relatively quiet, comfortable space
- Headphones for the audio, if handy
- An open mind
- A willingness to connect to something real and true.
- Be open throughout the day, have vigilance
- Force nothing, just observe
- And let your Higher Self reach you in its own way

## **STEP 2) Sit back and listen to the audio**

There's nothing you have to do now... just be still and know that miracles are coming your way today