

9 Transforming Tips To Propel Your Higher Self Writing



This ebook provides the insight to transform your Higher Self Writings. The 9 tips show you strategies to fully receive more of the answers you seek.

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Introduction

What if there was a way that you could receive customized help 24/7 and it was free.

I'm happy to share that there is a way!! Receiving answers from your Higher Self/God/The Divine or whatever name is most comfortable for you to use is your birth right. This tool is transforming lives around the globe. Higher Self Communication allows you to craft each moment of your life into a beautiful work of art. Just as the sun rises and sets each day, Higher Self Communication provides the means to always and consistently transform any area of your life.

I found writing to my Higher Self or God at one of the most difficult times in my life. Each day I woke to a numb empty feeling questioning why am I here. I wondered if I would ever experience true happiness. Every day I put on a mask to disguise my profound sadness. I now realize that I put this act on so that others around me – my family and my friends- would feel comfortable. Truth be told I just wanted to stay in bed and disappear.

So, how did everything change?
I received a newsletter by Dr. Barbara Rose that talked about receiving life transforming guidance. An Inner Guidance to help yourself in every life situation. In Dr. Rose's book "If God Here's Me, I Want An Answer", she tells about writing to God for answers. I was sold! I wanted answers. I desperately wanted to feel better.

With each writing, my life shifted. I experienced renewed hope and peace. Through these writings happiness blew into my life like a light summer's breeze.

No matter where you are today you can experience joy, peace, and abundance. My deepest desire is that these tips help you and inspire you transform every areas of your life. One day you will stand in awe at how far you've come.

May you shine bright and live moment by moment in inner peace and joy guided from within.

Sending Tons Of Love,

Lynn Stanyard

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~Dedication~

**This book is dedicated to my Mom
who has always believed in me.**



Tip #1: The Environment

The environment you surround yourself with as you do a writing is best if quiet and by yourself. Quiet space allows you to clearly hear and receive divine answers. Sitting by the TV or listening to the radio can distract the clarity of Higher Self Communication. I find a quiet space away from others such as my bedroom, the bathroom, or in my car. I also prefer to light a candle right before I do a writing. This lifts the energy in the room. I prefer to keep my writings in one place like an inexpensive spiral note book. However, I have been in a situation that needed immediate guidance and I did a writing on scraps of paper I found in my purse.

Tip #2: Timing

In the moment that you feel sad, angry, or anything else but joy, that is the moment to do a writing. Excuse yourself from whatever situation you are in. Take a pen and paper and do a writing. In the now moment, writing to God for answers is your safety net that will provide immediate relief. Do not wait until tomorrow or later when it seems more convenient. Do the writing as soon as you can.

Viewing my writings as an urgent in the moment tool is when my life began to transform each and every day. Don't do Higher Self writings as a task or chore, do your writings anytime you feel anything but peace and joy. With each writing to God that you do this well be your new way of living. The desire to ask others for their advice or opinion will fade away. You will know with 100% confidence that the answers and support you seek come from within.

Tip #3: The Salutation

This is so simple, but so huge. When you do a writing it's critical that you begin with Dear God, Higher Self, The Divine, or whatever name your comfortable using. I prefer "Dear God".

Imagine sending a letter to a company with thousands of employees and not addressing the letter to a specific person or department. Do you think it might reach the intended person?

This answers who you are addressing.

Tip #4: Asking

You must ask from the Heart. The question(s) must be purely from the heart. What is timely and weighing on your heart in this current now moment. In addition to asking for guidance about what is weighing on my heart, I also ask for the Higher Perspective. This provides insight that I could not see on the personality/ego level. I find it powerful to include the phrases such as: Please provide the Higher Perspective. Please show me crystal clear down to Earth steps I can take to transform these feeling and heal this situation, or this relationship, or whatever the issue pertains to that I am asking for guidance. Please tell me everything for the Highest Good of all involved.

Following the 9 transforming tips, I will share some of my personal writings word for word from my journal.

Tip #5: Closing

Give thanks. Just as a letter has a closing, be sure to say thank you. You are about to receive Divine guidance from The Divine/God/The Create Of All That IS. When I say thank you, it is always from my heart and I can actually feel my heart opening up to give love and gratitude for the gift that I am about to receive. You can choose whatever is natural and from your heart. For example, I write: Thank you for your pure perfect truth and loving Divine guidance. All my love, Lynn.

Tip #6: Breath

We open and clear the connection with God/The Divine through breath. As you take 7 deep belly breaths, focus your mind on God. I inhale through the nose and as I exhale through the mouth, I am actually saying the word “God”. I prefer to close my eye as I breathe.

This one tip transformed my writings. The purity and depths and beauty of the answers I received flowed like nothing I have ever experienced just with this one strategy.

When I first started Higher Self Communication or writing to God for help and answers, my mind would wonder as I took the 7 deep breaths. I would start to think about all the other things I needed to be doing. I would find myself day dreaming or worrying. My ego would chime in. I would question my ability to receive answers.

Saying the word “God” while exhaling kept me anchored in the moment and deepened my ability to receive guidance.

Breath cleans away the cobwebs so we can center our mind and clearly hear, feel, and experience Divine guidance.

Tip #7: Receiving

As words beginning to flow into your mind, write them down exactly word for word. If you are writing down divine answers and somehow you are interrupted or distracted, just come back into the moment, close your eyes, and take a couple of deep breaths.

In my first few writings, as I was receiving answers my ego would jump in and distract me from allowing the answers. The phone would ring, my mind would wander, and I would question the words as they were flowing into my mind. When that happened, I found it extremely helpful to close my eyes and again take a couple of deep breaths saying the word “God” on the exhale. When I was really distracted I would also re-read my questions, my thank you, close my eyes, breathe, and ask God/The Divine to please continue.

Tip #8: Re-reading

Re-reading the answers is so important. Don't be fooled by the simplicity of this tip. I cannot tell you how many times I received the most profound and transforming answers from God and as the writing came to a natural end, I would jump back into the routine of my day.

Transformation took on a new form in my life when I began to re-read the answers immediately following the writing. Re-reading helps integrate the Divine guidance from God. In fact, as I write this and recall some of the profound impacts that re-reading the Divine answers has had on me, I intend to re-read Divine answers as I drift off to sleep each night. I feel that if you chose to do the same it will be like a blanket of Divine love covering you as you slumber.

Tip #9: Is this God, The Divine?

How do you know the answers you receive are divinely through you from God?? When you are ready to re-read your answers, close your eyes and take a couple of deep breaths. Pay attention to how you feel as you read the words. Do you feel love, uplifted, and comforted? Do you feel a sense that the situation or your view of the situation has been transformed? Pay attention to the center of your chest, your heart. If you can feel the love and the clear purity in the answers, this through you from God!!

God never judges or puts down or creates fear. Those feels come from our ego not the pure infinite unconditional Divine love of God.

In the beginning, I too found it difficult to know for sure if the answers were from God flowing through me or my ego. I promise you, with practice, you will know with every fiber of your being that guidance does flow through you from God/The Divine/Creator Of All That Is.

The more writings that you do, the experiences will stack up and build a wall of confidence. As your confidence grows, you will never again ask others for advice or their opinion because you will know that the answers you seek come from within.

This tool is your birth right. Trust the process. With practice you will feel that Higher Self Communication is as natural as drinking water when you are thirsty.

The Gift

Higher Self writing is a gift. It has been shared with you, but only you can decide to take the action and utilize this gift. Every human being can receive answers from God/The Divine/Your Higher Self. This process has helped me immensely and continues to transform and create joy in my life. Higher Self writing is how this ebook was created!!

It has been so helpful for me to see other people's writings that I've been guided to share several of my writings word for word from my personal journal. The answers that came through me from God, were for me because I asked the questions, however, I believe that the guidance that I received may help you too.

Sample Writings

As I share three of my personal writings, it is my deepest desire that they spark something within you. May you see that loving divine guidance is right here at your finger tips.

These writings were done in the moment that I needed help, clarity, or had a heartfelt desire for answers. The answers are exactly word for word from my personal journal, a simple spiral notebook. You will see how my writings have evolved with practice and how they have transformed with my own personal growth.

Writing #1:

I was guided to share this particular writing first. It was my very first writing to God for answers. Notice that I did not include some of the important steps.

Dear God,

Please help me turn around my finances. What do I need to do to always have effortless positive bank accounts?

(Answer) Accountability, accounting, acknowledge where you are at and where you want to be. Only you can help yourself. It's not about more money. It's your true path and bliss. Budget. What actions do I need to take first today? How much you spend and how much you make. Cut out excess. Face it. Don't avoid it. You cannot hide and make it better. Awareness is freedom. You already know what to do.

A couple of things, you can learn from my first writing:

1. I forgot the gratitude tip: Thanking God for the guidance I am about to receive.
2. Feel the energy of the answer. This writing is a mix of answers through me from God and mostly from me, my ego, on the personality level. Can you see how some of the answers are judging and hard.

Writing #2:

I was guided to share this writing next as a stepping stone. You can see how the purity of the answers can transform uncertainty to clarity in a moment.

Dear God,

What do I need to do today to move forward in all areas of my life to create joy and prosperity?

Thank you for your pure truth and loving advance guidance. Love with all my heart, Lynn.

(Answer) Take time to reconnect with your desires. What do you love to do? That is where joy and prosperity lie. Wait and listen to your heart. In the void of a quiet moment you will find the answer. Do I love this?? If I do than it will bring joy and prosperity. Be still. Let go of the old way of being. Be guided in love. As you do this you are able to give others permission and guidance. All is well.

Tip: In the 7 deep breaths focus on the Divine “GOD” to keep you connected purely to God and out of Ego.

****End of writing****

Can you feel the purity and love in the answers? This is how you can tell it is through you from God. What I want to share with you is that the tip that came through me from God and totally transformed the depths of my writings. That tip gave birth to the idea of creating this ebook.

However, it would be four months later that I actually was ready to take the inspired action.

When I did this writing I wanted God to tell me exactly what to do. After re-reading the answer and guidance that came through me, my perspective changed and I began to understand. We have free will and are co-creators with God. If God were to tell me “what to do” that would defeat the reason I came into this life. Re-reading the answer was like a weight lifted off my back. I now choose what I prefer not what I should do or what I’m supposed to do. It took some practice, but now I allow my heart to guide me.

Writing #3:

This next writing had such a profound effect on me that I knew it was supposed to be shared. It is one of my most recent Higher Self Writing to date. I did this writing sitting in the car. I originally had plans for something else, but I have learned to pay attention and follow through on Divine inner nudges and inspiration.

Dear God,

How do I get it all done? How do I let go of these overwhelming feelings. I desire peace and joy while balancing preparation of my website, caring for my family, and preparing for my in-laws visit for the week. There is a lot to be done!! Please help me complete what’s most important. Please guide me with speed to prepare a powerful and inspiring website. Please provide the Higher Perspective so that I am able to joyfully and with peace fulfill my desires and intentions. What are the steps I need to take? Please provide specific actions and down to Earth information that will shine the light of joy and peace and turn my desires from overwhelm to knowing all can be done.

Thank you for your pure perfect and loving truth and divine guidance. All my love, Lynn.

Dearest One,

Be in this now moment. The only way you feel overwhelm is when you throw your thoughts into the future and worry “How can I?”. Possibilities are truly infinite. All your creative power is in this moment.

What I can promise you, is that when you bring all of yourself back into this now moment; peace will fill your heart and mind. From that place, your perspective will shift and you will see, believe, and know that all desires are possible.

Detach from the “how to”. All you need to accomplish and all you desire is already within.

Close your eyes and breathe deeply three times. Next, make the list so it is all out. Next, just ask for help and guidance about what’s most important and for the highest good of all involved. You will find that ideas and people or things will miraculously appear to guide you. When you open yourself up to receive all the assistance that is waiting for you, you will receive. For you will have moved past the emotions of fear and worry. Just as a child out grows a pair of shoes, you will have out grown the old habits.

Be clear about what you desire from your heart. Believe and trust in the possibilities. Limitations only exist in your mind. Faith and Trust.

Take baby steps. Begin a new version of the words that are playing in your mind. For once you decide what you prefer, talk yourself through to trust the possibilities. For example, “I don’t know where this will come from, or how I can have it, but I trust that there is a way.”

Repeat this anytime doubt begins to peak its head into your mind. Trust that your desire will arrive just in the exact moment that you really need it. Trust, Trust, Trust!!!

Action is also necessary, but inspired action. Often times one may think that all desires are supposed to fall out of the sky. Yes, sometimes this does happen as it is the Highest Good. However, when a burst of inspiration of divine ideas comes to you, take that as your cue. It is leading you toward your prayer and intention. Let one moment of pure creative joy and enthusiasm carry you to the next moment.

Go forth and share. Share your gift and share your love to help others. Your compassion is a golden gift that shines bright. It's like a beautiful warm sunny day following a long, cold, and dark winter.

Sending deep, infinite love.

End of writing

What I want to share about this writing is that it was really not a good time for me to do a writing. It was right before the holidays; I was driving in the car and had tons of things to accomplish. But, I was feeling so stressed out and caring tension in my body over everything that I wanted to do. I knew that the way to feel better was Inner Divine Guidance through a Higher Self Writing. So, I pulled over the car and took out my journal. I lit a candle and asked for protection. My protection prayer goes like this: "I wish to be consciously aware moment by moment of divine guidance. Please surround and protect me with pink light, purple light, white light, and golden light. I ask for the help and guidance of Arch Angle Michel, Jesus, St. Germain, Arch Angle Gabriel, and my Guardian Angles, (I call upon Angles, Arch Angles and anyone else that I'm inspired to call upon.) It is an important step to ask for protect before you begin any spiritual work.

In the asking God for guidance, I poured my heart out. In allowing myself to do this, things came out that I did not even know where bothering me. The issues came to my conscious awareness for transformation.

When I closed my eyes and took deep breaths, the words begin to flow into my mind. The words came into my mind after one breath. In my mind sometimes I ask God to hold the words until I take a few more breaths.

A set of words flow into my mind and I write them exactly as I receive them (no questions, or editing). Then the next set of words follows for me to write. It's a process of listening and writing until there is a natural end.

The above writing was so powerful. As my writing came to a natural end, I lifted my head. The world around me looked so crystal clear. I felt as if peace just washed in and through me. And, that everything was ok.

~For more sample writings, please visit www.Living-Intuitively.com~

Bonus

As a bonus, you may email a writing (free of charge) for me to review and clarify that the answers are from God.

Please email your writing word for word to :
guidance@Living-Intuitively.com. In the Subject of your email write “Bonus Writing”.

Thank You

Thank you for allowing me to share with you. It is my deepest wish that these tips help you and inspire you to transform every area of your life from within. If you do, you too will experience the freedom of relying on your Inner Divine Guidance.

To living every day intuitively. . .

Lots of love,
Lynn Stanyard



Lynn Stanyard of *The Water Fall Group* shares these Life Transformation tool from the heart. Lynn spent 10 years as a Wellness Coach guiding others through the maze of eating well and utilizing supplements. Then a deep pain opened up and Lynn began to search for healing. Many seminars, books, and workshops were experienced. True healing came when Lynn learned of Higher Self Communication. As the process healed the wounds and transformed Lynn's life, she knew that teaching Higher Self Communication was her life purpose. Lynn has received her training through the

Institute of Higher Self Communication with Dr. Barbara Rose.

Her mission is to help others utilize the gift of inner guidance. Find more of Lynn Stanyard services at www.Living-Intuitively.com.

