



Higher Self Body Connection



HIGHER SELF YES/NO BODY RESPONSE EXERCISE

Developing a deeper connection with your Higher Self can help you become more aware of the subtle guidance that is always available to you. This simple exercise allows your body to become a gentle instrument for receiving inner guidance.

1 Prepare Your Body

Stand comfortably with your feet shoulder-width apart and your hands resting softly at your sides. Take a few slow breaths and allow your body to relax.



2 Connect with Your Higher Self

Set the intention to connect with your Higher Self.
Silently ask:

"I invite my Higher Self to guide this exercise for my highest good."



3 Establish Your Responses

Silently ask your Higher Self:

- *"Please move me forward for Yes."*
Pause and observe.
- *"Please move me backward for No."*
Pause again and notice any movement.
Allow the movement to occur naturally.
Do not consciously control or force your body.



Receiving the Response

4 Ask Your Question

When you feel centered and relaxed, ask your question.

5 Breathe and Become Still

Breathe slowly and deeply while maintaining a soft, relaxed stance. Allow your body to become calm and receptive.

6 Observe Your Natural Response

Become still and pay attention to your body's natural response.

Notice whether your body gently moves:



Forward = Yes



Backward = No

7 Trust the Movement

The movement may be very subtle or more pronounced.

Even the slightest shift forward or backward may be your Higher Self's response.

There is no need to force, analyze, or control what happens.

Simply observe. Allow. Receive.

8 The movement may be very subtle or more pronounced.

Even a slight shift forward or backward can be your Higher Self's response.

9 Simply observe. Allow. Receive.

"I am open, present, and willing to receive guidance from my Higher Self."



Trusting Your Guidance



Practice Question

You may wish to begin with a simple question such as:

"My Name is ____"

or

"My birthday is ____"

Test with both positive and negative replies to
test the "No" body response.

Remain relaxed, breathe deeply, and allow the answer
to come through the movement of your body.



Helpful Reminder

- Trust what you feel.
- The more you practice, the easier it becomes to
recognize the subtle guidance of your Higher Self.
- Like any skill, awareness strengthens through practice.
- Approach this exercise with patience, curiosity, and openness.



Important Note

This exercise is intended for personal self-reflection and inner exploration.
Be aware that any body movements experienced during the exercise may be
influenced by subconscious muscle responses and other natural physiological
processes.

Use this practice as a reflective tool only and avoid relying on it for:



Medical
Decisions



Financial
Decisions



Legal
Decisions



Safety-Related
Decisions



Other Critical
Life Decisions

For important decisions, always use appropriate professional guidance,
critical thinking, and your own discernment.



Closing Reflection



*"I trust the wisdom of my Higher Self
and remain open to guidance that
serves my highest good."*