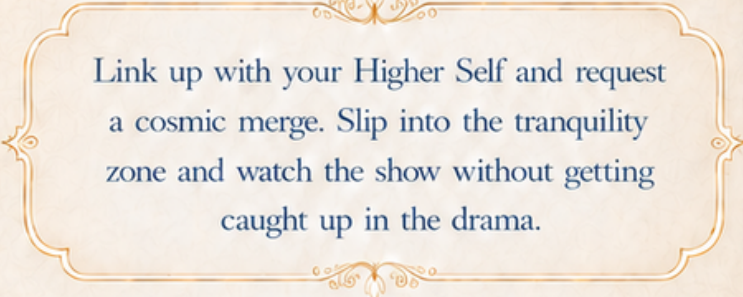




Higher Self Peaceful Observer



THE WAY YOUR HIGHER SELF SEES AND FEELS



Link up with your Higher Self and request a cosmic merge. Slip into the tranquility zone and watch the show without getting caught up in the drama.

- ♥ When old emotions, beliefs, and energetic patterns begin to rise, enter into the stillness so they can rise to the surface without struggle.
- ♥ Detach from the reactive emotions and be the Observer and Witness without engaging.
- ♥ From there, allow yourself to sense the situation from a more expanded, compassionate perspective.
- ♥ There's no need to "figure it out" –just notice what gently comes into your awareness.
- ♥ As you gently observe without engaging, or reacting they begin to dissolve and release with greater ease.

Higher Self Peaceful Observer Practice



Connecting with Higher Self

Steps 1–3

Begin by settling the body, quieting the mind, and linking with your Higher Self before exploring what arises.

1 Become Still

Pause, breathe, and allow your body to soften. Let the outer world fade into the background.

2 Connect With Your Higher Self

Invite your Higher Self to be present with you and ask to see from a higher, loving perspective.

3 Melt Into the Energy of You

Allow yourself to feel your own light, presence, and inner stillness. Let yourself be held by the energy of you.

Reflection

I become still, open, and ready to observe with my Higher Self.

Watch, Allow, Feel & Surrender

Steps 4–7

The practice deepens when resistance is allowed to present itself without judgment, analysis, or reaction.

4 Watch Without Thinking

Observe what arises without needing to explain, solve, label, or follow the story.

6 Feel Without Engaging

Feel the energy in the body without becoming the emotion. Witness it with compassion and spaciousness.

5 Allow Resistance to Present Itself

If resistance, emotion, or discomfort appears, let it be seen. There is nothing to force or push away.

7 Offer It to Your Higher Self

Surrender the charge, belief, or emotion to your Higher Self for release, healing, and transformation.

Reflection

I watch, allow, feel, and surrender what is ready to be released.

Release & Return Gently

Steps 8–10

After observing and surrendering, give yourself time to notice the release and return to your day with softness.

8 Notice the Release

Notice any shift: a deeper breath, more space, less charge, warmth, calm, or quiet clarity.

9 Stay in the Blissful State

Rest in peace, gratitude, and detachment. Let the new vibration settle into your body and field.

10 Return Gently

Ground yourself, drink water, and move slowly. Take any insight that came forward through the practice.

Reflection

I notice, integrate, and return with peace, clarity, and light.

When To Use This Practice



When to Use This Practice

Use Higher Self Perspective when you feel:

- Triggered
- Reactive
- Emotionally overwhelmed
- Attached to a situation
- Caught in old patterns
- Pulled into fear, worry, or control
- Aware that something is rising for release
- Ready to see a situation from a higher perspective

This practice can help remind you to pause before reacting and return to the still, powerful presence of your Higher Self.

What Begins to Happen With Practice

The more you practice HSP, the easier it becomes to stay centered.

- You react less quickly
- You observe emotions with more compassion
- Old patterns rise and release faster
- You feel more peaceful during challenging moments
- You become less attached to old stories
- You see yourself and others through more love
- You experience more inner freedom and clarity

The more you allow, the more you relax.

The more you relax, the more easily old energy can release.





Closing Message / Blessing

A Simple Daily Reminder

When you feel yourself slipping into
reaction, attachment, or struggle, pause and say:

Watch, Allow, Feel, Surrender

Then breathe and return to your Higher Self Center.

You do not need to tackle the energy.

You do not need to struggle with it.

You do not need to figure it all out.

The days of forcing and fighting are behind you.

You are learning to transform through
stillness, awareness, surrender, and grace.

*May you move forward in peace,
trust, and divine grace.*

Process channeled by David Clements

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