

# Talking to the Higher Self

by Kerrie-Jean Erwin

Sometimes in life we have difficulties communicating with the people we love or just people in general. We are often put in situations in our life where it is just about impossible to have a civil conversation because of our blocks or emotions. Nobody is perfect and we have all had times in our lives where our emotions rule our intelligence, making it impossible to bring closure to a relationship, get on with the boss or a colleague, or simply move out of a bad relationship. By talking to the person's higher self telepathically, we can conquer this problem. It is an easy technique that really works. Just by trusting in yourself and talking to the person's higher self, you can bring healing to any situation.

One day a client came to me with tears streaming down her face. She told me that every day for the past two weeks she was being harassed on her mobile phone. Every time she answered it, there was nothing but silence at the other end. It would ring repeatedly, everyday after 5pm, and sometimes up to 20 times. When she answered it, the person would suddenly hang up, leaving her feeling terrified. This put her in a desperate situation, as she felt someone was stalking her and her life was in danger. She found it difficult to sleep at night and

became too frightened to be alone or even walk down the street. Her happy disposition had changed dramatically to a person desperate and depressed and full of anxiety.

Connecting to my higher self intuitively I felt the perpetrator was a woman. Sitting her down, we determined who she was. The person who came to mind was someone my client remembered vaguely meeting at a party and who had once been the girlfriend of my client's now boyfriend. The other woman was obviously full of jealousy and was taking her revenge out on my client in a nasty and terrible way. My client was shocked and could not understand how anyone could be so cruel. She herself was a very spiritual and nice person and would never want to hurt anyone in a malicious way. The ex girlfriend was obviously hurting and in need of healing so she could move on with her life.

Feeling more relaxed now, my client gently closed her eyes and we proceeded with 'The Higher Self Healing'. A dialogue was set up with success and my client was feeling a lot better. That evening the phone calls ceased. The healing was finally complete. ❖

## Meditation with talking to the higher Self

Know that with good intentions, miracles can happen. If you have ever had a problem with a loved one, friend, family member, lover, husband, wife, mother, father, child or animal, try this simple technique and bring peace, love and light into your life.

Sit in a comfortable position, making sure you have switched the telephone off and you will not be disturbed for a while. Close your eyes gently and breathe in and out three times slowly, relaxing as you let go of any emotions and negativity that may be stored in your mind and body.

Feel your loving connection to the source and fill yourself with unconditional love and light. This will make you feel calm, warm and secure.

Picture an image of a beautiful pink bubble in front of you. This is a healing bubble. Now put the person you would like to have a dialogue with inside, then step inside yourself.

Ask them if you have permission to talk to their higher self. A simple 'yes' or 'no' is all you want. When you have their approval, it is now okay to continue. If you do not, keep asking until you do.

Now begin the dialogue in a gentle and calm way, stating clearly and precisely in a loving tone exactly what you want to say.

Listen for an answer and keep talking to the person until you have reached a conclusion. If there is no conclusion, try for a better outcome next time.

Remember,  
with good intentions  
nothing is impossible  
in life no matter how  
hard the situation  
may be.

Kerrie-Jean Erwin is a spirit medium, mostly helping people connect with their loved ones on the other side. She has trained with the Michael Newton Institute for past Life Regression and Live Between Lives and has also worked as a Registered Nurse in Australia and Norway. For more information, visit [www.pureview.com.au](http://www.pureview.com.au), or call 0412 516 771.