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About the Nature of Spiritual Guidance
Part -1-

Every human being has spiritual guidance. Each human being is guided by their personal Higher Self, or Soul that is in closer contact with the highest Source of Love and Light (God, Goddess, All That Is, The Oneness, Great Spirit) than the human self.

The Higher Self

The Higher Self knows the needs, talents, and mission - if there is a specific mission -- on an individual level and is adorned with a multitude of spirit guides, angels, and teachers that help the human being. Some people know spiritual guidance by "the still small voice within." Some call it intuition. Some know it by sensing what feels right in their heart.

Guidance from the spirit world always creates a sense of peace, a sense of falling together with yourself on a deeper level. Guidance does not always say what you want to hear though. Guidance also does not always say what others want to hear either. Even though it creates a sense of "rightness" deep within, it may create a huge temper tantrum within yourself, just like a 3 year old that hears NO or is told to go brush their teeth. It sometimes creates temper tantrums of the people around us. Spiritual guidance feels good and just, but is not always easy in the ways of the world of the ego. It takes some practice to learn to really work with it and listen. It makes life on earth much more fulfilling and satisfying on a spiritual level.

As humans we can communicate with our own and each other's Higher Selves. Good parents communicate with the Higher Selves of their children. Wise people talk with the Higher Selves of what they consider to be their enemies or opponents to find creative solutions for problems. Because problems are solved at a higher level than how they are created. Communication with Higher Selves is more felt, seen, or sensed than heard. Each person's Higher Self is pictured as a Being of Light. Spirit guides and teachers are easier to talk with in words.

Many people are so lost that they do not hear an inner voice anymore. They listen to the culture or to others. They listen to the "facts" and interpretations that are collected in their brain. The only person they know is the person they are supposed to be, which is sad and can be very dangerous if they become a victim of peer pressure or abuse; start fighting for their place in the pecking order or dissolve in a mass hysteria of some sort.

Humans are spiritual beings who clothe themselves in a physical body to adventure in the third dimension on earth. We have free will. All human beings have the free will to choose what feels good in their hearts, and what makes

their souls happy. For that we need to remember the existence of the Higher Self.

What is guidance and what is free will?

The principle of guidance and free will is best explained by the example of raising children in a healthy manner. Healthy caretakers offer a relatively safe environment for the child. Spiritual guidance will keep you safe and will not let you make choices that are too dangerous to you. Healthy caretakers offer a lot of options and then follow the choices the child makes, and teach responsibility, which is the use of free will. Spiritual guidance does the same -- it will offer options and will follow your free will. It then teaches you to use your skills responsibly. This is the principle of guidance and the principle of free will.

Little children have caretakers who keep them safe, well fed, and clean. The children have the "free will" to choose to play with blocks, with a car, with each other, or with a doll. It is important to start recognizing that healthy children always choose what they like the best. What they like best is always just what they are learning at the moment: they will stand up and fall again and again when they are learning to stand. They love trying it. That is how they are "inspired" to learn to use their body, learning to speak, learning to jump and climb, learning colors, learning social skills (and they are social masters). Their parents and caretakers, keep them in a safe environment so that they can learn and play safely.

Safe means that "hurts" are not really dangerous

Safe does not mean that children do not hurt themselves. All children hurt themselves; they get sick; they fall and get disappointed. Safe means that the "hurts" are not really dangerous. What is safe for a child changes with their skill and their age. A staircase may be very dangerous at a certain age, later they just run up and down and there is no need anymore to "protect" them from it. They have learned, by asking and trying, to climb the stairs. Each child learns in a different way. Some try before they know anything; some need to be nudged; some are afraid to hurt themselves; some just bump into everything, cry and try again. When they have mastered the skill, they can use their free will and decide to climb the stairs whenever they want to go upstairs -- if the parents decide that it is safe for them upstairs. Overprotective parents are as detrimental as negligent ones. Even children who know how to climb stairs will fall if they do not pay attention.

Humans are taught and guided by the spirit world in the same way as loving adults guide healthy children. Sometimes we hurt because we are learning; sometimes we hurt because we do not pay attention.

It is a common misunderstanding that you do not "hurt" yourself when you are working closely with spiritual guidance, or that you did something wrong and are to blame. You will "hurt" yourself within the parameters of relative safety to

improve your skills and learn new ones

The joy of learning your given desire

The joy that a child experiences in "learning" and "trying" is the joy of doing what they like best at that moment. That is the reason so many teachers and self-help books ask you to uncover your deepest desire, so that you may learn what you like best at that moment. Which is then the "given desire," the desire that your Higher Self puts into you. A real yearning, a real desire, is a gift that is given to you and needs to be treated that way. The path to the fulfillment of a big desire is filled with the joy of learning the things that are right in front of you.

Wanting to learn to fly at the age of 5 and jump off the roof with a bed sheet is usually prevented by parents (although my brother did it and did not hurt himself. A miracle. His guides kept him safe). The immediate manifestation of certain wishes is prevented by spiritual guidance, when they are too dangerous or you do not have the skills yet (My brother became a pilot much later). Of course it may make you impatient to have to learn reading and writing and lots of other things before you even can start learning to fly a plane. Spiritual guidance works that way too. You need to learn a lot of seemingly unrelated things before a big desire comes into manifestation, but when you are ready, you are ready. It is there when you have not forgotten what you really wanted. Many people have forgotten their real desire.

Meet your Higher Self

The way to connect with your Higher Self is visualizing meeting this being of light that is the spiritual you.

Exercise:

Make sure you are not disturbed for 15 - 30 minutes. Lie down or sit comfortably. Close your eyes and breathe quietly in and out. During your inhalation desire, intend to meet your Higher Self, during the exhalation, let go of every other thought, tension, stress, and distraction. Envelop yourself with Love and Light. Slowly envision a beautiful landscape. Look around and become aware of what you see, feel, hear. You will either meet a guide who shows you a path, or you will discover a path that slowly winds through a beautiful landscape up a mountain. On top of the mountain you will meet your Higher Self. Just climb slowly, alone or with a guide, until you see this Being of Light. Start a conversation. Ask if this is really your Higher Self. Listen to and feel the answer. If it is difficult to communicate, ask for a guide who can translate for you. Just stay together as long as you want. Bask in the love. You may feel somewhat ashamed about your human imperfections, but let yourself fill up with this love, care, and wisdom.

You will know when it is time to go back down the mountain, slowly, holding the message, love, or experience closely. Knowing that you can go back whenever you want to. Give thanks. Take a couple of deep breaths, wiggle your toes and

fingers, stretch and open your eyes. Be refreshed, grounded, and wide-awake again.

You may write down your experience.

If at any time during this exercise you start feeling scared or in fear, stop. This is not your Higher Self. Ask for more guidance and protection and try it later again.

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March 2007
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