

# CONNECT WITH YOUR HIGHER POWER





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# Foreword

Are times hard for you right now? Have you landed in a depressive state that you just cannot seem to be able to dig your way out of? Does it feel like things in your life are headed for a death spin and you do not know how to hold everything together anymore? If you answered yes to any of these questions you may want to seriously consider finding a higher power to help guide you through your rough times.

Spirituality and higher powers can be very beneficial for many types of people. Those who connect with their higher power receive support from a power much greater than any human could ever produce. That is why connecting with a higher power is so effective and can help you change many things in your life.

A lot of people are unaware of the fact that connecting to a higher power does not mean that you have to go out and devote yourself to a specific religion. In fact, one of the best things about finding a higher power is the fact that you get to choose who or what your higher power is.

Chances are that you are interested in connecting with a higher power. If you are unsure of how to do this continue reading this book as the following chapters will go over the importance of connecting with a higher power, the benefits it will bring into your life, and ways in which you can connect with your higher power.

# **Connect With Your Higher Power**

# **Chapter 1:**

## ***Higher Power Basics***

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### **Synopsis**

In order for you to be able to connect with your higher power it is very important that you take the time to learn the basics of higher powers. Some aspects of higher powers can be quite confusing and that is why it is important that you start with the basics.

There are many people in society who believe that they are connected with their higher power when in all reality they are not really connected at all. This is because some people have the wrong perception of what being connected with your higher power really means. It is important that you are careful where you get your information on higher powers to ensure that you are getting the most accurate information available.

As mentioned before, connecting with a higher power does not mean that you have to devote yourself to a specific religion. It simply means that you understand that there is something that exists that has much more power than you could ever imagine having and that you respect this power and will live your life for it.

The following chapter will go over the basics of connecting with a higher power and will make sure that you have a good understanding of the topic.

## **The Basics**

One of the most important things to remember about higher powers is the fact that different people have different opinions on what the term higher power means. Some people believe that higher powers come from within and that your higher power represents a better you, the best you. They believe that their higher power comes from their core and is a part of their nature. There are also the people who believe that a higher power is something outside of this world. A few examples of such people would be those who practice religion like Christians, Catholics, and Muslims.

It is important to remember that no one is right or wrong for their beliefs. Everyone is entitled to have their own beliefs. You need to look within yourself and ask what your idea of a higher power is. Do you see a higher power as a heightened state of yourself or do you see it more from a religious point of view? If you are not able to answer this question easily do not worry. It simply means that you are in your early stages of connecting with your higher power. Everyone progresses with connecting with their higher power at different rates and in different ways. What works for one person may not work for you so it is important to always be trying new ways of enhancing your spirituality and furthering your connection with your higher power.

The benefits of connecting with your higher power are numerous. Take a moment to think about someone you know in your life who is connected with their higher power. Think about the way they carry themselves and the amount of confidence that they have in themselves. Think about all of the blessings that are provided to them and how easy it is for them to overcome

obstacles. This is not just a coincidence; these people are being blessed by their higher power for living true to their higher power. After all, there is a reason that it is called a higher power!

Another benefit that you receive from connecting with your higher power is the fact that it will give your life a sense of purpose. It can be very easy to fall into a depressive state of mind when you feel as if your life has no purpose. Nobody wants to wake up every morning and think to themselves, what's the point? If you feel yourself sliding down the slippery slope in this direction or you have already fell into this depressive state of mind it is vital that you immediately begin working on building a relationship with your higher power and establishing a strong connection. You will likely be surprised by the sense of self-worth you receive when you are connected with your higher power.

Having a higher power will surely bring purpose into your life, no matter what your beliefs on higher powers are. If you truly commit and connect to your higher power it will not be long before you find yourself serving your higher power through your daily life.

One more thing that is extremely important to keep in mind is, that depending on your beliefs, you do not have to go to church or other religious services in order to connect with your higher power. There are several ways in which you can communicate with your higher power other than church. A few examples may include meditating, speaking out loud to your higher power while you are alone and it is quiet, or even bowing your head and saying a prayer in your head. No matter which way you choose to try to connect with your higher power it will surely be effective if you practice it enough.



You need to know that your higher power may not resolve your issues immediately or in a way that is obvious to you. Sometimes bad things happen in order for better doors of opportunity to open. People without strong faith will usually lose direction when this happens and that is why it is very important that you have faith in your higher power and that you trust that your higher power will always lead you in the best direction.

# Chapter 2:

## *Learn to Be Aware*

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### Synopsis

After you understand the basics of a higher power and how important a higher power is in life it is time to move on to the next step which is to become aware of your higher power and how it is connected in all things in life.

Many people go through their daily lives and do not take the time to think about how connected everything is in life. Every opportunity in your life is presented to you by your higher power.

It is also important that you are aware of the fact that every decision you make on a daily basis will either negatively or positively affect the relationship and bond between you and your higher power. Keeping this in mind will surely help you make better decisions and will in turn lead to a better life.

Once again, different people have different beliefs on what a higher power really is. The following chapter will go over the importance of being aware of your higher power for both those who believe that a higher power comes in the form of a God and those who believe it comes from within.

## **Enhance Your Awareness**

The following will go over the importance of becoming aware of your higher power and how it is connected with your life. As stated before we will go over both religious higher powers and those that come from within. Although, each are different in their own ways they are much alike at the same time.

### **Religious Higher Power Awareness**

If you are a religious person you likely believe in some sort of God. Different religions believe in different Gods, they are all basically the same they just have different names. This God would be your higher power. It is important that you become connected with this God or higher power and that you are aware of its existence in your life at all times. You need to be aware of the fact that your higher power can see the decisions you make and the things you do on a daily basis, there is no hiding from your higher power.

You need to be aware of the role that your higher power plays in your life and the fact that your higher power is always in your heart. Your body should be thought of as a temple for your higher power as many believe it rests in your heart. The more you practice your religion the more your spiritual awareness will rise. You will notice in no time at all that your connection with your higher power is becoming stronger and stronger.

## **Inner-Self Higher Power Awareness**

When it comes to the higher power that comes from within yourself it is important to remember that there are six planes of awareness. The planes are

- **Transcendence**

This is when a person who believes in an inner higher power comes to terms with the fact that the world and the entire universe is just what physics says it is, energy. You will begin to understand that all of existence including your personal nature is energy and a conscious spirit. You will also come to an understanding that the world is not as dense as it appears. It actually appears denser thanks to the concentration of energies. In this phase you will also learn that your thoughts and actions are energy that can directly impact the energy of your surroundings, whether it is a negative or positive impact. This will help you to make better decisions and practice better thought processes as you will truly understand the power of your energy and soul.

- **Serene Knowledge**

Once you have completed the first plane and have a complete understand of the universe and all of its energies you will be put into a state of extreme serenity. Everything will be clear to you and all things in life will make sense. Some may compare it to seeing the world clearly for the first time. Those who have experienced this say that they have finally come to peace and feel at home as if they belong. You must be careful though when experiencing this serenity

because oddly enough, some people cannot handle the serenity and fall of course. For some reason many people tend to self-sabotage once they find true happiness as if they do not feel like they are worth happiness. You will notice that along with your serenity will come a sense of peace.

- **Universal Abundance**

This is where you understand that all the courage you could ever need is readily available. You have the combined energy of the universe and your inner higher power to create unimaginable amounts of courage. You will be able to approach any situation in life with your head held high and you will know that the universe is always watching out for you. Of course some courage will still need to be summoned on your own but you will not have to do it alone.

- **Your Vast Self**

This is where your consciousness takes it to the next level and you learn to expand beyond yourself. You learn how to project your energies into the energies around you. You learn to let go of any egocentric mindsets you may have. Those who are able to achieve this sense of awareness know the exhilarating feeling it can provide when a person comes to terms with the fact that they are not confined to a body. Once you can achieve this you will fill with euphoria and a sense of knowledge that you have never had before.

- **Integration**

This happens when all other stages have been met. Integration is where a person begins to become comfortable with their new understandings of their higher power and their awareness of the universe. They begin to apply this thinking into their daily life and integrate it into everything that they do.

- **Creative Mind**

This is where you will begin to be tested on what you will do with the power that has been brought into your life by your higher power. What will you do with your new sense of awareness? Will you help people or will you only use it to better your own life? Ultimately, the choice is yours but it is important to remember what your higher power and what the energies will think about your actions.



# Chapter 3:

## *Learn Unity*

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### **Synopsis**

Learning to be united is very important when you are trying to connect with your higher power and build a relationship, no matter if it is a religious higher power or an inner one. You need to learn to be united with all things in life and not only your higher power. Through becoming united with everything in life you will find that your connection with your higher power is greatly strengthened.

You may not know where to start to become united with all things in life and that is understandable. The following chapter will shed light on the importance of unity and provide you with some ways in which you can become more united with the universe and your higher power.

## **Become United**

Unity is absolutely crucial if you wish to ever achieve a true sense of happiness or a good connection with your higher power. You need to understand that a chain is only as strong as its weakest link. That is why you need to make sure that all links in your chain are strong and you do this by being united. You must try to unite with others and help them as this will help you along your spiritual journey.

In everything that you do in life you must be thinking of your higher power. Your higher power is like your guide through life. It is there to help you when you are in need and to show you the path when you are lost. That is why it is so important that you always remain united with your higher power. There are many people who choose to intentionally break the unity they have between their higher power and their self because they want to do things with their life that their higher power would not approve of. Do not do this because this is a sure set up for failure. As long as your life is in accordance to the path your higher power has set you are sure to be happy and to live a fulfilling life.

The power of unity really cannot be matched. Being united with your higher power can be thought of as being an army and any problem you face can be thought of as a village, surely the army will have no difficulty taking out a village. The same goes for you being united with your higher power. No problem will ever be too difficult to handle and even if things do not work out at first, times will get better and you will be rewarded for your faith.

There is no reason for you to try and do everything on your own. It is okay to ask for help from your higher power. Strength comes in numbers and

you could not have a better ally than your higher power so it is advised that you begin building your unity with your higher power right away!

# Chapter 4:

*Live From Love Not From Fear*

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## Synopsis

Love is a wonderful thing and you should take every chance you can to experience and spread it. If the world had more love in it there would not be nearly as much chaos as there is on a daily basis. Sadly it seems that we have lost our ways and people no longer know how to love one another and live their everyday lives in fear.

This concept can also be applied to a person's higher power. It is important to not live out of fear from your higher power but rather live out of love for your higher power and fellow humanity.

The following chapter will go over the importance of living your life for your higher power from love and not from fear and some examples of ways in which you can do so.

## **Learn to Love**

The power of love is enormous. Think about all of the things that love has made you do in the past. Some of them might have been a little crazy or poor decisions, right? If love has the power to make you do things that you would not normally do it surely has the power to help us live our life in a proper manner and to serve our higher power. You are more likely to succeed in establishing a connection and building a relationship with your higher power if you are doing it out of love and not out of fear. As well, your higher power will notice and it appreciate your actions more if they are out of love and not fear. You may be wondering why. Here is an example, think of a child who is only behaving because they fear discipline if they are seen, so as soon as you leave the room they misbehave. Now on the other hand, a child that is behaving out of love will continue to behave even after you leave the room. This shows that the child is behaving because they know it is right and not only because they do not want to be disciplined. The same idea can be applied to the relationship between you and your higher power.

An example of something that some people do out of fear for their higher power is attending religious services. You should not attend these services because you are afraid of your higher power disapproving of your absence. You should be there because you want to and because you love your higher power. The same goes for those who participate in certain charities or other community help programs because they fear what others might think if they don't. Although the simple fact that they are participating is a great thing it would be much better if it was out of love.

Besides all of that, you should never fear your higher power. Your higher power is full of nothing but love for you and wants nothing but the best for you. Half of it comes down to you though because your higher power can only point out the way, it is your job to follow it.



# Chapter 5:

## *Live in the Here and Now*

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### Synopsis

No matter what you have done is the past, you must let it go. You are a good person and you have ample potential. With the help of your higher power you can surely brighten the outlook of your future. But, if you ever want things to get better in your life you are going to have to learn how to let go of the past.

It is important to fully analyze situations and take in all things including your surroundings. You need to understand that a situation is real no matter what type of decision you are making and this is a form of living in the here and now.

The following chapter will go over the importance of living in the here and now and provide you with some ways in which you can let go of the past and begin analyzing situations as much as possible in order to strengthen the connection between you and your higher power and keep you on a spiritual path.

## **Let the Past Go!**

The past will surely do nothing but hold you back if you dwell on it and this is not healthy for you if you are trying to establish a connection with your higher power. You need to learn how to live in the here and now and the following are six steps that will help you to learn this skill.

- **Become a Minimalist**

Learning to be a minimalist will teach you to let go of everything besides what is absolutely essential to your life. This is especially useful when it comes to getting rid of items that remind us of the past.

- **Be Happy**

Although it may not always be easy, it is important to smile. No matter what happens in your day it is important that you take it in stride. Keep in mind that whatever doesn't kill us only makes us stronger and that there are people out there who are going through situations worse than yours. You have probably had times that were not that great in the past but you got passed the speed bump. Nothing is worth being an emotional wreck about so try to smile as much as you can.

- **Learn to Appreciate Each Day**

Learning to appreciate each day is a great way of learning how to live in the here and now. No one is guaranteed to live to the next day so every morning you open your eyes in bed you should be truly grateful. Take a look out of a window or step outside and take a moment to

appreciate all of the beautiful creations in life your higher power has blessed you with.

- **Forgive Past Hurts**

Do not hold on to anger from the past. Holding resentments does nothing but damage your own health, spirituality, and daily life.

When you forgive someone for past hurts, you need to understand that it is something that is done for you and not for the person you are forgiving. Release yourself and forgive the past!

- **Love Your Career**

You ever want to be able to be truly happy and live in the here and now it is important that you find a career that makes you feel like you are fulfilling a purpose. Becoming lost in an endless routine of waking up dreading to go to work every day can be damaging to your connection with your higher power. If you start to become unhappy with your life it will surely affect your spirituality. You spend over half of your entire life at work so it might be a wise idea to find something you enjoy.

- **Stop Worrying**

You will never be able to establish a good connection with your higher power or live in the here and now if you do not learn how to stop worrying. You need to stop stressing yourself out all of the time and begin putting more faith in your higher power. This will not only alleviate some of your stress but your faith will also be rewarded by your higher power in one way or another.

# Chapter 6:

## *Show Gratitude for Everything*

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### Synopsis

It can be understandably difficult for people to show gratitude for everything in their life. Especially when it comes to showing gratitude for negative things that may happen in our life. It is important to always try and see the glass as half full instead of half empty and remember that everything happens for a reason.

Your higher power may have you set down a path that has some speed bumps down it but once you get to the end of the path there will surely be a wide open door of opportunity and blessings. The crucial thing to remember about higher powers is that they are more powerful than us and can see our life from start to finish. You must have faith in your higher power, even if your current set of circumstances is not that great.

The following chapter will go over the importance of being grateful to your higher power and some examples of places where people tend to not be grateful.

## **Always Appreciate Everything**

As mentioned before, it can be very hard to be grateful in certain situations. No matter how hard it is you must always keep in mind that someone out there is going through situations much worse than yours. For example, you may not be happy with your current rate of pay. Well, how would you like to live in a country where there are places that you cannot even find work? Imagine having to watch members of your family starve to death to because you are not able to afford food and there is no one that will help you. Is your situation that critical? If not that is a perfect example of someone who has it much worse than you. When you think of this does it change you level of gratitude for your paychecks? I'm almost certain it does!

Your higher power has a plan for you and you need to understand that this plan may not necessarily involve you becoming rich or famous. It may require you to go through some serious trials and tribulations, but there is always a reason for it. That is why you must take everything that life throws at you as a blessing from your higher power and you must show gratitude for these blessings. Doing this will prove to your higher power that you are serious about your commitment to them and that you are willing to live your life by them. This will greatly increase the bond between you and your higher power and will surely strengthen your level of spirituality which will lead to a life of true happiness.

Learning to appreciate everything is also a great way to ensure a content life. If you are not constantly yearning for new expensive things and learn to appreciate the smaller things in life you will finally learn how to be truly happy. Money can buy items but it cannot but true happiness. True

happiness can only be achieved by feeling content and by establishing a strong connection with your higher power.

Now keep in mind, being grateful does not mean that you have to jump up and down out of joy every time something happens in your life, especially when bad things happen. It simply means that you need to make sure you demonstrate the fact that you understand that it is all a part of your higher power's plan and the fact that you appreciate the fact that your higher power is there for you and that things could be worse.

Learn how to appreciate the smaller things in life. Take a walk through the park and enjoy the scenery. Gaze at the birds flying around and listen to them sing their songs and appreciate their beauty. Now take a moment to think about the simple fact that you are able to see and hear these birds and enjoy their presence. Some people in this world would consider something as seeing or hearing to be a luxury that they will never get to experience. When you take the time to look at things from that type of perspective it is easy to see that you have a lot to be grateful for to your higher power.

Always have trust in your higher power and appreciate everything it does for you. Everything is a blessing, even if it is a blessing in disguise.



# Wrapping Up

I am sure that this book has seriously inspired you to become more spiritually aware and to begin establishing a connection with your higher power if you do not already have one. There is no end to the blessings you will receive once you are on a true path or spirituality. Some of the best blessings are those that can be felt from within. For example, nothing can ever beat the feeling you get from true happiness. Another example would be the sense of being content and having a meaning and purpose in life. One sure way to make sure that you experience all of this and more is to begin working on the relationship between you and your higher power.

One of the most important things to remember is that you must always have trust in your higher power no matter what type of struggles you may face. Remember, life is a test and a struggle between good and evil.

Ultimately, you will decide what side you are on in the end and you are the one who chooses the life you will live. However, having faith in a higher power and following the direction in life that is pointed out for you is sure to be your best option.

Start working on your connection with your higher power today! The best part about connecting with your higher power is the fact that it doesn't cost money and you don't need anyone else to do it, therefore you have no excuses. Get started right away and begin receiving your blessings from your higher power!