

The Principles

for quieting **the mind**
and listening to your

Higher Self

by Sondra Sneed
and the Mind of Being

The 5 Principles for Quieting Your Mind and Listening to Your Higher Self
by Sondra Sneed and the Mind of Being

1. Open your mind to a new experience.

Accept that you are
on a journey, and no
one but you can go.

Make sure to lock
the doors to all
outside activity.

Have your mind
take you to a seated
position, one that is
attentive and ready
to learn.

2. Close your mind's eye to all pictures.

Pictures in the mind are illusions, images without substance, or material weight. They literally do not 'matter' at this moment. Pictures in the mind's eye are disruptions in the mind's natural rhythm.

The natural rhythm of your mind is the flow of blood through your circulatory system. The heart's pumping system is your natural tone and smooth vibration.

Open your mind to the darkness in your mind's eye, expand its vastness further and further back toward your spine.

Just as you would imagine the contents of a room, imagine only the dark without pictures.

You will start to notice that this darkness has movement and flow. You are feeling the ways of your blood moving through your body and invading your imagination. Allow it.

TIP: Allow opening your mind to the movement of energy that is the essence of this blood flow. This energy is the remnant of your higher-self. This is where the higher self resides; in the energy generated from the flow of blood and the light of God within you.

Find your pulse and focus on its rhythm while inhaling and exhaling.

This is also called The Wave of Being. It is the wave of life, the wave in the ocean, it is moving through the source of All Being and All Light. As this part of you is moving, it has the power to heal. The next principle is the healing.

3. Awakening your soul

The soul is the higher-self as the self relates to the earth. If the earth is interfering with your relationship to the soul then the higher-self will teach you how to make that interference stop. It is that interference that causes you stress and anxiety, anxiousness, and feelings of aloneness, loneliness, forlornness, depression and sadness.

Without a relationship to your higher-self, you become overwrought with worry and fear.

The soul is your very own nature. Your soul is your very own, and you are your soul's body. You can forget your soul exists very quickly however, and in time this will cause your body to forget who you are. This is what happens when childhood turns to adulthood, suddenly the demands of the world get louder than the demands of your soul, and your soul is forgotten.

Your soul can also be forgotten in times of trauma to the body. This trauma can be psychological or physical, but the memory of trauma works your mind away from the soul.

Evolution designed this to protect your soul from becoming traumatized by events that happen to the body. The next thing to do, when your body is without pain, is take the mind back to the life of the body, and the soul awakens to the body as the body awakens to the soul.

The soul opens its greatest gift to you when you let go of the trauma and allow it to pass.

TIP:

Should you find yourself unable to sleep, and unable to shut down the brain, take a word, any word, and repeat it over and over and over in your head. After awhile you will have trained your brain onto a single word, rather than on the endless loop of undefined junk, and you will find yourself drifting into dreams.

4. Forget the Past & Let the Future Go

Say over and over to yourself, “there is no past, there is no future.” When you do that the mind alters and you will feel a shift occur.

This shift is the enlightened part of your mind coming to the forefront of your intellectual thinking. You will imagine what it is like to be purely a moment of now. When the moment of now is very clearly stated in your world of you, you will give yourself a powerful state of being. Hold it for as long as you can.

With practice you will be able to capture the moment of now and hold it for long periods. These periods are forever seeking your awareness, and you can become what is called being “found,” by this very state of being.

When you are found, the feeling of being lost in the world starts to dissipate. You learn to imagine yourself fully free from the bounds that hold you a prisoner of the past, and a working-way of the future. In other words, the expectations of your future stop crippling you in the present.

5. Hold yourself accountable

When the world no longer has control over you, and people can no longer effect the way you feel about yourself, you learn why kindness is the most important way of holding yourself.

Your kindness first to yourself becomes evident, because you begin to discover your soul. When you discover your soul, you have a will to be more and more soulful and full of the light that dwells within you.

As that light grows, you do more things to protect your light and things that make it shine for others.

The reason you learn to shine your light for others, is because you notice that it inspires people to reflect that light, and they too shine in your presence.

When that light within you shines, your kindness is spread, which reveals your true nature and spirit.

This is where you take yourself more seriously, but you let go of things that make you overwrought with worry. The way people describe this is “genuineness.”

When you show genuineness, you are more likely able to show your own vulnerability, which is attractive to others

*TIP:
Choose a day
to make people
smile all day.
This is the day
you will smile
with great joy
knowing that
you are the soul
of God
and your heart
is the joy of God.*

and they begin to be drawn to you more and more. When that occurs you begin to notice that light and love are in the ways of compassion toward others.

By learning compassion toward others, you learn compassion toward yourself. Your compassion toward yourself is quite important. You will learn this in a big way and when you do, you will notice others who are kind and wonder if they too have been touched by the divine source in their being, just as you.

Divine source recognizes itself in others and recognizes the patterns of God. God's patterns are noticeable everywhere and noticed by you and toward you. You will see how you can express God in your everyday life by being true to your essence of kindness.

Essence of kindness dwells within your higher-self and teaches you how to bring hope to the world. This hope is where you share your kind heart and others are drawn to you because hope is the essence of kindness. Kindness is the essence of your higher-self and the message you will learn to empower will show you what you are.

About the Author:

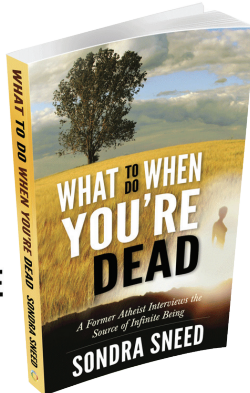


Sondra Sneed is a recovering atheist who tapped into the Great Mind to find relief. She steps into her mission as a Godscribe to help the world of mankind find its greatest potential.

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