

The Seven Rules for Higher Self Connection

by Maureen J. St. Germain

1. Select a time frame. This is called your practice period. It should be no less than 45 days. It could be longer. Decide what your practice period future end date is. If today is Feb. 1, then March 15 is the end of your practice period.
2. Ask ONLY yes or no questions. No open ended questions.
3. Ask unimportant insignificant questions you do not care about the outcome such as “Should I take this route to get to work?” or “Should I wear the red shirt?” Keep asking new questions (about what to wear) until you get a yes. Ask unimportant questions throughout the day as often as 30-50 times.
4. Always follow through on your answer. No exceptions. This is to keep the practice period clear. After your practice period if you decide not to follow your Higher Self it is ok – but you will probably regret it.
5. Do not ask important questions. If you absolutely cannot defer asking this question until after your 45 days then make an exception. Make exceptions rare.
6. Do not ask predictive questions such as, “Will the traffic light change before I get there?” or “Will the phone ring in the next few minutes?” These type questions are inviting your ego to track your progress. If you are tracking your progress then you still care about the outcome (see rule #3).
7. Do not use any forms of divination during your practice period. Do not use kinesiology, muscle testing, finger testing, cards or pendulums. Divination has its place and can be useful but not during your practice period. If you are a therapist and use these methods with your patients, limit their use to that practice. As far as YOU are concerned, you are only asking your Higher Self during this practice period.

The Seven Rules (recap)

1. Choose 45 days or longer for your practice period
2. Ask only yes or no questions
3. Ask unimportant insignificant questions as frequently as 40 times daily
4. Always do what your HS tells you from your yes/no question.
5. No important questions
6. No predictive questions allowed. No coin toss questions
7. No forms of divination allowed. No pendulums, etc.

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