

# Three Steps to 100% Accurate Higher Self Connection

by Maureen J. St. Germain

Do this for a minimum of **45 days**. It is called your practice period. Figure out your practice period future end date. For instance, if today is Feb.1, then March 15 is the end of your practice period.

- 1. ASK QUESTIONS: Ask ONLY yes or no questions.** No open-ended questions. 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**. 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. Also, do not ask important questions. If you absolutely cannot defer asking this question until after your 45 days, then make a *rare* exception.
- 2. TAKE ACTION: Always follow through on your answer from your Higher Self.** 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.
- 3. AVOID OTHER DIVINATION TOOLS: 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 matters concerning YOU, you are only asking your Higher Self during this practice period.



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