

PRAYER OF INTENTION FOR HGLC SESSIONS

Prior to your appointment, whether you are going to be working as a Higher Guidance Life Coach or with a friend/family member or yourself, take the time to meditate and set the intention for the session.

Circuit Balancing

It may take some time, but just hang in there and wait for it. You are plugging into universal life-force energy. If you are having trouble getting a sense that you **ARE** hooking into the universal life-force energy, then do some **circuit balancing**: put your left hand on your navel while with your right hand massaging under the collarbone, then with two fingers, massage above the lip and below the lip (massaging the gums underneath) and then reach around and massage the tailbone. That may help you feel centered and grounded

Then, once you feel the hook up – say a prayer of intention that connects you with your client’s higher guidance. Here is an example of the prayer I use – please feel free to modify the words to those that feel comfortable to you.

The Prayer

*Let me be a clear conduit for my client’s Higher Guidance to talk through me and allow me to be a vessel for that information to come through. I ask that I am able to easily and correctly interpret the information their Higher Guidance imparts and that the words that come to my mouth are **spot on intuitive and exactly what the client needs to hear.***

*I ask that every word that comes to my mouth or to my client’s mouth is divinely inspired (because **I don’t have to have the information** ... let them speak it, let them hear their own truth) and is for their highest and greatest good and my highest and greatest good. (I want this to be a complete win-win divinely orchestrated session)*

I ask that at least one piece of information that is of paramount importance to them is brought forth in the session.

I ask that I am of good service and that they are so pleased with their session that they refer their family and friends.

These are the things I ask in my prayer intentions, along with anything else that may come up if I have worked with this person before. If it’s a prior client that I know is struggling with something, I ask for help and guidance to focus in on the struggle today, in the present moment.

I’m asking that the session be **divinely guided** so that whatever is said, whatever comes up is exactly what needs to happen.

So while I may have in my mind something that would be “nice” to happen, I **KNOW** I have to give all that up and realize that there is a divine orchestration in play. Then I can let go of any control and let divine energy work through me and allow a healing to take place.

A Higher Guidance Session is Different

A Higher Guidance Session is so different from any other kind of session. It is a **sacred time** where privileged and private information about your soul's journey is shared between the client's Higher Guidance and yours. **You are only the conduit**

Listen to Your Client

Listen to the clients words carefully and type as accurately as you can because often your client will unknowingly be dropping hints about the answers they are seeking and will be receiving later. Throughout the session you may need to put your pendulum down to type notes at the time they are talking. We all have our own answers. Your client will unknowingly be saying some of their answers.

Remember in the prayer of intention, I ask that spirit guide the words that come to their mind.

So if you listen carefully, they will begin to tell you what their own answers are.

When I'm working with a client and I ask them in the beginning to tell me about themselves and what their concerns are, I'm listening carefully because they are going to say something that is going to come up later in the session. It will be exactly the key they need.

When you repeat the words they said back to them, the AHA is even more profound.

An Initial Session

When you have the initial session, you want to explain to them what the session is going to be like, help them know what to expect, and increase their comfort level.

I'm so glad to have this opportunity to be of service to you. It's best if you are in a quiet, private location and have me on speaker phone so your hands are free for you to take notes.

The flow of our session will be like this: there will be a quick "get acquainted" period where I will learn about your concerns and questions.

Then there will be a short meditation wherein I will ask you to close your eyes and I will get in touch with your Higher Guidance, that innate wisdom that knows everything about you.

This will take only a couple of minutes.

In order to decipher and relay the messages from your Higher Guidance, I may use intuition tools, such as pendulum dowsing, tarot and/or other oracles. Is that all right with you?

I ask if that is all right because some people may object about the tools I would use, having some leftover negative feelings about them. By asking their permission, most of the time I get "yes".

If your Higher Guidance leads you to and reveals the root of any imbalances, there are various energy healing techniques that I will use to help clear the imbalances.

Everything is going to be directed by your Higher Guidance.

In working together, we will get creative with questions that are specific to you. When you allow me to tap into your Higher Guidance, we can find some revealing answers.

The questions asked will depend upon what you tell me, and more importantly, what your Higher Guidance wants to bring to your awareness. After all, your Higher Guidance knows you even better than you know yourself.

Usually your Higher Guidance answers according to the concerns that we will be discussing. However, occasionally, your Higher Guidance will bring up other questions and concerns that are going to be a priority.

I tell my clients that want them to know we are going to do our best to stay with the concerns they have, but I also want them to know that if there is a priority that supersedes their inquiry, their Higher Guidance knows best and will bring that issue to the table.

Your Higher Guidance will not bring up something that you are already aware of and working on. Your Higher Guidance knows everything about you and knows everything you are working on. Perhaps you are seeing other practitioners and they are already helping you address issues. So since your Higher Guidance knows that, it won't bring up in a Higher Guidance Life Coaching session something that you are already working on.

Instead, your guidance will use this time to illuminate fabulous new insights and AHAs....things you don't know about yourself.

When I'm working with a client and we come to a place in the session where the Higher Guidance Positioning System has led us to an insight, and the client is already aware of the insight, and they are already working on it, then I know there is a reason that their Higher Guidance has continued to bring them to that same point. There is something that they yet don't know about it.

So I keep digging.

I know you are already working on this, so let's keep looking at this because there is something yet you don't yet know and we need to find it.

You can be assured that your HG will lead you to the fastest, most effective way to bring them to your greatest joy.

This is an interactive session in which you are free to ask questions throughout the session.

Now that we understand the flow of the session, tell me about yourself and what you want to get out of the session.

(this is when I begin to type as fast as I can as they tell me about themselves and what it is they want to get out of the session)

I don't offer any opinion at all. It's not about me. It's not about my opinion.

We need to get in touch with your Higher Guidance so let's do a short meditation.

Close your eyes (and on the other end of the phone, I start to swing my pendulum to begin the process and the programming that I visualized in my mind for connecting in with their Higher Guidance) take some deep breaths, focus on your center, your core, feeling very relaxed and grounded.

Just keep breathing deeply. Now I ask you mentally to give me permission to tap into your Higher Guidance and the wisdom of your body. (I keep spinning the pendulum waiting for that moment when I feel connected. For me it feels like a hook-up from my Higher Guidance to their Higher Guidance. It almost feels like a handshake and my pendulum stops spinning.)

Once connected, you go to your Treasure Map. Ask Higher Guidance Positioning System to help you navigate where to start on the Map.

It's fun to notice that whatever Higher Guidance wants to talk about will also be brought up in clues and signs a day or two prior to the appointment.

As you are going through the Treasure Map, it's fun because you will be taken to a certain place, get the message, and the client will say: I can't believe that ... I was just talking about that.

Why does that happen? Because their Higher Guidance knows exactly when they scheduled this appointment and begins to drop clues and hints.

At the end of the session, **recap**, explaining all that was discovered and then give an assignment to create accountability. This assignment may be something their Higher Guidance comes up with or even one that you feel is logical.

For example, if one of the AHA moments has to do with them owning their power, then you could give them an affirmation in a visible place; dowse to see how many times a day to say it, and how many days to say it.

Then **reschedule** with your client. Ask with the pendulum if the client's Higher Guidance suggests another appointment. If "yes", ask when? One week, two weeks, three weeks. I wait until the pendulum swings to 100%.

You could get that the appointment needs to be the next day or even that day, or it could be in weeks or months. ***Just follow what their HG says when they want an appointment.***

You will come to discover that there is a good reason why their Higher Guidance wants them to reschedule at the time your pendulum comes up with. And you won't know the reason until the next appointment occurs.

If the client's Higher Guidance says that we need to get together in 3 weeks, I try to clear my schedule and find a place to fit that client in because I know it's going to be important to them.

Everything is being divinely orchestrated, so you can relax. Whatever is supposed to happen is going to happen.

Etiquette for Working With Clients

Keep in mind the intention you set in the prayer prior to the session.

You go into the session with the highest intention you can possibly come up with. You make sure you have permission. You ask: ***Can I? May I? Should I?*** Those questions are embedded within the prayer.

Remember that YOU are to be a conduit for Higher Guidance to speak through you. That is what makes Higher Guidance Life Coaching so unique and incredibly valuable.

Imagine you are going straight up to your Higher Guidance and from your Higher Guidance, hooking up to their Higher Guidance. That's the pathway from which this information for the session comes.

Personalities of Higher Guidance are always different. Sometimes when I hook into someone's Higher Guidance, I get a personality like a military sergeant. Other times I feel a soft energy that just hugs and hopes and inspires.

Your job as a conduit is to relay the message as you hear it. This may sometimes push your comfort zone. But if I hear a message from the client's Higher Guidance, it's my to relay that information in the way I hear it.

If some message is really outside my comfort zone, I will say to the client: *I want you to understand that this isn't something I would say, but this is how I'm hearing it from your Higher Guidance.*

The vast majority of the time, the client says: That was JUST what I needed to hear.

The client "gets" it because you had the courage to relay the message as you heard it.

Don't censor or try to figure out the best way YOU think something should be said. Strange messages can come up..."you're an alien" ... say it anyway! You cannot be a judge about whether or not it makes sense or whether or not they are ready to hear it.

It is the client's responsibility to act or not on the messages you relay. You have no say in how the client reacts.

Sometimes when my clients would see me dowsing, especially in the beginning, I was a little uncertain about how they would react to my bringing out the pendulum.

A part of me didn't want to talk about what I was doing, but if the question came up, I explained what dowsing was. Often afterward, they turned around and became the most avid dowsers I know.

Everything is being divinely orchestrated so whatever words come to your mouth, have the courage to just go ahead and say it.

Sessions will trigger some of your own stuff too. In your session, ***keep your focus on your client***, keep your stuff separate, stay a clear channel.

Stay in integrity: your access to your client's higher guidance is ***ONLY*** for the time that you are on the phone with them. You disconnect from their HG when you hang up.

Do NOT try to connect without their knowledge. This is an invasion of privacy and NOT your business.

For example you have a session and now two days later you are wondering how the client is doing. It's NOT your business to tune in and check!

Only do Higher Guidance Life Coaching sessions when you are asked. It's not up to you to fix people! I learned this the hard way. Clients need to come to you. When they come to you, they are giving their permission.

Talk about what you're doing, and wait until they ask for a session.

But you can ALWAYS hire the heavens for someone. You DO NOT have to wait for permission.

The reason this is true is because it's the person's free will whether or not they want to accept that help.

When I started opening up to Higher Guidance Positioning System, it truly changed my life. There is no other way to say it. It just DOES. And life is different from that point on.