

Tips to Transform to Your *Higher (True) Self*

- Understand the difference between ego self and true self
- Consistently commit to living into your true/transformational self daily (heart/soul)
- Pray daily
- Fear, insecurity, victim mentality, over-reacting, fake self, power seeking, judging, criticizing, self sabotage serves the ego (False self)
- Peace, love for self, others, the world, kindness, confidence, courage, gratitude, beauty, acceptance, equality, one with God, connected, light, grateful, empowered serves the true self (soul/heart)
- Begin new habits that will help you achieve a higher sense of self: meditate, yoga, mindfulness, journaling, mantras, volunteer, pay it forward, start a new hobby (something you've always wanted to try), become more connected to the earth and the energy around you, purge/clean an area in your home, disconnect from social media/TV, move your body, embrace minimalism, engage in some "Me" time
- Include some sound therapy into your daily duties and routine: The Word of God, Schumann's Resonance, Binaural Beats, Classical music, Solfeggio Frequencies
- Use mudras during meditation/mindfulness, quiet "Me" moments (various hand positions)
- Read the Bible or a book that will bring about some spiritual enlightenment, good in = good out
- Find the gift of gratitude daily, it's critical
- Become more self aware, more kind, compassionate, trusting, forgiving, appreciating life as a gift
- Practice mantras (chants, words, short positive phrases) to empower/engage your higher true self

The energy you expel, reverberates back to you in time. Be mindful of the matter you are sending out. Love, Hope, Peace, Light, Kindness, Compassion, Gentleness, Joy, forgiveness.

Stacy Grace

