

A photograph of the Stonehenge monument in England, showing several large, weathered stone pillars standing in a grassy field under a clear blue sky. The stones are arranged in a circular pattern, with some lying flat on the ground and others standing upright. The lighting suggests a bright, sunny day.

The 4 Cornerstones for Channeling Your Higher Self

*Building A Practice of
Inner Communication*

Celeste Hamman, M.Ed.

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Introduction

Take a deep breath and let yourself get centered. Now, would you be able to tell me what energies are present within you? Excited? Expectant? Doubtful? Curious? Critical? Intrigued? Of course you could do this. You already possess some level of skill at sensing energy.

What I hope you gain from this book is a guideline for further developing these skills and expanding your capacities for sensing energy even more. My goal is to help you build the cornerstones for intentionally tapping into the vast reservoir of information that is accessible to you through your expanded energetic self, your Higher Self, to find deep wisdom, support and guidance for your life. The results you'll notice when you integrate these four cornerstones in your life are that you

will make better choices, you will create more of what you want, and you will feel much more love surrounding you.

We are Energy Beings!

Rub the palms of your hands together quickly for about 20 – 30 seconds. Feel the heat generated? This is the energy that is in you transformed into heat. Everything about our bodies is energy, including our thoughts, beliefs, and emotions.

Now hold the palms of your hands about an inch apart and feel for the space that is between your hands. Can you feel the density that is present there? This is *you* as energy. This is you as a non-physical energy being. It is this “non-physical” part of you that this book is concerned with.

I use the term “Higher Self,” but you may call this non-physical part of

you your expanded self, your God-self, love energy, universal energy, your soul, or any number of terms that refer to that part of you that is pure, divine and unconditioned by the world of form. Regardless of the words you use, the four cornerstones presented here are for building your ability to open yourself to receive communication with this part of you that loves you unconditionally and always communicates from a place of your highest good.

The acronym S – E – L – F spells out the Four Cornerstones for Accessing Your Higher Self.