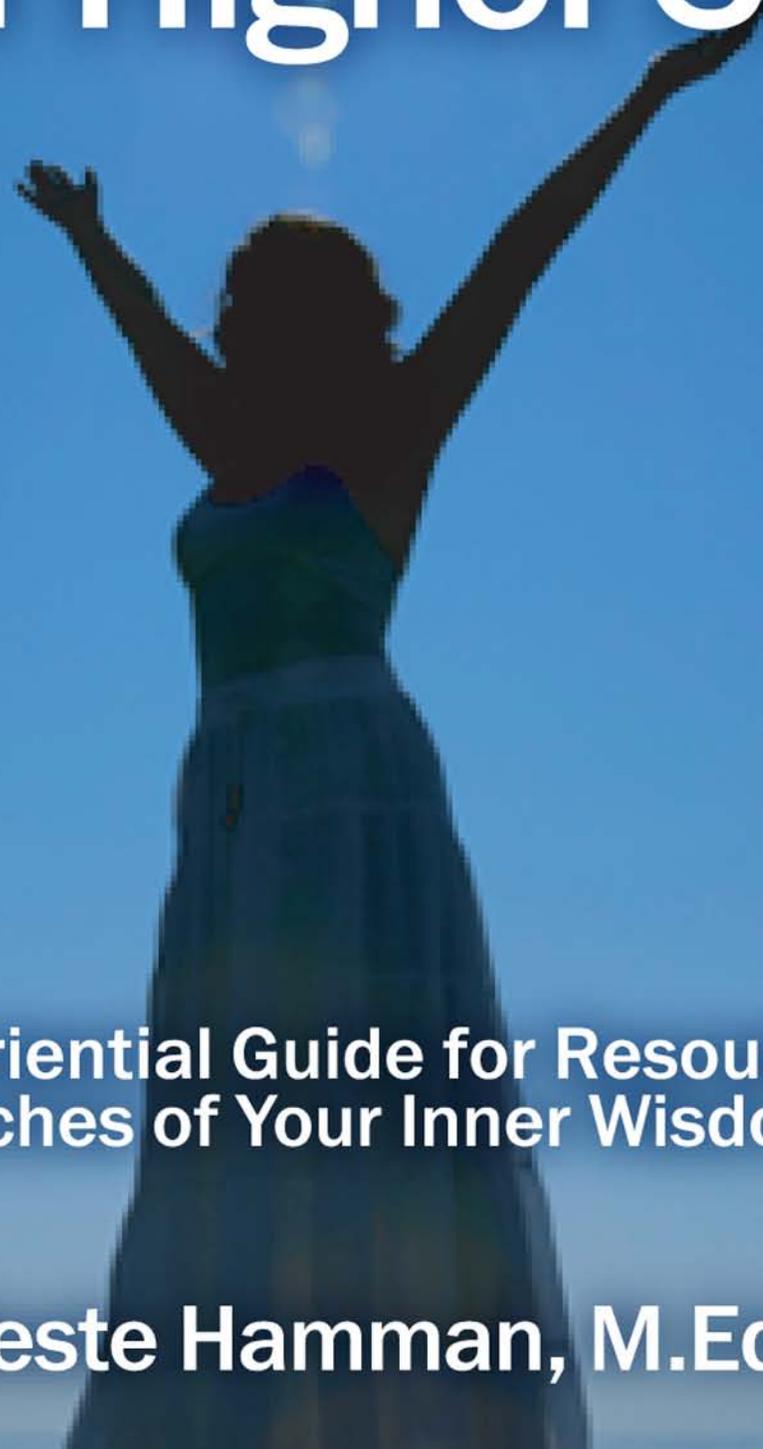


 A Messenger Mini-Book 

How to Channel Your Higher Self



**An Experiential Guide for Resourcing
the Riches of Your Inner Wisdom**

Celeste Hamman, M.Ed.

What others are saying about *How to Channel Your Higher Self*:

“This book has the potential to change your life—if you let it. Through powerful, accessible, transformative exercises, Hamman supports you in tapping into your inner guidance in an easy, natural way. Wise, down to earth and completely authentic, this master coach has created a portal for helping all of us access our innate, unfaltering wisdom—*How to Channel Your Higher Self* is a gem.

If you’re ready to fully step into your power and live the life you desire, this book is for you.”

Renee Peterson Trudeau, president, Career Strategists and author, *The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life*. www.reneetrudeau.com

“Chock-full of interesting and fun exercises, this book is designed to help you access your intuition easily and naturally. You will feel like Celeste is guiding you personally closer and closer to the source of guidance and wisdom that lies within you. I highly recommend this book. I loved it!”

Wendy Down, M.Ed., Founder, Consciousness Playground, www.wendydown.com

“What a wonderful, expanding experience I have every time I sit down with your book! Your friendly, encouraging tone is consistently gently confident that I will discover my own unique way, that there

is no absolute right or wrong way. Both the journal prompts and integrative focus ideas provided me the structure I need to effectively internalize the benefits of each exercise and anchor them in my body and my awareness. Your readers will hunger for what they haven't yet tasted as they find each exercise taking them deeper into more meaningful territory, and will return again and again to a new experience each time they pick up your book.”

Pamela Cook, yoga and meditation instructor, Big Bend Yoga, Alpine, Texas

How to Channel Your Higher Self

**An Experiential Guide for Resourcing
the Riches of your Inner Wisdom**

**By
Celeste Hamman, M.Ed.**

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This book is dedicated to all of the spiritual teachers I've experienced through books, audio, internet, trainings, coaches, guides, clients, friends, family and strangers who continually open my eyes, ears and heart to the exploration of the expansiveness that is us.

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Introduction

I want to share just a bit about my path so that you understand I am an average person having this spiritual experience, one that is available and accessible to you as well.

I began journaling when I was in my late 30's and a co-worker gave me a copy of *The Artist's Way*. I was unhappy, unhealthy and overwhelmed managing a Wellness Program. Talk about feeling out of integrity! Setting aside daily quiet time, along with the guided journaling, began my inner exploration of finding out who I really am. Over the years I used a number of daily meditation books to prompt me in my writing to sift through my thoughts and beliefs. This guided journaling really helped me to find the beliefs that truly represented the deeper

me I was coming to know, and discard the conditioned, or taught, thoughts and beliefs that no longer served me.

The inner clearing and clarity paved the way for me to step into the field of life coaching and I continued to build a personal foundation built on choosing my beliefs and letting go of old baggage. As the layers of conditioning fell away, clarity, intuition and openness to new ideas moved to the forefront. I discovered energy based coaching, and more importantly, I experienced myself as energy, which further evolved to experiencing myself as *divine* energy. Later I learned this experience of understanding, remembering really, that you are divine energy is what is referred to as “an awakening.”

My awakening journey included

experimenting with some of the same experiential tools that I am sharing with you. Eventually, I came to understand that I was receiving communication from my Higher Self. You may refer to this energy state as your Soul, Spirit, God, your expanded Self, expanded consciousness, your Divine Self, Source Energy, the Universe, or however you choose to speak about that mystical, infinite, sacred part of your deepest knowing of you. Whenever I use the words, “Higher Self,” please insert the word(s) that you prefer.

The range of communication I receive is enormous. Sometimes it is very general, yet exceedingly profound, in the complete and unconditional love and support I receive in words and sensations. Often, it is highly specific such as the time I received twenty-two intention statements intended to reduce negativity in my life. There have

been instructions about business decisions (particular people and businesses to align with), my health (directed to specific supplements or providers), relationships (prompting authentic communication) and any other issue you can imagine. Any question, any moment, is an opportunity to channel support and guidance.

And, of course, I wrote this book by tapping into this Higher energy that is more creative, more articulate, and more in flow than my physical mind is on it's own. As you come to sense energy through these guided experiences, feel for the energy that is imbued in this book for you. There is love, joy, passion, acceptance, appreciation and honor for you here.

May you expand your very own awakening journey with this book and truly

resource the vast riches of wisdom, joy and peace that uniquely exist in you.

Celeste

Chapter 1 - Beginning Your Inner Journey

Several years ago I was awakened about 3:00 am with a distinct and uncompromising compulsion to take a hot bath. I was already in the habit of following my intuition, but, still, this was an unusual request. Settling back in the warm water, with eyes closed I began to hear a voice speaking to me in my head, very clearly. Because it was in the middle of the night and I felt sort of dreamy and unafraid, I listened with no judgment or doubt to some very specific directions about how to handle a particularly sticky situation that I was involved with. In my mind I asked for several different points of clarification and received them and then the conversation was through. This was my first experience at communicating with a higher

vibrating being and feeling completely sure that “the voice” was coming from some level other than my thinking mind. I have had many such experiences since that time.

For awhile I referred to this style of communication as receiving information from my “guides,” but have since grown to understand that many of our “guides” are just other aspects of ourselves vibrating at another frequency, one that we can learn to tap into. We can become a “Channel” to our own Higher Self. The word “Channel” often refers to those who align themselves energetically with angelic beings or other non-physical entities in order to receive and/or share inspirational or informational messages.

In using the experiential exercises presented in this book, you will learn to

align yourself energetically with your own highest energetic state in order to channel powerful, specific, and highly personal, inspirational and informational messages that support you in living a fulfilling and joyful life.

Below is a checklist for enhancing your return on investment for this journey:

- Immerse yourself in the participation aspect of this work. You can change your life forever in positive and profound ways if you do.
- Utilize the additional materials in the online portal. It's what makes these Messenger Mini-books unique. Write your journal responses in a private access journal, listen to recordings of the guided experiences, and find enriched resources not included in

the book.

- If an online journal doesn't appeal to you, purchase a notebook that you will dedicate to this work. Find pens that you love to write with where the ink flows easily and the grip is perfect for your fingers. Gather a variety of writing utensils of different colors and point styles.
- Dedicate a sacred space, both in time and environment, to practice these exercises. Inform others in your home of this commitment so that you won't be disturbed while you are in communication with your Higher Self.
- Experiment with each guided experience several times to allow for deeper and richer communication to

emerge. There is no set number of times in which to engage in each guided experience and you'll know when it's time to move on. Be sure to record all of your channels in your journal either online or in your notebook.

- Listen to the recorded experience the first time you try the exercise, and then try it on your own without the recording the next time. Allow curiosity about the difference between listening to the audio guide and doing it on your own, to open yet another channel of communication with your Higher Self to discover which way is best for you.

Journal Prompts

1. Describe the sacred space you are planning to use for this work. What do

you need to do, if anything, to better prepare the space for this use?

2. Specifically define the days and times you are committing to do this inner work. Who, if anyone, do you need to speak with about honoring your privacy during this time? Do you need to practice right now for this conversation?
3. Close your eyes for a moment and imagine that you have completed all of the exercises from this book. Imagine what your life is now like having learned how to channel your Higher Self. When you're ready, write a few sentences about what you imagined, using present tense as though everything has already occurred.