

POCKET GUIDES TO PRACTICAL SPIRITUALITY

SPIRITUALITY AND PERSONAL GROWTH

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Learn ten dynamic steps to spiritual awakening that will help you realize your full potential.

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PROPHET

ACCESS THE POWER OF YOUR HIGHER SELF

ACCESS THE POWER OF YOUR HIGHER SELF

*Your Source of
Inner Guidance
and Spiritual
Transformation*



ELIZABETH CLARE PROPHET



ACCESS
the
POWER
of YOUR
HIGHER
SELF



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ACCESS THE POWER OF YOUR HIGHER SELF

by Elizabeth Clare Prophet

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A PRESENCE TO WATCH OVER ME

One night just before I was born, my mother had a vision. She woke up to a brilliant light at the foot of her bed. It was a tall, pulsating column of white fire. “That’s the Presence of God,” she said to herself. It filled her with a feeling of calm and comfort. She knew that it would see her safely through the birth and watch over her child.

That Presence of God, sometimes called the Higher Self, did keep watch over me, through major and minor childhood mishaps and serious adult challenges. And it has also been my unfailing source of love, guidance, inspiration and limitless spiritual energy.

I never know when my Higher Self is going to step in and make a difference in my life. For example, one fine spring day when I was at Boston University, I was hurrying out the door of my dorm when I heard an inner voice say, “Put on your heavy winter

coat.” I knew which coat. It was thick and lined with fake alpaca fur. I thought to myself, “OK, this is the craziest thing I’ve ever heard of, but I’ll put it on.”

But my Higher Self wasn’t satisfied. “Put on your heavy gloves,” said the voice. “This is not for real,” I said to myself. “I’ll put on the coat, but I am not going to put on these heavy gloves. It’s just too hot!”

So I put on the coat and ran down the street, nearly late for my class. I crossed a street between some cars that were stopped at a light—and *bam!* A bicycle came speeding alongside one of the cars and ran right into me. It knocked me to the ground and I caught myself on my unprotected hands. I landed in a jumble, with my body insulated by the coat but my hands scraped up.

My Higher Self had saved me from serious injury, but it couldn’t save me from my own stubbornness. The lesson I learned that day is that being in touch with my Higher Self is more valuable than anything else in my life.

The idea that each of us has a personalized Presence of God with us, is not new. Throughout history people have seen the Presence of God. They describe it as light, power and glory. It is the star that the wise men saw as they searched for the child Jesus. It is the pillar of fire that guided the children of Israel through the desert and the glory of God that appeared to Moses, the prophets and the Jewish mystics.

It is the Body of Truth that Buddhists call the “ultimate dimension.” The *Tibetan Book of the Dead* tells us that this Body of Truth appears to people after death as a “vast mass of light.”¹

It is also an important part of Western spirituality. My mother had learned about it from the writings of Guy W. Ballard, whose “*I AM*” *Discourses* she kept on her nightstand. He writes of the I AM Presence as the source of all power, knowledge and love. My mother had also read the works of Helena Blavatsky, who founded the Theosophical

Society in the nineteenth century. Blavatsky describes a “Spiritual-Divine Monad” as the source of life substance.²

Ralph Waldo Emerson writes of the “Over-Soul” as the principle that gives life to our bodies. He calls it a light that “shines through us upon things,” the source of genius, virtue, love, “all wisdom and all good.”³

When you feel at one with this Presence, you feel at one with all of life. The American mystic Howard Thurman wrote that at times he felt at one with a “Presence” when he was fishing in a rowboat on the river near his home in Florida. “There were times when it seemed as if the earth and the river and the sky and I were one beat of the same pulse.... There would come a moment when beyond the single pulse beat there was a sense of Presence which seemed always to speak to me.... [Yet] there was no voice. There was no image. There was no vision. There was God.”⁴

In the following pages, you will read

about specific techniques to bring you into a state of oneness with that Presence, your I AM Presence. This is a state of knowing, of belonging, of remembering. You can use these techniques no matter what your religious background or practice. When you are in tune with the Presence, you will draw to yourself everything you need—from food and clothing to new friends and brilliant ideas. Even better, you will learn to enter that state of oneness at will and experience the joy, peace and empowerment that are your birthright as a son or daughter of God.

A handwritten signature in cursive script that reads "Elizabeth Clare Prophet". The signature is written in black ink and has a fluid, elegant style with long, sweeping lines.

NOTE: All the stories in this booklet are real. Some names, however, have been changed at the person's request.

WHAT IS THE HIGHER SELF?

*In the sheath of gold is Brahman
[the absolute God], pure, undivided;
he is brilliant, the light of lights....
In him the sun does not shine, nor
the moon, nor the stars, nor does the
lightning flash. He shines, and all
things draw their light from him.
In his light everything becomes
luminous.*

—Mundaka Upanishad 2.2.9–10

Think of a sun, a spiritual sun. It appears to be white-hot but it feels cool to you. For you are a part of that sun. You are concentrated light, energy and consciousness, bursting with potential.

This sun is the spiritual source of all life. It doesn't have spatial coordinates. It's not separated from you by distance. It simply exists as pure Spirit.

This sun is light. It is God. It is your Father and your Mother. It is called the Central Sun.

Once you enjoyed being a part of this sun. You reveled in the feeling of oneness with all creation. But you also wanted to experiment with your potential, your own ability to create, to ensoul matter with Spirit. You entered other dimensions, sometimes creating perfectly and other times imperfectly. You may have designed cities, created sculptures or gardens, or simply existed in a state of bliss with God's creatures.

Then, traveling through the world of form, you first contacted imperfection. As you interacted with others and then engaged in negativity yourself, the imperfection multiplied and boomeranged back to you. A shadow came between you and the Sun. You became enmeshed in imperfect creation. You forgot what it was like to be part of the Sun. You could not find your way back to your original state.

Lost in shadows, your fiery nature cooled. Now you could not return home since you could no longer withstand the awesome heat of the Sun in which your spirit had been forged. Your soul fell asleep, forgetting its origins and its potential to create as God creates.

But your Father and Mother had foreseen this. They did not leave you alone. They gave you a replica of that Sun, an I AM Presence, so that you would always remember where you came from—and always have a way to return. And they gave you a mediator who would bridge the gap between you and your I AM Presence and awaken your soul to her lost identity. This mediator between God and man is called your Christ Self. Together the I AM Presence and Christ Self make up what is commonly referred to as the Higher Self.

What is the I AM Presence? Though it is sometimes referred to as a replica of God, it is more than that. Today we can produce replicas of things by the millions, but they

WHAT IS THE HIGHER SELF?

don't always match the original. A toy jet looks like the original but doesn't fly. A picture of a baby printed in *Life* magazine can't gurgle and coo. But your I AM Presence is more than just an image or a copy; it possesses all of the qualities of the original. It is your individual God-identity, your God Self. And God is God is God—every particle of God contains all of the whole.

In this book you'll learn about your I AM Presence, your direct contact with the Central Sun, and about how you can return through your Christ Self to the state of oneness with God that is so close yet seems so far away. You'll learn that you are meant to become your Higher Self. In fact, your Higher Self is your Real Self; the self that you identify with today is just a tiny fraction of the mighty being that you are.

When you contact that state of oneness, you'll find that you can once again use your God-given power to create. And you will



enjoy the bliss that you knew with God in the beginning. You will be able to put on once again the image and likeness of God in which you were originally made.

CONNECTION WITH
YOUR HIGHER SELF—
THE BEST THING THAT EVER
HAPPENED TO YOU

*J*oey is a nurse in a maximum security jail. She has been a jail nurse for twenty years. Most of the other jail nurses she knows have gotten burned-out and changed jobs. But she keeps going, taking care of the people who, as she puts it, “no one else seems to care for.”

What sustains her? She believes it’s her relationship with her I AM Presence and Christ Self that allows her to carry on where others have given up. They inspire and direct her through each day. “It’s the only thing that keeps me alive, that keeps me healthy and that keeps me doing that job. Or I would have quit a long time ago,” she says. In fact, her I AM Presence once inspired her to start a quiet revolution that saved her job and those of the three hundred other health-care

NOTES

1. Robert A. F. Thurman, trans., *The Tibetan Book of the Dead* (New York: Bantam Books, 1994), p. 126.
2. See H. P. Blavatsky, *Collected Writings 1889–1890*, vol. 12 (Wheaton, Ill.: Theosophical Publishing House, 1980), p. 531.
3. Ralph Waldo Emerson, “The Over-Soul,” in *Self Reliance: The Wisdom of Ralph Waldo Emerson as Inspiration for Daily Living*, ed. Richard Whelan (New York: Bell Tower, Crown Publishers, 1991), p. 60.
4. Howard Thurman, *Disciplines of the Spirit*, quoted in *American Mysticism: From William James to Zen*, ed. Hal Bridges (Lakemont, Ga.: CSA Press, 1970), p. 54.
5. John 1:9. All Bible verses are from the