

**JS:** *Do you think that all of the personal growth courses, etc. are important to this process of opening to the higher self?*

**LC:** I do feel that some courses are of value if they teach us to go within and link with higher dimensions, although it is not necessary to go through courses to make the connection with the higher self.

Books, courses, teachings and things like that all serve to speed our vibration up so that we become in tune with the vibration of our higher self. It's like two spinning cogwheels coming together and when we reach the vibration where we can harmonise with the higher self, that takes over and the books and teachings, the techniques and all the processes we go through in trying to let go of our resentments and angers and jealousies and guilt, all help that. Those issues slow us down, hold us down in heavier energy and any process that helps us to speed our vibration up and let go of those other things is useful. We can also do that by surrendering all those things of the human self that we know hold us back – surrendering them up into light/spirit/our higher self and through attunement we let go those things. We automatically do that, it's just when we come out of the attunement we pick up the load again.

Our higher self actually prompts us to want to get rid of those heavier vibrations and keeps us searching and growing to unfold to our higher consciousness.

I believe each one comes to that point where there is no necessity to read any more books because they have reached the point where they in fact could write a book themselves if it was necessary.

**JS:** *Or go to any more courses?*

**LC:** Yes, there is definitely a point when we stop rushing around going to courses and looking to other people for our development, because we realise that it is unfolding from within us. It has to be that way. The books, the courses, the teachers, should all teach us to go within and tap into the source of infinite knowledge ourselves. Surely this is the purpose of all writings and all teachings.

**JS:** *So the process is about taking and accepting responsibility.*

**LC:** Yes, when we stop looking to other people to tell us what to do and

look within, we are looking to a higher dimension of ourselves.

**JS:** *This relates to the whole area of health where people actually have the ability to heal themselves.*

**LC:** I am sure we do in the ultimate level. I am sure we have that ability to reach within to that level of consciousness which is health and wholeness. It's not even looking at it as a healing energy. It is health and in our efforts to attune we are trying to become one with that.

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**JS:** *This whole thing then is a process of being empowered. The individual is being empowered. What you are describing is becoming fully responsible and fully empowered at the same time, inter-woven and cooperatively living together but not dependently.*

**LC:** That's right. We are not looking to other people for anything. We are looking to our divine source and then we can have joyous relationships where there is a giving and sharing of what we are and who we are.

**JS:** *What function does the higher self have in day to day life?*

**LC:** The higher self brings through creativity in our daily situation, it brings through clarity in our relationships, it guides and directs us to where we could (potentially) be. It is harmony and peace and when we are aligned with the higher self then we automatically move in the harmonious and peaceful direction indicated.

**JS:** *How, more specifically, does the higher self guide and direct?*

**LC:** It comes through in intuitive knowing and direction. It comes through in what people call the "still small voice". It can come through in symbols and pictures in the mind. It uses the conscious mind in ways to bring to our attention its presence and guidance. It comes through in feelings and impulses.

**JS:** *So as I am going about my daily life, how can I remain aligned to my higher consciousness so that this can occur?*

**LC:** There needs to be a realisation that the higher self is part of you and is there all the time, like a great expansion of your energy field, which is mainly behind and above the physical body and becoming aware and sensing that this is with you all the time, for you to relax and rest into. Start first thing in the morning by consciously aligning with the higher self, re-establishing the awareness in your mind that your higher self is there and being open to it.

There are negative energies around us in our every day lives and there must be a conscious alignment and attunement with what we want to associate with and what we want to be.

So start the day with the decision of aligning with the higher self and as often as you can during the day, bring that thought back to mind, that the higher self is there and you want to align with it.

**JS:** *How does what you describe as attunement differ from meditation?*

**LC:** In many forms of meditation we learn to calm the mind, body and emotions and very often the

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*A loving  
person lives  
in  
a loving world  
A hostile  
person lives  
in  
a hostile world  
Everyone you meet  
is your mirror*