



Destination: Higher Self!

For maximum benefit and understanding,
please read this manual before beginning the exercises.



Destination: Higher Self!



Created and voiced by
William Buhlman
In collaboration with Monroe Products®

©2015 Monroe Products





Destination: Higher Self! *By William Buhlman*

We are all headed to the life-changing transition of consciousness that we call death. Are you and your loved ones prepared for your spiritual journey?

In many cultures and religions the process of death and dying is considered a powerful opportunity for spiritual liberation. What can you do today to enhance your spiritual journey of consciousness?

What can you do now to achieve escape velocity from the dimensions of density and form?

This program can also be used for the exploration of consciousness. For many people, the time has come to become spiritually self-empowered and break free from the limits of all belief systems. Learn how to take effective action and self-direct your awareness beyond the consensus realities of the astral dimension. Learn how to prepare for your enlightened transition.

The Key to Transition: Focusing on your Spiritual Intention

When confronted with the possibility of my own death, I created a personal plan to enhance my transition. I knew from 40 years of out-of-body adventures that the focus of my awareness is critical to the results I experience during all states of consciousness. During my OBEs I discovered that I'm a multidimensional being, and my awareness is a continuum of consciousness currently





dwelling within all energy levels of the universe. From experience I learned that focused commands can greatly influence the destination of the nonphysical environment I encountered.

For example, during an OBE, the firm command, "Next level now" can propel our awareness inward to a higher frequency (less dense) energy environment or dimension.

During my workshops I teach a simple method that can assist us before, during, and after the transition of death. First, create a clear, focused affirmation of your ultimate spiritual goal. Then, silently repeat, "Spiritual essence now!" or "Higher self now!" or whatever terms resonate with you. To the best of your ability, maintain your highest spiritual intention and goal as your last conscious thought while you drift in and out of consciousness. Ideally, have friends and loved ones around you who will reinforce your spiritual intention through verbal and silent affirmations.

***Please note:** These exercises are designed to take you into highly expanded states of consciousness, and do not include frequencies for grounding at the end. Therefore, if you are not a person in transition, it is imperative to ground yourself after listening.*

"Grounding" refers to bringing yourself back to full normal waking consciousness, and is achieved through making a connection with the earth and/or normal everyday activities, such as running your hands





and wrists under cold water, splashing your face with water, going for a short walk outdoors (with or without shoes), feeling the ground and connecting to it by putting your hands in dirt, etc., or any other means that allows you to connect with the earth and everyday life.

Assisting a loved one to focus on their ultimate spiritual goal

If possible, discuss with your loved one the many benefits of approaching the transition of death with a focused spiritual intention. Instruct them to be crystal clear about their ultimate objective. As you are sitting with a loved one, guide them through personal affirmations to focus on their core spiritual self. Direct them to go beyond all three-dimensional realities.



Focus on their natural ability to reunite with and experience our spiritual essence—our true self. Use terms that are meaningful to the individual, and absolutely know that your uplifting guidance will be effective. Through repeated, loving, verbal reminders, encourage them to reunite with their spiritual essence. An effective approach is to repeat the affirmation, "Now you go to (experience or reunite) with your higher self." Depending on the circumstances, this guidance may be silent or verbal.



At the side of a loved one, offer suggestions that will encourage the individual to release all fear and attachments and experience the spiritual core of their consciousness. As much as possible, use terms that will be understood by the individual, but keep





in mind that your clear spiritual intention is more important than the words you use. Simply talk to the person about the unlimited potential of their spiritual nature. Assure them that they have the natural ability to experience immediate spiritual growth and enlightenment. If your personal presence or verbal communication is not possible, directing focused thoughts or prayers to the individual can also provide assistance.

Spiritual Guidance at the Transition of Death

To begin, say a brief, calming prayer or meditation to center and open yourself to the unlimited power of the universe flowing through you. Ask to be a clear, receptive channel for the power of God. "Now I am a clear open channel. The power of God flows through me!" Allow the inspiration, thoughts, and words to stream through you.

Focus on the positive aspects of the approaching adventure in consciousness; the potential spiritual awakening, the unlimited love and freedom that are now available to all of us. Guide your loved one to seek and experience the pure spiritual essence of their being. Use phrases that will denote pure spiritual awareness to the individual. Gently instruct the individual to release all their personal fears and attachments while embracing the unlimited freedom of their spiritual self.

It's also important for the individual to release any and all forms





of negative energy they may continue to hold, such as hatred, fear, resentment, and anger. It's equally important to forgive yourself and others of all the conflicts or issues that may remain unresolved. "I sincerely forgive and release (name of person or group) completely and forever. I'm free and I set free all who may have harmed me during my life."

Repeat an affirmation or mantra that focuses the person on their ultimate spiritual goal. Use terms that will resonate with the individual. Ideally, maintain this guidance before, during, and for some time after the transition is complete.

Most importantly, focus your full awareness on the ultimate spiritual essence or goal. Make this statement a powerful mantra in the present tense. "Now I (or name of loved one) go to my higher self!" or "Now I experience my spiritual essence!" When assisting a loved one, repeat their name and use phrases to fit the social situation. For more detailed information about this important topic, please refer to *Adventures in the Afterlife*, and Chapter 8 in *The Secret of the Soul: A New Vision of Death and Dying*.

Affirmations for an Enlightened Transition

One powerful method of enhancing the transition of consciousness is to incorporate spiritual affirmations as a mantra and focus on your highest spiritual intention. Repeat and maintain your inten-



tion as your last conscious thought. Play this recording at the bedside during your own or a loved one's pending transition. Program your audio device for repeated play at a soft volume.

The goal is to focus your entire state of consciousness upon your spiritual essence beyond all form-based realities. Repetition of the phrases is intentional. Spiritual self-empowerment through our personal intention is an effective way to accelerate the evolution of our consciousness. The terms God, source, or universe may be interchanged, depending upon your personal preference. Higher self now!



There are two CDs in this set. On CD1 there are two meditations; *Doorways to Your Higher Self* and *Waves of Light*. CD2 contains *Affirmations to Experience your Higher Self*.



Both CDs are supported with Hemi-Sync® technology. With each of these, you should be in a quiet place where you can focus on the technique. Keep a journal nearby so that you can record any insights that you gain during your meditative time.

After the guided portion of each program, silently repeat your focused intention, "Higher self now!"

CD1—track 1: *Doorways to Your Higher Self*

The purpose of this meditation is to identify and remove the spe-





cific blocks that may be holding you back from achieving your higher self-awareness. It could be fear, guilt or attachment to a physical concept. This technique will assist you to not only address, but release the limit. Once through the doors you will systematically shed those attachments that keep you from attaining the spiritual experience that you desire.

CD1—track 2: *Waves of Light*

With each wave of light, you will feel yourself becoming less and less attached as you become one with the light. This will assist you in achieving your destination: your higher self.

CD2: *Affirmations to Experience your Higher Self*

This is a repetition of positive statements that encourage the subconscious to move beyond the physical body, into the spiritual essence of who we really are. This can be enjoyed during sleep, meditation or an activity that allows for you to absorb the statements. Become one with the affirmations and hold your intention as your last conscious thought.

Questions I often receive during this important discussion

Q: If my loved one is unconscious, can they still receive spiritual guidance?

A: Yes. The subconscious mind will still receive the guided assistance even if the body is influenced by narcotics or in a coma.





Q: How long after the transition should I continue the affirmations?

A: Use your intuition to determine the appropriate length of time. Two days may be right for some, others may go longer. In some eastern traditions individuals and groups will repeat their “spiritual release” meditation or prayer every day for 21 days.

Q: Should I stay with my family member continuously?

A: This is a personal decision. For many, the practical approach is to create their own affirmation audio recording that will provide some level of spiritual assistance and guidance that will be available on a 24-hour basis.

Q: What is the most important element of this process?

A: Your focused and uplifting spiritual intention is the most important aspect. Keep your terminology simple and easy to understand. Focus on the state of consciousness of the individual, not the surrounding emotional and physical issues. Many people are more focused on the flower arrangements, than the all-important spiritual transition of soul.

Q: Does the guidance need to be verbal?

A: This is not essential, but it is recommended if the circumstances allow it. Many people practice verbal guidance combined with focused silent prayer and affirmations.



Q: Is cremation beneficial?

A: Yes, it helps to break the deeply entrenched mental and emotional attachments we hold to our physical body and to our fleeting physical existence. In many cultures and religions the severing of all physical attachments is considered essential for the continuing evolution of soul. This is the primary reason why more than one billion Buddhists and the Hindus practice cremation. Few people ask an important question: how can we expect to enter the higher spiritual dimensions when we remain mentally attached to our physical body and our past physical life? Choose well.

Recommended Reading

Adventures in the Afterlife, Adventures Beyond the Body, and The Secret of the Soul, by William Buhlman

The Tibetan Book of Living and Dying by Sogyal Rinpoche

Far Journeys by Robert A. Monroe

Handbook to the Afterlife by Pamela Rae Heath and Jon Klimo

Life after Life by Raymond Moody

Many Lives, Many Masters by Brian Weiss

The Tibetan Book of the Dead

Destination: Higher Self! by William and Susan Buhlman

Recommended Film

The Path: Beyond the Physical, Mike Habernig and April Hannah

