

Today, you'll connect with your higher self - the part of you that's wise, compassionate and unconditionally loving - in order to gather the wisdom of this past winter and of this moon cycle. Start by closing your eyes and imagining your higher self as a ball of golden-white light floating one to two feet above your head. This light is the part of you that has never forgotten who you really are. Because it has remained connected to the source of all things, it has access to divine wisdom and understanding. It knows the answers to any questions you may have.

Invite the light of your higher self to merge with you, so you can feel and know the answers you seek. See or feel the light of your higher self directly radiating down into your mind and your heart, dawning like the sun. Keep connecting with the light until you feel a sense of peace.

When you feel calm and peaceful, place your hand upon your heart and ask for guidance on what troubles you. Are you unsure of the direction forward? Ask for help, and listen for an answer to your question. Be patient. It may only be a word or two, a picture, a feeling or just a vague sense. Whatever it is, write it down, even if it doesn't yet make sense to you. Repeat this meditation daily, knowing each day, it will become clearer. When you're done, remind yourself,

**"I'm always connected to the source of all things, the source of all wisdom and knowledge."**