

**Beneath Time's Veil**  
**Free Companion Handout**  
**Connecting to the Higher Self • Revealing Truths • Sacred Self-Recognition**

**Welcome**

If this handout has found you, something within you is already awakening.  
The Higher Self is not separate from you.  
It is the eternal, loving, wise aspect of your consciousness that exists beyond fear, conditioning, roles, wounds, and time itself.  
This journey is not about becoming someone new.  
It is about remembering who you truly are beneath the veil.  
Take your time with these pages.  
Pause often.  
Breathe deeply.  
Allow your inner knowing to rise naturally.

**What Is the Higher Self?**

Your Higher Self is:

- The observer behind the personality
- The voice beneath fear
- Your soul wisdom
- The part of you connected to truth, intuition, and divine intelligence
- The aspect of consciousness that sees your life from a higher perspective

The Higher Self does not communicate through panic or force.  
It speaks through:

- resonance
- synchronicity
- quiet knowing
- expanded feelings
- dreams
- inner visions
- sudden clarity
- peace in the body

**Signs You Are Beginning to Connect**

You may notice:

- \* Feeling more sensitive to energy
- \* Releasing old identities
- \* Craving silence or nature

- \* Strong intuitive nudges
  - \* Emotional healing surfacing
  - \* Seeing repeating numbers or synchronicities
  - \* Feeling called toward authenticity
  - \* Realizing you can no longer betray yourself to fit in
- These are not signs you are lost.  
They are signs you are remembering.

## **A Simple Daily Higher Self Practice (10 Minutes)**

### **Step 1 – Ground (2 minutes)**

Place both feet on the floor.

Breathe slowly into your heart.

Imagine roots extending deep into the Earth.

Say softly:

“I am safe to know my truth.”

### **Step 2 – Heart Connection (3 minutes)**

Place one hand on your heart and one on your solar plexus.

Imagine golden light filling your chest.

Ask inwardly:

- What does my soul most want me to know today?
- What truth am I ready to see?
- What part of me needs compassion?

Do not force answers.

Simply listen.

### **Step 3 – Receive (3 minutes)**

Notice:

- sensations
- words
- images
- memories
- emotions
- intuitive impressions

Your Higher Self often speaks gently.

Trust the first feeling before the mind begins analyzing.

### **Step 4 – Integration (2 minutes)**

Write down one insight.

Then ask:

“How can I embody this truth today?”

Small aligned actions create profound transformation.

### **Sacred Self-Recognition Exercise**

Many people spend years searching outside themselves for permission, validation, or identity.

But healing begins when you truly see yourself.

Complete these sentences slowly:

**I am no longer willing to...**

**Deep down, I already know...**

**The version of me that is emerging is...**

**My soul feels most alive when...**

**One truth I have hidden from myself is...**

**If I fully trusted myself, I would...**

### **Reflection Questions**

Journal with honesty rather than perfection.

1. Where in my life am I abandoning my truth?
2. What masks or roles am I ready to release?
3. When do I feel most connected to my soul?
4. What fears keep me disconnected from my inner knowing?
5. What would living authentically actually look like for me?
6. What if my sensitivity is a gift rather than a weakness?
7. What truth keeps returning to me repeatedly?

### **A Message From Your Higher Self**

Read slowly.

You were never meant to shrink yourself to be loved.

You were never designed to live disconnected from your truth.

Beneath every wound, every role, every fear...

your essence remains untouched.

There is a deeper intelligence moving through your life.

Trust the unfolding.

You are not becoming worthy.

You already are.

The remembering has begun.

## **Integration Tips**

After reading the chapter and completing this handout:

- Spend time in nature
- Reduce overstimulation
- Drink more water
- Journal your dreams
- Listen to your body
- Create moments of silence
- Follow resonance rather than pressure
- Practice saying “no” when something feels misaligned

Transformation deepens through embodiment.

## **Stay Connected**

If this journey resonated with you, I invite you to continue exploring the wisdom of your Higher Self through the meditations, workshops, transformational sessions, and resources available on my website:

"Embark on a 90-minute online trance journey to connect with your Higher Self across dimensions, receiving profound wisdom through deep relaxation beyond the thinking mind."

<https://www.linda-m-eviston.com/>

You are not here by accident.

Trust what your soul is revealing.

With love,

*Linda M. Eviston*