

Spiritual Development Circle – September Syllabus

Theme: Connecting with Your Higher Self

Location: Salt of the Earth

Facilitator: Neysha Arcelay

Duration: 90 minutes

Date: May 24, 2026

Class Overview

This month's Spiritual Development Circle will explore the concept of the Higher Self: the wise, loving, and unconditionally supportive aspect of your soul. Through meditation, teaching, and hands-on practice, you'll begin to build a stronger, more conscious connection with this inner guide. You'll leave with a deeper sense of clarity, alignment, and trust in your own intuitive wisdom.

Class Structure

Time	Activity	Description
15 min	Teaching / Introductory Talk	What is the Higher Self? How does it communicate? Why should we connect with it? How can we access it?
15 min	Guided Meditation	A soul-centering meditation to ground your energy and invite your Higher Self forward.
30 min	Experiential Practice	A guided journey to meet and dialogue with your Higher Self through visualization and intuitive writing.
20 min	Group Reflection / Discussion	Space to share insights, ask questions, and integrate your experience.
10 min	Closing Prayer / Ritual	A short blessing to anchor the connection and set intentions for continued communication.

What to Bring

- An open heart and mind

- *Optional:* A personal item that symbolizes your spiritual path (crystal, photo, small token)

What you Get:

- **A Curated Experience**
Each gathering is intentionally designed to take you on a soulful journey—from grounding meditation to guided spiritual practice—all within a nurturing and energetically aligned space.
- **Connection with Like-Minded Souls**
Surround yourself with a supportive community of seekers, empaths, and intuitive beings who are also on the path of growth and awakening.
- **Your Personal Reflection Journal**
A journal to capture your insights, ah-ha moments, and intuitive nudges throughout your spiritual journey.
- **A Take-Home Reflection Worksheet**
Deepen your practice between sessions with a thoughtfully crafted worksheet to support integration, clarity, and continued inner work.

Learning Objectives for This Session

By the end of this circle, participants will:

- Understand the role and nature of the Higher Self
- Begin to recognize the “voice” of their Higher Self vs. ego or fear
- Learn a simple method to initiate dialogue and receive intuitive guidance
- Strengthen inner trust and spiritual alignment
- Feel empowered to continue the connection beyond the session

Connecting with Your Higher Self

Key Takeaways from Today's Teaching

1. Understanding Your Higher Self

- Your Higher Self is the wisest, most loving version of you, your soul's pure essence.
- It holds your soul's purpose, life lessons, and guidance for your highest path.
- Think of it as your internal compass for truth, alignment, and deep clarity.

2. Higher Self vs. Ego

- Ego operates from fear, past programming, and logic.
- Your Higher Self speaks softly and lovingly, rooted in trust, expansion, and soul truth.
- The more stillness and awareness you cultivate, the easier it is to distinguish between the two.

3. How Your Higher Self Communicates

- Through intuitive nudges, inner knowing, synchronicities, dreams, and subtle feelings.
- It may feel like a quiet inner voice or a strong 'gut sense' that something is right.
- It never shames, pressures, or scares you — it guides gently and wisely.

4. Why It Matters to Connect

- Strengthening your connection brings inner peace, confidence, and spiritual clarity.
- It helps you make decisions from alignment instead of fear or confusion.
- Living in tune with your Higher Self leads to a more empowered and meaningful life.

Steps to connect with your higher self at home

1. Clear your space

Use any smudging you prefer, florida water or holy water, or simply visualize a bubble of white light surrounding your space.

2. Ground

Before reaching upward, root downward. Imagine your energy extending into the earth like roots. This stabilizes your body and helps you feel safe, clear, and present as you connect with higher realms.

3. Set a Clear Intention (Or do a simple prayer to your favorite guide)

Silently (or aloud), say something like: *"I intend to connect with my Higher Self. I open my heart to receive loving guidance and insight."*

Remember: Intention drives attention and energy flows where attention goes.

4. Do a Short Meditation (5–10 minutes)

Sit in a quiet space, close your eyes, and breathe deeply. Focus on your heart space. Visualize a light surrounding you (warm, calm, and expansive). This is your energetic doorway to your Higher Self.

5. Ask a Focused Question

Choose one meaningful question, such as:

- *What do I need to know right now?*
- *What is the highest action I can take today?*
- *What am I being guided to release or embrace?*

6. Listen with Openness

Stay quiet for a few minutes. Notice any inner thoughts, images, physical sensations, or emotional shifts. Your Higher Self speaks in subtle, loving ways.

7. Journal What You Receive

Write freely, even if it doesn't make immediate sense. Use a prompt like:

- *"My Higher Self says..."*
- *"The message I received is..."*
- *"I am being guided to..."*

8. Ask for Signs and Notice Synchronicities

After your session, be open to signs such as: a phrase someone says, a song, a repeated number. Your Higher Self often confirms messages through external synchronicities.

You can also ask for a specific sign as a confirmation that what you received comes from the highest good and compassion.

9. Close your practice with gratitude

Take a moment to thank your Higher Self for showing up, and thank yourself for taking the time to connect. Gratitude strengthens the connection and invites more clarity, love, and guidance into your life.

Remember

- If you are thinking you are not linking.
- If fear arises immediately say "cancel, cancel, cancel".
- Raise your vibration: Love, gratitude, laughter, music, prayer, meditation, dance, or any joyful activity
- Don't rush or overthink.
- At the beginning, it will feel as if you are making it up.
- The more you practice the more you will discern between you and your higher-self.
- If you find yourself analyzing what comes through, stop, take a deep breath, and try again later.