**20. Assuming God-Form part 1**

Some basic notes for the Assuming God-Form part 1

Recognizing you HIGHER, your inner champion. Who you REALLY are. You need to

talk with this being and ask what your HIGHEST ideals are, what you GREAT WORK

on this earth is. You need to begin to SEE yourself as this being; you need to BECOME

your HIGHER self, your inner champion. The more you SEE yourself as that champion

and listen it its/your HIGHER advice/enter into holy communion with your HIGHER self,

the more you being to become your HIGHER self. Spend time with your HIGHER self

see your HIGHER self enter into your body and absorb all your HIGHER ideals. Write

down a short list of who you really are. Don’t be afraid of what your HIGHER self tells

you. Come up with 4-5 words that describe your HIGHEST ideals (mine where strength,

protection, laughter, love and sex). Begin to engage in HOLY COMMUNION with your

HIGHER self on a daily basis and ask how you can use who you REALLY are to benefit

and be of value and service to all of humanity and how you can add in its freedom and

continued happiness and advancement in a healthy and natural way.

You can find a white candle and light it before doing HOLY COMMUNION with your

HIGHER self. This will help you strengthen your link, but it is not required and ultimately

you won't need the candle anyway, it just helps at first.

DREAM JOURNAL... every dream you have write it down. Your HIGHER self will

begin to speak to you more often and more clearly in your dreams now that you are

seeking HOLY COMMUNION with it on the regular.