

Appendix C

Requests to your Higher Self

Use these requests to your higher self as a preface and closing when you sit down to work on your dream.

Invitation to Assist

Dear higher self, please help me with the work I am about to do. I ask for your help with my dream and the process of manifesting it. I ask for your assistance with clarity, insight, trust and focus. Thank you.

Closing with Gratitude

Dear higher self, thank you for your assistance this day. I ask that you continue to assist me, and gently help me to be aware of my thoughts, discover my beliefs, recognize my patterns and to stay in joy this day and every day. Thank you.