

A photograph of a sunset over the ocean. The sun is low on the horizon, creating a bright glow and casting rays of light through the sky. The sky is filled with soft, white clouds, and the water below is dark blue with gentle ripples.

How to Communicate with Your Oversoul

*Simplistic Steps to Receiving Personal Guidance
From Your Fully Awakened Self*

Gain a deeper insight into your Life Path.

Get personalized advice regarding daily concerns.

Michael King

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Introduction

How often have you wanted to consult with someone who is intimately knowledgeable of your unique situation, who has your best interest at heart, remains non-judgmental and compassionate, and can be trusted to give you exactly what is most important for you to know at any given moment?

Wisdom from friends and family can be tainted with their own preferences, opinions, and desires for us, however well intended, yet miss the mark with respect to what is truly needed, given the uniqueness of one's individual life path and purpose.

What if you had at your disposal, day or night, through the worst and best of times in your life, a friend that knew you better than you even know yourself, who can see the long range purposes of your life, understand your entire soul history, and can offer you wisdom pertinent to this very moment in time?

Would you take time to listen to that counsel?

If you had to work a bit at first to hear that voice clearly, would that slow you down from practicing sufficiently to develop a skill already latent within you?

Like any new endeavor, from learning to walk to learning how to raise kids, practice is required to hone the skill. We don't get it all at first. Nuances are developed and refined with time and practice.

The same holds true regarding direct communications with your own Oversoul.

Messages can, and will, come in a variety of ways, much of which depends on your level of receptivity to supernatural communications. Yet, with practice and trust in the subtle to obvious impressions that enter your heart and mind, the skill of listening and communicating with the "other side" will develop naturally.

Who is your Oversoul, you might ask? This is the part of you that you left behind in the Soul Plane as you entered this chapter of your soul's journey through eternity, and who remains as your first, and most important guide, protector, and counselor during this life.

Michael Newton, a counseling psychologist and master hypnotherapist, regressed thousands of people to their 'life between lives'. In the course of his investigation, he discovered the nature of how and why we incarnate, along with many other facts about the Soul Plane, (referred to by Newton as the 'Spirit World') a place where we go to learn and grow between lives before embarking upon another physical journey.

His two primary books, *Journey of Souls* and *Destiny of Souls*, convey incredible details about who we really are as a soul and how we each go about fulfilling our purposes uniquely. In the latter he explains:

“The energy of the soul is able to divide into identical parts, similar to a hologram. It may live parallel lives in other bodies although this is less common than we read about. However, because of the dual capability of all souls, part of our light energy always remains behind in the Spirit World. Thus, it is possible to see your mother upon returning from a life even though she may have died thirty earth years before and reincarnated already.”

This part of us, the part that remains in the soul plane (or the higher realms of the larger multidimensional universe, also referred to as the “Spirit World”) while another part incarnates into the physical, is our Oversoul.

Some may call this part of us our Higher Self, and this is true to some extent, though one can also have a Higher Self (or Other-Self) incarnated in a physical form in another star system if the Oversoul split into two or more soul aspects (which appears to be more rare than common, though I personally know of individuals on earth who have selected that option).

There is also the possibility of having alternative parallel lives and higher dimensional selves, so the term ‘higher self’ can be confusing for it does not distinguish between the multiple possibilities of incarnated selves (into planetary systems or various dimensions) and the singular part that remains in the soul plane to serve as a guide and protector for its own soul parts experiencing an incarnation in dimensional reality.

The focus of this material is on communicating with that part of yourself that exists in the soul plane of the multidimensional Spirit World, the plane where souls gather and develop themselves between incarnations, and from where they support the incarnated aspects of themselves.

The Soul Plane Compared to the Multidimensional Spirit World

There are many levels, referred to as dimensions, in this vast universe. The dimensions consist of a variety of worlds for the benefit of souls from the Soul Plane to explore incarnated lives.

Each dimension will look and feel as physical to them as we look and feel to ourselves here in 3rd density. Yet to us, ‘they’ live in the multidimensional Spirit World since our retinas cannot see them.

The Soul Plane is a dimension of its own. It is where souls begin their life as a newborn soul, and where souls return to between incarnations.

Structures that exist in the Soul Plane are temporary imaginations created by souls to help make adjustments back to life in the Soul Plane following an incarnation in a physical world. The structures will mimic buildings and landscapes similar to their former visit to a physical life.

The larger universe is built of many dimensions of worlds, all of which are the playground of souls. Communications with entities in any of these worlds invisible to our human eyes, is often referred to in general as the 'Spirit World'.

Yet the Soul Plane is specifically the "world of oversouls".

The Ultimate Goal of Communication with the Spirit World in General

Tom Brown Jr.'s book "*The Journey*" is a true story about two young boys being taught the ways of the spirit by an enlightened elderly Native American Apache Scout. They learned their skills, both physical and spiritual, through developing an intimate relationship with Nature "where all truths of life are to be tested".

We know from the science of Shinrin-Yoku (Forest Bathing), that spending time away from electronic gadgets immersed in a natural setting like the woods, or a spring, or mountain, or one's own backyard garden, brings a coherence between the heart and the mind, which is an essential precursor to not only improving physical health and sleep, but also to opening our spiritual receptive centers (related in part to the pineal gland/third eye) to seeing and hearing beyond the veil between spirit and physical.

Such was the method that Tom Brown Jr.'s spiritual mentor, Stalking Wolf (affectionately referred to as 'Grandfather'), used to train these two young boys in the ways of the spirit.

This training was always in a natural setting, and involved communicating with spirits in the afterlife, the trees and waters, traversing the Spirit World through out-of-body travels, and learning to "walk the duality" by being fully conscious of both the flesh (the physical) and the spirit (the world of spirits) at the same time while awake in the body.

The purpose for utilizing these skills was always to be of service to others as guided by Spirit (referred to as their Inner Vision), never for simply playing around or ego-centered showmanship.

One day, after Grandfather successfully changed the direction of an encroaching real estate development to one that preserved an important part of the ecology for the benefit of the fish and animals of the area, Tom asked how he changed the mind of the head developer bent on destroying the entire estuary just to increase his return on investment.

Grandfather had met with the developer in the spirit during the dreamtime and showed him the purpose of the estuary as a habitat for the minnows and baby turtles before growing large enough to fend for themselves in the larger body of water next to the estuary.

By walking in the spirit to communicate with the developer's spirit he was able to share the bigger picture of how important that estuary was to all life in the ocean.

Tom asked, "Bill does not appear to be a very spiritual man, and I am sure he has no conception of the way of the spirit you speak of. How then can you reach a man that knows nothing of spiritual things?"

Grandfather then said, "No one, no thing, is without a spirit. The spirit of man who knows no spiritual things still exists, but is only resting in the reality of spirit, waiting to be awakened and used. All we have to do is find that spirit through the guidance of Inner Vision and then awaken that spirit. Even those who once showed no spiritual knowledge know their spirit has been touched. If you can then heal the spirit, and heal that spirit with enough belief and power, then the power transcends the spirit and makes itself manifest in the flesh. But remember, we are just a bridge, a vessel, to be used by the Creator, and it is not us who decide to use the power."

Communications with the Spirit World have a purpose that is to be guided by the Spirit-that-moves-through-all-things. Your closest link to the Great Spirit within All is the part of you that is still aware of, and in perfect harmony with, the Spirit-that-moves-through-all-things.

This is your personal Oversoul.

The methods taught in *How to Communicate With Your Oversoul* offer a way to access insights and personal guidance that prepare you to be of greater service to the whole.

It is a way to practice attuning yourself to a world beyond the five senses, a world that is as real as the one you now experience, yet must be sensed with your finer sense nature to be understood. This is the Spirit World referenced by each of the authors above. Within the Spirit World lies the Soul Plane where your Oversoul resides.

So, What is the Soul Plane?

It is a place of no time; a place where we are all cognizant of our unity as souls and our oneness with All That Is. The Soul Plane is likely the closest objective thing to the oft spoken of "Unified Field" from which souls and all manifest things are created. The Unified Field is the non-manifest source for all potentials.

The Unified Field is the backdrop and source of soul existence. This implies that the Creator (or Love), expresses a soul out of the Unified Field (or Spirit), for the purpose of experiencing material existence – a spark of the Divine, experiencing Itself through both energy and material form as "love in action".

Glenda Green, author of *Love Without End, Jesus Speaks*, is taught by the great master himself as she paints his picture, and explains that this source material that gives rise to both energy and mass of physical existence is referred to as the 'adamantine particles'.

The adamantine particles are the smallest indivisible particles that are used by the Creator (Love) to express Itself through the Unified Field (Spirit) to form both energy and mass.

The Construct of the Physical Universe – Infused with Love, Unified by Spirit

To understand the more detailed natures of both energy and mass, not addressed in Glenda Green's material, I found an extensive description by Lon-Zara (of "*Stranger in the*

Pentagon fame, also known as Val Thor), in Michael X. Barton's book, "*Venusian Science Secrets*".

Lon-Zara explains the energy and mass natural phenomena like this:

"All things – both inanimate and animate – all matter, mind, and soul – are made up of the two primal elements, Electricity and Vitivity; and these in their ultimate nature are units of vibratory energy, or if you prefer, vibration of the one GOD-SPIRIT."

"You will at once note, that the phenomena of Electricity, whether positive or negative, are all PURELY PHYSICAL in character; whereas the phenomena of Vitivity are always MENTAL, VITAL AND SENSORY in their effects."

Lon-Zara goes on to explain in greater detail how the soul, consciousness, and mind are composed of Vitivity, while the physical planes, gravity, and force are composed of electricity, all of which are intertwined with each other in a unified experience directed by Love.

Jesus, in "*Love without End*" by Glenda Green, explains this unity of purpose and function this way:

What you have learned to recognize Glenda, is my love. My love feels like no one else's. Your mother's love feels like no one else's. And so it is. Each person's love feels like no one else's. So the spirit responds and honors each one's love as a unique imprint, and that love, in turn, commands the adamantine particles. It is love that defines your individuality, not spirit. Spirit is the indivisible element, and adamantine particles are the building blocks for complex existence. They are utterly generic in nature. Only love has the capacity for singularity and individuality. Without Love you would be as indistinguishable as a grain of sand on a shore.

So, here we see that the makeup of the physical and mental are directed by the Creator's Love and unified by Spirit. Separation experienced in the physical is an illusion. *Spirit infuses all, thereby uniting all in the Grand Purpose of Life.*

The Soul Plane and the Oversoul

The purpose of material existence is for the passions and love of the individual soul to express its freewill and generate life experiences resulting in a greater awareness of the unifying Spirit-that-moves-through-all-things, and thus promote the evolution of the soul.

As a soul develops through experience, more manifest creations are formed from the Unified Field (thought and imagination are recognized here as creative, materializing shape and dimension from the infinite potentials of the Unified Field or Zero Point), thus giving birth to a variety of planes of existence designed as our playground for soul experiences.

The Soul Plane is one of those realms, a place expressed from the Unified Field that is ordered by immense love and great wisdom. Neither judgement nor condemnation live here, only love, compassion, guidance & healing from advanced souls, and tremendous support for each evolving soul.

In the Soul Plane, where the unity of all life is known and experienced directly, our Oversoul resides along with countless other souls, some with parts of themselves incarnated somewhere in the vast universe, and always with a part remaining fully whole and intact within the Soul Plane.

The part of us that still resides in the Soul Plane remains fully aware of its own soul journeys through many incarnations, yet still discovering itself. I say 'itself' because souls are truthfully neither male nor female, yet a preponderance of lifetimes as either one develops a preponderance of male or female qualities that exude through the character of the soul.

According to Michael Newton (and from insights received from my own Oversoul), the character of the soul will shift and adjust over many lifetimes as it strives toward a perfect balance between the two genders in the personality.

I encourage the reading of the above mentioned books for additional insights into the true nature of life and how the journey of souls takes place. These materials, and others like them, provide a more extensive foundational background for understanding the nature of the Spirit World so as to better grasp the purpose of the book you are now reading, *How to Communicate With Your Oversoul*.

This way you will better understand precisely who it is that you are connecting with when seeking the most personalized guidance for the issues and questions that arise in your current life.

This is your Oversoul, the part of yourself you left behind when you incarnated, and the part you will rejoin with when you return to the Soul Plane after you depart this physical plane.

In that sense you are communicating with the part of yourself that remains awake, connected to the unity of all life everywhere, fully conscious, and fully aware of your entire soul history along with the purposes you established for yourself prior to entering this physical plane of experience.

Why Communicate with Your Oversoul Rather Than a Formerly Incarnate "Master", Angel, or Entity from Another World?

Communicating with your Oversoul does not exclude the benefits of communicating with other beings. There is great value to accessing the wisdom and skills of a variety of sources, if for no other reason than to grasp the vast nature of our complex universe.

But when it comes to guidance of a personal nature, there is no other source more knowledgeable, nor more relevant to your current path, than the insights from your personal Oversoul.

From over 40 years of connecting with a wide variety of souls from various parts of our solar system, our galaxy, and our multidimensional universe, there is one thing that stands out during these brief, or extended conversations – souls incarnate on other planes, planets, or solar bodies, have their own life, challenges, limits, wisdom, and levels of understanding about what is true, or what may even be in my own best interest.

They are not all knowing, do not fully grasp the nature of life on earth, and do not always know what is in my best interest in the moment. Being invisible to us does not mean they are better suited to advise us on our personal path and purpose in life.

They have their own way of living that is different from ours. They face challenges, have families or soul groups, eat meals, sleep, deal with their own evolutionary triggers for soul growth, face wars at times, have their own “religions”, vary in their understanding of life and the universe, face mortality (unless evolved beyond that), go through their own ascension processes, and can be young, new souls, or extremely experienced, seasoned souls. It varies across the board.

So when it comes to exploring the vast universe at our disposal, contacting other worlds is eye-opening, and has its place. But when it comes to getting personalized guidance for your daily life, there is no one more knowledgeable, and no guidance more relevant, than the wisdom that you carry inside that comes from the other part of yourself *that is found within the depths of your own heart.*

This most relevant source is your personal Oversoul, the part of yourself you left behind in the Soul Plane for this very purpose.

Approaching the Material

I have been communicating with my Oversoul, higher selves, and inner guides for over 40 years, so while the conversations still require effort and developing a stillness inside, they come through fluidly once I “get into the groove” of the communication. This comes with practice and a discernment of the unique personality of each one you are communicating with.

The wisdom from my guides, Oversoul, and friends from other worlds, have provided tremendous insight into the true nature of life, and given me healing processes that offered solutions to many of my inner conflicts or curiosities.

These basic inner healing approaches became the central focus of countless hours of feeling into my own subconscious imprints and transforming them. As a result, my inner peace continuously grew and intuitive insight developed further in natural ways.

Inner clarity of heart, mind, and body is central to developing a refined sensitivity to subtle communications from other souls and other worlds. Practice is key. Trust in yourself is pivotal.

Yet perfection is not required to gain these subtle communications with your Oversoul. Everyone already has latent skills in these areas that simply need to be woken up and exercised.

How You Have Already Been Receiving Indirect Messages From Your Oversoul

If you are not already consciously communicating with your inner guides and Oversoul, then it may be helpful to discover that their messages are already being delivered to you through a variety of ways based on your areas of receptivity.

Some through dreams or visions, some through sudden inspirations, some through signs and symbols that show up in your physical world, some through deep inner questioning followed by a chance book or meeting with a friend that delivers the message in a way you can accept.

How to Begin Connecting Directly to Your Oversoul

Connecting directly with your personal Oversoul can begin by simply repeating "My Oversoul" several times while focusing your attention on your heart center with clear intent and listening, as if to a voice far away in the distance. This "far away listening process" will place your experience more deeply within your heart center where your most keen intuitive sense and the presence of your Oversoul lives.

Get quiet, relax your mind and body by taking several deep breaths, breathing in through your nose and out through your mouth until your mind is quiet and the tension in your body has released, leaving you relaxed and receptive.

This simple beginning will initiate the experience of the "presence" of your personal Oversoul.

This sense of presence of your Oversoul, felt in your heart and throughout your body, is the sensation you will be looking for prior to asking your questions and jotting down the answers. Become familiar with this overall sensation. This is the unique signature, or "name", if you will, of your personal Oversoul.

You may, at some point, ask for a lettered name, if you want, but such is not necessary at first to get your initial conscious communication established.

How to Preset the Conditions of Communication to Insure You Are Speaking to the Desired Source and to Exclude Imposters

Once you are engaging with the feeling and frequency of your Oversoul, it is a good idea to protect the session from undesirable influences.

There is a set of phrases expressing my intent to maintain clarity and accuracy that helps to set the intention properly prior to a communication. Feel free to use this, parts of this, or your own version that accurately expresses your desired intentions.

The manifest universe is guided and expressed by freewill. Intention defines the character of the choice.

If you are general in your intent, a general event begins to take shape. If you are specific in your intent a specific event begins to take shape.

Broadcasting your desire to communicate with someone in the Spirit World will reach those whom you have defined to be the recipient. If your intention does not clearly specify a single source, the message goes out to any and all who fall within your loosely defined intention.

This can be helpful if you are intending to gain a broad audience, but if you are actually seeking just a single source, then it is best to define your intention with clarity and specificity.

Doing so excludes the nefarious trickster spirits and deceivers.

Here is an example phrase that I like to use prior to connecting with my Oversoul or the Oversoul of another to gain messages of insight and support:

Clearing the Connection

I bless this dialogue with clarity, truth, and an effect that results in the greatest good for all life everywhere.

Only benevolent influences and communications, absolute truth, accuracy, precision, grounded usable information in words and concepts commonly understood on earth (or able to be defined).

I welcome the insights of my Oversoul and assigned mentors or guides , along with appropriate members of my personal council supporting my best interests during this sojourn on earth.

I reflect all intrusive, false, and disruptive input back to its source, and welcome all positive, accurate input, even when such truths are difficult to accept.

I ask for assistance in receiving your information clearly and accurately.

My gratitude to all who contribute.

It occurred to me while contemplating how best to explain how to go about communicating with your Oversoul, that the most obvious method would be to simply let my own Oversoul deliver this important message.

As my Oversoul references below, there are several more important concepts helpful in order to feel comfortable with the insights you are receiving and make good use of them.

The following communication is provided to gain a deeper understanding of the process and the most effective ways to get specific questions answered as the interest arises within you.

No longer dependent on outside sources (though not to be excluded), you will have ready access to the most personalized array of information possible at anytime of day or night that you are able to enter into that suitable frame of mind, then ask and listen.

Let's begin.

How to Communicate With Your Oversoul

Simplistic Steps to Receiving Personal Guidance From Your Fully Awakened Self

Michael: I am writing a beginner's guide to communicating with Oversoul. Would you be willing to share suggestions from an Oversoul's point of view, as a recipient of our earthly questions and concerns, what is the best way for us to approach these direct conversations?

Oversoul: There seemingly are many ways to communicate with and receive messages from an Oversoul, but in truth there is only one: *from your heart*.

This is the home of your soul. Within the heart's vibration is where the voice of your Oversoul is heard and felt. Nothing else matters more than this.

If you listen from your heart you will hear the voice of your "other self", the wisdom that has lived within you from your first breath and before.

1. Direct all thoughts coming and going through the heart

So the first "step" is to focus your attention on your heart energy, then relax and bask in a sense of knowing that the information you seek is already within you. This is a most important beginning, for the mind will need to relax for the clear signals to get through.

Worry, stress, and "trying" will delay and distort the accuracy, for if you are looking for messages to enter your head first, and not your heart first, followed by your mind, it will be too easy to get a garbled, confused message, or none at all.

Direct all thoughts to come and go through the heart, then they will find their right order, with meaning attached.

Let me take a moment to explain how and why this works.

Life centers itself around the Center of Being. Look at the alignment of the energy centers or chakras. There are three above and three below the heart in the middle. This can be extended to encompass even more chakras, yet still there will be corresponding balance elsewhere in the aura. The left hand center is balanced by the right hand center. The soul chakra above the crown is balanced by the earth star below the feet, and so forth.

Why so much attention centered around the heart? Because it is the central focus within all life. From the heart all manifest creation is formed. This is the beginning and the end of all life experience, without exception.

When healings take place it will be noticed that the heart feels more whole, more full, more alive. This is because the issues of life come about due to the absence of love, not the fullness of love; so returning back to the fullness of your heart's expression is the final solution.

Wholeness is achieved when the heart has balanced all extremes, giving order and right placement to the many facets of living.

True meaning cannot be discerned through the mind, only through the heart where mind and emotions, and all else find their right place in cooperative wholeness.

So, to communicate most effectively it is important to generate your intent to know or discover truth, first from your heart, before looking to the mind to fulfill its function of giving shape and definition to feelings and sensations.

The mind has its right place, it is not to be excluded, just placed in service appropriately – at the direction of the heart.

2. Understand the responsibility to be in a receptive frame of mind

Second, the time and way to ask questions of your Oversoul is to be taken seriously. Openness and receptivity to subtle impressions is imperative, for seldom do we break past your walls of resistance to bring home a message.

At times this is necessary, if you set the stage for such through a willingness to spare your life, for instance, when lost in the woods, or about to hit a bridge after falling asleep at the wheel and it is not your time to go.

But if you are resistant to listening to wisdom, or are angry at life and God for some unfortunate set of circumstances, then your own angry voice will drown out the wisdom of your soul.

Understand the responsibility to be in a receptive frame of mind. You are not alone in this world, even if it may appear that way. There is always a comforting presence nearby or within you, if you will but take the time to feel and know that life is simply built this way to support all souls incarnate, regardless their path or purpose or mistakes that may have been made.

It is not our place to judge you, and certainly not decide upon a punishment, for such is counter to the true essence of Love Unconditional.

If you cannot make a mistake without the opportunity to learn from it and freely choose another path next time, then what purpose would there be in allowing such possibilities to be put before you at all?

There is order and structure to the nature of Love, it does not violate its own intrinsic makeup. Allowing mistakes, chaos, or confusion to be created by a yearning, evolving soul is expressive of a wholly accepting parent, one that allows for miscreations and mistakes, along with their natural pain and misery, so an education from the experience can form greater compassion and understanding within the soul's pursuits of purpose.

Your questions are part of this process. Yet, if you block the answers out of a sense of guilt or judgment, how are we to communicate with you other than to surround you with an aura of love? If you condemn yourself, then even that blanket of acceptance surrounding you will not be felt.

So it is important that you predispose yourself to listening for the types of communications that are characteristic of the ones you will always receive from us who live in a plane surrounded by unconditional love and acceptance for all.

Expect to hear wisdom filled with love, for that is what our world is composed of. How else could we respond?

3. Expect to hear an answer filled with love, wisdom, and usability for the moment.

Third, it is important to note that you are on a journey with challenges and uncertainty built in. These are the hurdles you asked to be part of your sojourn. It is simply about practicing a skill, nothing more.

A master craftsman of wood will begin with simple construction tasks and, by choice, take on more complex wood carvings, or sculpture, or building projects. With each new endeavor the skills required to complete the task are developed during the project itself, not before in most cases, unless essential. It is in the doing that skills are honed, mistakes are made, and perfection is ultimately accomplished.

Why would this not be the same in choosing a life? Challenges and hurdles are part of the experience, by design. Questions are asked by those souls wise enough to know how and why their questions are part of the discovery and the honing of skills.

So ask often and listen deeply, silently, with a receptive ear that looks for and expects to hear an answer filled with love, wisdom, and usability for the moment. Anticipate this, for that is the direction your answers from your Oversoul will come.

This may not be the answer format of guidance from nefarious incarnated ones in the Spirit World that pick up on your doubt and fear or self-interest and insert their own messages to throw you off track.

If you are not certain, go back into your heart. Feel your incoming message there first before putting words to them. Then translate those feelings from the wisest part of your own self, meaning, imagine your wisest, most loving self living within you offering the guidance you seek. This helps to align your heart once again with a message from a plane that exists only in love.

Expect the challenges in your life to hone new skills within you, develop qualities of character, expand your love's capacity to new levels, grow compassion into the tone of your voice, and see differences and challenges as complementary to your walk through life.

Hurdles exist for your benefit, trust that nothing in your life is by accident. Its purpose may be hidden from you today, but as you grasp the greater picture of your life purpose, it will find its place inside of you.

So ask for clarity as often as you like. This is how the wisest souls grow the fastest. Curiosity fuels the fire of passion and passion leads you to fulfillment of purpose through the understanding of its right place in your life.

4. When and how to ask your questions for the greatest of clarity

Fourth, timing of your communication when addressing your Oversoul. Understand that your Oversoul lives in the Soul Plane where time does not exist. We live in the ever present Now. So there is not a time in which we are not available to you.

We can split our consciousness, if need be, to converse in more than one or two conversations. This is common, and communication takes place much more rapidly here, so your answer from us is commonly formulated in less time than it takes for you to ask your question.

We hear your intent more so than your words, though your precision of wording is important and needs to reflect your true intent. The two need to be intertwined as one for the greatest of clarity.

Since words cannot be fully precise as to meaning and purpose, add feelings consistent with your intent to the wording in order to complete the message. We hear your heart before we

hear your thoughts, then we look for your thoughts to understand how consistent your desires are with the words presented in your mind.

When the two are incongruent we know you are unsure of where to place your energy. For energy creates, and confusion as to where to direct the focus of your intent will show up in the words you use to phrase your questions with.

An example would be, if you are inwardly seeking to know if a certain move is right for you, but ask if you should stay in the relationship you are struggling with, then it is clear that the matter of relationship will first have to be addressed before moving to a new location can be addressed (the true underlying intent of the question about the relationship).

The heart already knows the answer to the relationship question, yet the mind has obscured the answer. Guilt, fear, survival, distrust in life, etc. have overlaid the answer preventing the true intent, the ideal new location (which is also being drawn from the heart), from being recognized.

The solution is to *feel* the questions arise from the depths of your being. If you add a vision of joy to the question, *knowing* your answer will be clear, appropriate, and usable in the moment, then the true intent of the heart can be known consciously by you, and with that will often come the knowing of the answer to the words proposed, in this case, the words asking about the relationship.

You can circumvent many long hours of question and answer by simply staying in the depths of your heart during the process of both asking questions and listening to the answers.

5. Keep a Journal

Next, it is important keep notes, or a journal, whether written or recorded, of the messages you receive.

During the process of seeking guidance and listening to your Oversoul, if you center your focus from within your heart, you will enter a slightly altered state, one that is not common to the daily affairs of living.

Of course, you could choose to live in a state such as this, but that is not common at this point in human evolution. That day will come as it is seen to be the most fulfilling way forward in life, but not to be expected today given the nature of your sojourn thus far with the human experience.

When the inner communication completes itself and you return to the "outside world", so to speak, the messages you heard will not sound or mean the same to you as it did under the slightly altered state.

This is because, as the heart opens, the mind shifts gears to be more subservient to the heart, and when the mind is refocused on the daily cares of life, it is commonly given center stage again, resulting in a slight closing of the heart space.

The altered state diminishes and the messages, when reread or listened to, will not “sound” the same. They will not mean the same as they did while in the altered state. You will need to tap back into that heart space to grasp the fuller meaning of the messages.

By tuning in again to your heart with the same expectant, optimistic approach as before, that slightly altered state will return and your message's true meanings will once again be revealed, only this time even more information can be derived from the words, for the intent of the message will have had time to settle into your subconscious mind and connect itself to your greater life purpose.

This sets the stage for a deeper connection to the message's true meaning that reaches beyond the limits of the actual words themselves.

Conclusion

So, in a nutshell, you have the several steps, if you will, through which to achieve insights into your life's purpose and answers to your most troubling questions. Follow each one succinctly and a fluidity of concepts and ideas will begin to flow naturally between you and your Oversoul.

With practice this will become second nature as channels, now closed or narrowed within the heart, are widened and set free. This is another way of saying the heart is being healed, for to accomplish this form of communication it progresses according to the heart's readiness and openness to receive the love and care that can only come from a source that only lives in that degree of love, compassion, wisdom, and acceptance.

Getting to a place of greater heartfulness in your life is another matter altogether, for to fathom the depths of the heart is an eternal process, one undertaken by every soul ever given individual existence.

That is a subject for another course of communication, yet much can be healed and opened with the above steps alone, for effective inner healing also follows the practice of healing the issues of life via heartfelt listening to the love and wisdom that reside within all.

Michael: Profound... Thank you. Even after all of these years, I am seeing our communications in a different light.

I have a question about directing the initial contact to the correct source. I speak to entities from a number of celestial bodies, as well as to the Soul Plane where you reside. Directing communication to my intended audience seems important so as not to draw in “nefarious incarnated ones”, as you mentioned.

How best to insure that we are actually connecting with our Oversoul, even if we are not perfectly healed in the heart or sure about who our Oversoul might be?

How to know when you are connected to your Oversoul

Oversoul: This is true, the direction of intent is important for communications across the board for the vast majority of life elsewhere, for telecommunication is most common and is learned early on how to direct the thoughts to reach the desired target group, or narrow the beam of intention to just a singular source.

Because telepathy is not common on earth at this point, thoughts are randomly scattered out without precision intent, believing no one else is able to listen in on the inner dialogues taking place. This lack of discipline in the production of ideas and internal dialogues has been the source of many telepathic entities' casual pastime enjoyment.

When communicating with your Oversoul, you cannot miss your target if the focus of your intent is directed through your own heart, where soul presence is felt most. It is for this reason the suggestion was made to direct the focus of your question from "the heart with feeling".

This eliminates the chance of getting outside "voices" if your intent is pure. By this I mean, if you are genuinely seeking an answer, and there are no hidden motives that support the ego over "love for the common good of all life everywhere", then your intent will find its target easily and clearly.

Simply concentrate your heart energy on the best image or sensation of "Oversoul" you can tap into, and the correct target will feel the "tug", so to speak.

If you broadcast your intent outwardly, as if your Oversoul were "out there somewhere", the entire universe of oversouls and entities alike resonating to the quality and tone of your broadcast will be able to pick up on it and tune in, or comment if need be, to satisfy your need.

Impersonations have been known to happen, both from positively-intended souls and those with nefarious intent, under these circumstances.

The vast majority of the universe is positive by nature, but when one's own vibration has aspects of self-serving qualities in it, there is a magnetic attraction toward souls of a similar nature, who are allowed by the Laws of Freewill, to answer your call.

Such calls have given birth to new religions on your planet throughout history, but this does not mean that such mistakes cannot be corrected or discerned for what they are, once an individual goes inside and compares the nature of how the answer feels with the pure resonance of love, acceptance, and compassion common to the Soul Plane.

It is about gaining exposure to purity of intent and purpose that allows one to make these kinds of comparisons. Direct the message through your heart first before accepting it blindly. The heart will then feel the differences and warn you in advance.

The way you will know that the message is from your Oversoul and not from an “outside” source is when the message gives you peace. Look for that peace, the knowing of rightness. It answers your question at a level deeper than originally asked. The result will be peace. This is how you will know.



Michael King is a Life Enrichment Consultant, a natural intuitive, a researcher of Nature's most powerful healing resources the world over, and the developer of over 40 herbal formulas. He designed the [Gentle Art of Self-Healing](#) to accomplish the inner work, and is the author of "*Detoxify, Nourish & Build – Three Essentials for Vibrant Health*" and the [Vital Health News Updates](#) – a periodic newsletter documenting the most life-building natural resources on the planet. His latest service to others is focused around sharing life-changing messages from his Oversoul, [Life Chats with Oversoul](#) and [How to Communicate With Your Oversoul](#).

Struggling with physical, mental, emotional, and spiritual issues from early childhood forward, answers were sought and found, culminating in the formulation of Life Enrichment Protocols, among which include the above concepts and techniques that begin producing inner results within minutes. Michael is also an advocate of sustainable gardening, environmental responsibility, and an architect of ways to increase global food production.

His website is: www.VitalityHerbsAndClay.com

Initial Oversoul Connections and Intuitive Assessments

If you feel you prefer to be guided through your first contact with your Oversoul, or wish to receive a pertinent message about your life, you may schedule a **Private Consultation** via phone, Zoom, or in person. To set up an appointment call 541-482-9633, or go to: www.vitalityherbsandclay.com/pages/nutritional-and-intuitive-consultations to learn more about the Private Consultations and what to do in preparation.

*Many blessings of health and success.
Enjoy the quiet moments of revelation with your oversoul!*