

Asking for the highest

The best things in life aren't things.

—Art Buchwald

What would happen if, instead of only asking God and the universe to improve outer things like relationships, finances, health, or career, you began asking instead to become free?

Jesus' teaching to "*Seek ye first the kingdom of Heaven and all things will be added unto you*" is not just a religious statement, but also a metaphysical law of the universe. Keeping your eyes on the highest prize helps you attract experiences that are clear, uplifting, good, and strong.

Once you rise above the limited levels of illusions, lower emotions, and low self-esteem, blessings come to you more easily — even when you're not actively seeking them. You don't have to grab, but simply receive. You begin to experience a taste of heaven even in the midst of your life on earth.

Here is an example of how to ask for blessings in an open-ended way: I ask for divine grace, ultimate fulfillment, deeper meaning, positive growth, reverence and awe, imminence and transcendence, a blazing life and a glorious death, all in harmony with the Highest Good and filled with unexpected and unfathomable blessings, as I shed layer after layer of illusion, and move into ever new, ancient, exciting and restful waves of life as a divinely inspired human being on this earth and a pure soul beyond this earth. May a benevolent universe fulfill my highest aspirations and release the lower ones in a harmless, appropriate fashion. May everyone in this world and beyond be blessed with everything they deserve in a kindly, forgiving, and loving way.

Empowering your good desires

Once you've uncovered and clarified your greater goals and aspirations, then you can use metaphysical tools to envision and empower those goals. Become aware of how you think and speak about your goals. Imagine how you will feel once you've achieved your aspirations. Some like to create inner or outer visualizations or collages to bring a positive vision of their highest goals into all the layers of their mind.

Always be sure to keep the door open for results that may be greater than what you've chosen to envision and create. Trust that if something doesn't happen according to your desires, it still may be a positive blessing in the long run. The universe has a much bigger canvas upon which to paint your life than you do. Therefore, instead of coming up with a very tight description of what you want, your best bet is to focus on the essence of your greater goals.