EADRIEL

# Higher Self
# *Clarity Reading*

PREPARED FOR

*Mira*

EADRIEL-REAL-0001

25 August 2026

*A conversation with the wider part of you.*

REAL CLIENT READING — NAME CHANGED FOR PRIVACY

# Opening message

Dear Mira,

We welcome you today, and we are happy to answer your questions.

The first thing we want you to know is that everything is okay. You do not need to be afraid that you are lost or doing life incorrectly. We are with you, observing and guiding you, even during the times when you cannot feel that guidance.

One of the most important things for you to learn now is how to recognize our guidance and trust it.

Very often you follow the mind instead. By "the mind," we mean the stream of thoughts, worries, predictions, analyses and stories constantly running through your head. The mind is useful, but it is not you, and every thought it produces is not necessarily true. It can be convincingly wrong.

Imagine your thoughts appearing on a television screen. You can watch them without climbing inside the television and becoming part of the story. A thought may say, "Something terrible could happen," or "What if my future goes wrong?" You can notice that thought and allow it to pass without following it.

Much of worrying about the future is unnecessary because the mind is trying to predict something that has not happened. It creates possible futures and then reacts emotionally as though those possibilities were already real.

Instead, begin learning the difference between anxious thinking and intuition.

Intuition is usually quieter. It may come as a simple knowing, a feeling in the heart or stomach, a first impression, or a gentle sense of "yes, this way" or "no, not this." This is one of the main ways we communicate with you.

QUESTION 1 OF 3

## *What should my focus or purpose be in this life?*

Your purpose is to bring love into the lives of other people and to become a channel and presence of love.

This does not necessarily mean that you must find one special profession, become a spiritual teacher, or accomplish some enormous mission. Purpose can express itself in ordinary moments.

It can be how you speak to somebody who is suffering. How you treat your family. How present you are with a friend. How you respond to somebody who needs kindness. Sometimes simply being peaceful and loving in the presence of another person changes more than you realize.

The specific form of your purpose will unfold gradually. You do not need to understand the entire plan now.

We will guide you through intuition in individual situations. Your task is to become quiet enough to hear that guidance, and then courageous enough to trust it.

A simple practice would help you greatly: spend about 20 minutes in stillness each morning.

You do not have to achieve some special meditative state. Sit quietly, breathe, allow the thoughts to settle, and bring your attention away from the constant activity of your head and toward the heart and lower belly. Ask inwardly:

"What would be helpful for me to know today?"

Then remain quiet for a little while.

Do not expect a booming voice. Guidance is often subtle.

You have far more wisdom within you than you currently realize.

QUESTION 2 OF 3

## *Why do I often feel exhausted after spending time with people?*

You are energetically sensitive.

In spiritual traditions, the word "aura" describes the subtle energetic field or boundary surrounding the body. You can think of it almost like an energetic atmosphere around you. In your case, this field is not holding your energy as strongly as it should, so interaction with other people can leave you depleted.

We especially see weakness around the second chakra.

The second chakra, sometimes called the sacral chakra, is the energy center associated with the lower belly. In many spiritual traditions it is connected with emotions, creativity, relationships, personal boundaries and the way we exchange energy with other people.

This area was affected by difficult experiences in which you felt you needed to defend yourself from people carrying heavy or negative energy.

This does not mean those people are necessarily "bad." When we speak about high or low vibration, we are describing states of energy and consciousness, not human worth.

Love, peace, compassion and joy are examples of lighter or higher states. Chronic anger, fear, hostility, resentment and despair are examples of heavier or lower states.

Because you are sensitive, you can sometimes absorb or compensate for the emotional state of people around you.

Imagine connecting a highly charged battery to a battery with very little charge. Energy naturally begins moving between them. Something similar can happen energetically between people, especially when one person is highly sensitive and does not have strong boundaries.

This is one reason you can spend time with somebody and later wonder, "Why am I suddenly exhausted?"

It does not mean you should become afraid of people. It means you need discernment and stronger boundaries.

Before beginning your day, imagine yourself standing inside a beautiful pyramid of brilliant white light. See the light surrounding you completely: above you, beneath you and on every side.

Let this pyramid represent a healthy energetic boundary.

You can still give love. You can still connect. You simply do not need to absorb everything another person is carrying.

And sometimes your intuition may tell you that somebody is not healthy for you to spend much time with. Listen.

You are not required to remain constantly available to someone simply because they are a friend or family member.

Reducing contact is sometimes appropriate. This is not punishment. You cannot do another person's inner work for them. Each person ultimately needs to find peace, love and stability within themselves.

So again, this returns to the same lesson: listen inwardly.

Your analytical mind cannot always recognize subtle emotional and energetic influences. The mind might say, "But this person is family, so I should stay," while your whole body is telling you that you have had enough.

Learn to notice that difference.

Move some of your attention out of your head and into your heart and gut. This is where our guidance will often be easier for you to recognize.

QUESTION 3 OF 3

## *How should I grieve the loss of my dad?*

Your father went to the Light.

By "the Light," we mean the spiritual state or realm people return to after physical life. He is healing, learning and integrating the human life he experienced here.

He wants you to know that he loves you.

He is aware of you, and he does not want his departure to become a reason for you to stop living.

He wants you to experience joy. Peace. Love. Life.

Grief is natural, but you do not need to carry grief forever as proof that you loved him.

Love and sorrow are not the same thing.

You can release sorrow without releasing your connection with him.

For this, it would be helpful for you to practice the Letting Go method taught by Dr. David Hawkins. The basic principle is simple: instead of suppressing an emotion or endlessly thinking about why you feel it, allow yourself to feel the emotional sensation directly in the body.

If sadness appears, do not fight it.

Notice where you feel it. Perhaps there is heaviness in the chest, pressure in the throat, an empty feeling in the stomach, or tears wanting to come.

Allow it.

Do not feed it with twenty more stories from the mind. Simply give the emotional energy permission to be present. Breathe. Let yourself feel it without trying to get rid of it.

Emotions often come in layers. One layer releases and another may appear later. This is okay.

Little by little, the sorrow becomes lighter.

Releasing grief does not mean forgetting your father. It means allowing the pain surrounding your love for him to dissolve.

As your meditation becomes deeper, and as the heavy sadness releases, your connection with the spiritual level will also become clearer.

In time, you may be able during meditation to experience contact with the soul who played the role of your father in this lifetime.

Do not force this.

First create peace within yourself. Strengthen your connection with us. Allow the grief to soften.

Then let whatever is appropriate come naturally.

# A final word

You said that more than anything, you wanted to hear what was most important for you to know right now.

It is this:

Learn to listen within.

You are loved. You are guided. You are not walking through human life without help.

Imagine life as a labyrinth. From inside the maze, the human mind can only see the walls immediately around it. It worries because it cannot see what comes after the next corner.

We see the maze from above.

This is why intuition may sometimes guide you somewhere that does not initially make logical sense.

Practice becoming quiet enough to hear it.

Observe your thoughts rather than automatically believing them.

Protect your energy without closing your heart.

Be discerning about whom you spend your time with.

Allow grief to move through you rather than becoming part of your identity.

And begin giving yourself those twenty quiet minutes each morning.

You do not have to learn everything at once.

Connection becomes stronger through practice.

We love you, and we will continue guiding you. Learn to listen less to the noise in your head and more to the quiet knowing in your heart and gut. Life will become easier to navigate because you will no longer feel that you have to solve the entire labyrinth with the thinking mind alone.

With love, Your Higher Self

EADRIEL'S OWN EXPLANATION — NOT AUTOMATIC WRITING

# A note from Eadriel

> This reading is real, and it was given to a client. It is not a demonstration written to sell something.
>
> Her name has been changed, and one clause in which the Higher Self thanked me by name has been removed. Nothing else in the message has been rewritten, tidied or improved. The questions are hers. The answers came through automatic writing exactly as they are printed here, in the order they were given, including the passages that are plain or repetitive. I have not edited them to make them stronger.
>
> The wording may feel simpler than you expect. That is how it arrives. What look like ordinary sentences are often the ones people return to months later.
>
> This note is my own explanation, and it is separate from the automatic-writing message.
>
> *This note is my explanation of the process. It is separate from the automatic-writing message above.*

# A note on this reading

This reading is a contemplative and intuitive exploration. It is offered as reflection, not as medical, legal, financial, or psychological advice. You remain the author of your own decisions.

If anything here brings up strong feelings, please reach out to someone you trust, or to a qualified professional. The work Eadriel offers is a companion on the path, not a substitute for clinical care.

*With warmth,*
*Eadriel*