

THE  
HIGHER HELP  
METHOD

STOP TRYING TO MANIFEST AND LET  
THE UNIVERSE GUIDE YOU

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## Introduction

# STOP TRYING TO MANIFEST . . . DO THIS INSTEAD

IT WAS THE SUMMER OF 2012, exactly one year after I left my job as an executive editor for a magazine in New York City so I could pursue my own business full time, which back then was an online spiritual magazine. I remember leaving the office for the last time with a huge smile on my face, and I practically skipped out the door with excitement for my future. Fast forward twelve months later, and I was struggling. Neither the business nor my finances were growing the way I had hoped. I felt defeated, frustrated, and alone, and the thought of going back to a full-time job, working for someone else, scared me even more than going broke.

I finished my morning meditation in front of the small altar I had built in my bedroom, and my heart felt heavy. In front of me were statues of the Blessed Mother and Buddha along with a variety of crystals, a lit candle, and the strand of rosary beads my mother received as a gift from a friend who visited Jerusalem years ago. My eyes rested on the rosary beads, and I thought about how special they were to my mother because of how special the Blessed Mother was to her and her mother, my grandmother Rose. I thought about how I used them to pray for my mother when she was on life support after a brain aneurysm three days after Christmas in 1999—and then again when she died a day later. I

asked that she be guided on her journey to the other side and that I be given the strength to survive her death.

Growing up Catholic, prayer had always been a part of my life. I remember my mother sitting at the edge of my bed on more than one occasion during my childhood, offering me a prayer card for Padre Pio, the patron saint of stress relief, or Saint Jude, the patron saint of hopeless cases, and telling me to call on them for help with a challenge I faced at the time. During my childhood, I was taught that when you couldn't find something, you prayed to Saint Anthony, the patron saint of lost things, to help you find it. If we wanted to sell a house, we buried a statue of Saint Joseph in the ground outside and asked for his help because he is the patron saint of house sellers and buyers. When we wanted nice weather for an outdoor event, we placed the statue of the Blessed Mother in the window and asked her to bring it. In my family, when crisis hit, we prayed for help and guidance.

On that summer morning in 2012, I looked at those rosary beads, and instead of blowing out the candle and starting my workday like I always did, I decided to do something different. I decided to say a prayer asking for help with my business.

I closed my eyes and silently called in my angels, guides, loved ones who have passed on, and all those in my soul society, which is what I call all the higher helpers on the other side, assisting me on my path whether I know them or not. I asked to be directed through signs and synchronicities to the ideas, opportunities, people, and resources that could help me move forward, and I asked for help in recognizing them when they arrived. Then I started my day. Less than two weeks later, after repeating my prayer each morning, I started noticing help arrive.

It began with an email inviting me to sign up for a free online summit for entrepreneurs, featuring more than twenty experts sharing ideas on increasing prosperity. I attended and enjoyed listening to the advice, but soon realized I was guided to this summit for so much more. The format grabbed my interest, and as I was listening each week, I started thinking about how I could replicate it to create my own summit. I did research and found someone who helped people run them, and when



I saw the person's name, I remembered them working with a woman named Dana Wilde, whose emails I received in the past on a summit teaching mindset strategies. I decided to reach out and ask if she would be willing to chat.

I still call Dana one of my Earth angels because not only did she help me by advising against hiring the person she worked with because of a disastrous experience she had with them, but she also became instrumental in helping me launch my first-ever “Living an Elevated Existence Mind, Body, and Soul Summit” in only a matter of months. This summit helped me add thousands of people to my email list, and through it I earned more money in three months than my business had since its launch four years prior. It also introduced me to others as a spiritual teacher and not just a magazine owner. I taught my first class on how to notice signs and synchronicity from the Universe and loved ones on the other side—which years later led to my bestselling book, *The Universe Is Talking to You*.

That is what happens when you ask the Universe for help and allow it to guide you forward. As soon as I asked, the Universe got to work directing my attention, dropping ideas into my mind, lining up synchronicities, and moving me beyond what I could have imagined at the time. And prayer is only one aspect of my Higher Help Method, which you will learn in this book.

## WHY YOUR MANIFESTING ISN'T WORKING

I know there are areas of your life you want to change for the better. You want to make more money, find a new partner, improve a relationship, start a business, change your career, or heal your body, and my guess is you've been trying hard to manifest these changes in your life for a while. You've probably read books, taken classes, worked on your mindset and beliefs, recited affirmations, sat for meditations, created vision boards, and written in a gratitude journal. If you have been doing any of these things, take a minute to pat yourself on the back because they are amazing tools to help you create change in your life.

But let me ask you a question. Have these tools worked for you consistently, or are you still struggling to see the changes you desire?

If you are still struggling, and my guess is you are because you picked up this book, I have good news for you. There is another way. There is a less stressful and more joyful way to create positive changes in your life, and it starts with a critical piece you've likely been missing. Most people are doing a lot of trying, but they are doing it alone without the help of an all-knowing, all-seeing, creative powerhouse filled with magic and miracles available to every single human being in this physical world. I'm talking about the Universe and its boundless, loving energy radiating all around you. It's there right now, waiting for you to tap into it. Instead of trying to create change on your own, wouldn't it be easier to partner with that energy and allow it to guide you toward what you desire—or even something infinitely better?

Whatever it is you are trying to manifest, whatever changes you are trying to make in your life, and whatever problems you are trying to solve, I want you to stop trying so hard and, more importantly, I want you to stop trying to do it alone. You were never meant to manifest, solve problems, make decisions, or figure anything out in life by yourself. You have direct access to the Divine, along with a supportive and specialized team of higher helpers, to assist you. The Universe, your angels, guides, loved ones who have passed on, and an infinite amount of other higher guides are standing by ready to help. And they are the ultimate psychic team because they know and see everything you don't. They access the higher plan for your life, see the best path to take, arrange meetings with the perfect people to assist you in getting there, and help you avoid roadblocks along the way. In my own experience, and from what I've witnessed with my students and clients, without Divine help and guidance, it's much harder to make progress and in many cases we find ourselves stuck or going in circles.

I know this because I've been there. I've felt the frustration, hopelessness, and stress of not making progress while longing for the changes I wanted to see in my life. In fact, there was a time in my life when I was stuck in almost every area. I was working at a job that paid the bills but

made me miserable. I started my own business on the side, but it wasn't turning a profit. I had been single for years, and my health and chronic symptoms just kept getting worse. I would beat myself up thinking I was obviously doing things wrong since other people were manifesting what they desired while I watched from the sidelines wishing it could be me. It was from this place of unhappiness that I began creating and combining spiritual tools in an effort to manifest the changes I desired, and while I had no idea at the time, I was formulating what I now call the Higher Help Method. Using this method, I consistently and deliberately began asking the Universe for help and using specific spiritual tools to harness its energy and manage my own.

That is when things finally started to flow into my life with more ease. I met and married my amazing husband, my business took off and continues to grow in exciting ways, I wrote and published a bestselling book, and my health keeps getting better, despite doctors telling me it wasn't possible. And I know the method will do the same for you.

It's time to take a deep breath and drop the burden you've been carrying on your shoulders. You are not doing it wrong. You are not alone. Creating the changes you want to see in life is not a solo job. You are meant to be part of a team, and you are only one piece of that. It's time to bring in high vibrational partners to support and guide you in this process so you finally start moving toward the life and circumstances you desire—and in many cases, moving even further forward than you could ever dream possible. When I asked the Universe for help growing my business in 2012, I had no clue it would lead me down the path of teaching others how to ask the Universe for help and how to receive the guidance it sends. I just wanted to bring in more money. The Universe always knows better than we do. When you start trusting and allowing it to take the reins, it will lead you beyond your wildest dreams and into a life you love waking up to each day. Are you ready for that? Let's go!

## A NEW WAY TO CREATE CHANGE

The Higher Help Method is a brand-new way to solve problems, make positive changes, and move toward health, happiness, and love in all areas of your life with more ease. This method creates a partnership with the Universe by consciously asking it for help, using tools to harness its powerful and positive energy, and then allowing it to guide you toward the changes you desire—or something even better. Instead of panicking, stressing, worrying, and working yourself into a frenzy of negativity when an unexpected challenge pops up in your life that you don't know how to handle or solve, ask the Universe for help. Instead of obsessing about things not changing or getting better in some area of your life, turn it over to the Universe and allow it to guide you to the solution. You can even call in assistance to shift your mindset so you hold more positive thoughts, and stay at a higher vibration to remain open to the guidance coming through.

We are always talking to the Universe and asking it for help through our thoughts, emotions, beliefs, and actions, but often these requests are coming from the subconscious mind with its unending programs of fear and worry about the future, its incessant stream of negative thoughts, and its tendency to focus on the problem or what is missing in life rather than a solution or what is going right. The Higher Help Method allows you to deliberately and consciously communicate with the Universe and access its guidance, and it counteracts the subconscious mind. It also puts the Universe and your higher help team in the driver's seat so they can guide you to the best possible solution instead of you struggling to figure it out on your own.

It's important to note that when asking the Universe for help, whether through prayer or one of the other tools you will find in this book, there is a specific approach I find works best, and it may be different from things you've tried in the past. A lot of people say a prayer asking the Universe to grant them a wish—to bring them exactly what they want or to make a problem or issue disappear. They want to be in a relationship with a specific person, so they say a prayer asking for that person to

love them. They want a certain job at a particular company and ask the Universe to make it happen. They are struggling with a health challenge and pray for it to be gone when they wake up the next day. And sometimes this works. Sometimes problems suddenly disappear, and things work out exactly as they had hoped. The Universe is truly miraculous, and anything is possible. However, there are many times when it doesn't work this way. They don't get the guy, the job, or the spontaneous healing, and they end up thinking the Universe doesn't care, isn't listening or, even worse, that they must be doing something wrong.

The Universe doesn't usually work like Santa Claus, where you ask for a gift and wake up one morning to find it waiting for you. Creating positive change in your life is meant to be a partnership with the Universe, and that means you need to do your part. When asking for help, instead of saying, "Please bring me what I want," and then standing by and waiting for it to arrive, I always say, "Please show me where I need to go." When I do that, the Universe responds with guidance and answers, bringing through new ideas, signs, and synchronicities. Then it's my job to act on them to move forward.

In order for this partnership to work, you need to trust that the Universe is always leading you to your highest good, even when it may not initially look or feel like it. The Universe and your higher help team have access to knowledge and resources you don't. If you ask for help to create a specific change in your life, and it doesn't happen, it's not because the Universe doesn't care or isn't listening. It's not because you are doing something wrong or don't deserve it. It's often because there is something even better waiting in the wings. Think back to the people you've dated in the past—those who, at the time, you thought were "the one." Think about the people who broke your heart and how you believed you would never find love like that again. When I look back on my past relationships, I'm very grateful the Universe didn't deliver on what I thought I wanted. I may have waited until I was thirty-seven to find my husband, but he was worth the wait. If I had ended up with someone else, I wouldn't be with him, and I wouldn't be the stepmother to an amazing eleven-year-old boy. The same is true for the jobs I didn't get

and other opportunities that seemed to pass me by. If I got everything I thought I wanted at the time, I would not be where I am in my life right now. And neither would you. The Universe doesn't make mistakes, and you can't make mistakes either because it always guides you back to your higher path if you allow it. What you want right now might not be the best option for your future, and while you may not know exactly what that best option is, the Universe always does.

When my husband and I were planning to buy a house together, we would drive around on the weekends looking at different towns in New Jersey to see where we wanted to move. We agreed on the areas we loved, and those we did not, and I was specifically against more rural towns, especially those that didn't have sidewalks in front of the homes. I even printed out a picture of a beautiful two-story house and visualized myself pulling up to it in my car and walking inside. I asked the Universe for help, thinking we would buy a house in a year or so, but a few months later a unique opportunity presented itself. The house for sale looked nothing like the one in my picture. It was a ranch-style home, set 500 feet back from the street, and completely surrounded by woods. And it was in one of the towns without sidewalks. My immediate thought was, "Absolutely not—this is not what I want. I don't care how good of an opportunity this is, the answer is an immediate no."

My husband continued to talk about how the house made sense financially, and because he did home improvement work, he could transform it into a home we would love. He even volunteered to build me a home office and meditation room in the large open basement. I still wasn't happy about it, but I eventually agreed to buy it, thinking we could always sell it in a few years.

It's been five years and I've never regretted purchasing this home. We've made a lot of changes, and still have visions for what we will do in the future, but all of the things I thought I didn't want, I now love. Walking outside and being surrounded by nature is a dream. We have a barn on our property that is home to four goats whom I adore, and my office and meditation room are better than I could have imagined.

And because our home is set back off the street, I don't even notice the missing sidewalks. It was not what I wanted. It was actually much better.

When you consciously ask the Universe for help, it always responds by lining up the perfect people, opportunities, and resources to guide you where you are meant to go—and sometimes that is beyond what you envision at the time. It may even appear as something you don't initially want. But when you partner with the Universe, trust it, and follow its lead, everything becomes easier, brighter, and more magical.

If you are stuck in one or more areas of your life right now, you are not alone. Everybody is trying to improve some area of their life, including me. Becoming stuck or unhappy is not only normal, it's also necessary. It's what pushes you to make changes, look for new solutions, try new things, and create circumstances in your life that would not have happened if you were content and happy. Life is truly a cycle of getting stuck and moving forward, so if you feel stuck right now, I want you to celebrate because it means major progress is ahead of you—and after reading this book, you will have my tried-and-true method to help you create it.

## INTRODUCING THE METHOD

Whatever you are trying to improve or change for the better in your life, using the Higher Help Method detailed in this book will help you get there and open you up to possibilities you never dreamed possible. It does this by combining specific spiritual tools to ask the Universe for help, to create a conscious partnership with it, and to harness its energy. It also takes the stress and pressure off your shoulders, which actually block you from creating what you want, because it allows the Universe to take the lead and guide you forward. While this partnership does require some work on your part, none of the tools or exercises in this book takes hours to do. In fact, every tool, exercise, meditation, and ritual is done fairly quickly, and the daily routine outlined in the introduction to part 2 takes less than ten minutes each day.

I created the Higher Help Method for myself, based on my own background and experience, including growing up in the Catholic faith, and you will notice elements from that within the method, combined with other belief systems and faiths I've been exposed to and studied over the years. As it unfolded, I had no idea it would become something I would teach other people. This method has allowed me to foster an intimate relationship with the Divine that guides me through life, and as I was creating it, I discovered the combination of tools you will find in this book that began to make a big difference in my life. Creating positive change became easier because I wasn't relying only on myself to do, say, or act the "right" way in order to manifest what I wanted. I had an entire team supporting and guiding me.

You are the CEO of your life, and if you talk to the CEO of any company—large or small—they will tell you how they rely on a team of advisors, or a board of directors, to help them make decisions and grow their organization. And they will likely tell you it allowed them to grow in ways they could never have on their own. Some of the most groundbreaking companies of our time had founders and CEOs who relied on help, including Steve Jobs at Apple, Howard Schultz at Starbucks, and Mary Barra at General Motors. While final decisions are left to the CEO of a company, just like you have free will to decide what actions to take in your life, there is always a team behind the scenes doing research, making phone calls, setting up meetings, and offering guidance.

As a soul inhabiting this physical body, you also have access to a similar team of advisors—what I call higher helpers—who are ready and willing to offer their assistance any time you ask, but your team is even better because it's filled with all-knowing and all-seeing partners. They send you the ideas, line up the perfect opportunities, arrange run-ins with the right people, and guide you to the best resources so you move forward toward success in all areas of your life. The Higher Help Method calls in that team of advisors to help guide you forward, and it offers you tools to utilize the creative and powerful energy of the Universe around you to make your path easier.



Also, throughout the book I use the term *Universe*, which is another way of saying Source, God, Spirit, or any other name you choose to call your higher power. When I refer to “the Universe,” I’m including all the higher helpers available to assist, including angels, guides, ascended masters, gods, goddesses, saints, loved ones who have passed on, and other experts on the other side. The reason I include them all together is, regardless of the belief system you grew up with, or what you hold today, you have the ability to call on any higher helpers from any religion or tradition to assist you. When your soul returns to the other side, or the nonphysical world that is your true home, you reenter a space in which there is no separation. We are all one, and we are all connected. Religion is a concept that exists in the physical world, but not in the spiritual world. You don’t have to be a Buddhist to call on Buddha. You don’t have to practice Hinduism to call on Ganesha, who is known as the remover of obstacles, and you don’t have to be a Catholic to ask Jesus or Mother Mary for help. Throughout the second part of the book, you will find lists of higher helpers representing a variety of faiths and belief systems, and it’s up to you whom you choose to work with in your life. I’ve created lists to get you started based on my own research as well as people I’ve called on for help in my life, but know you have the ability to call on any of them, either alone or in combination, or to leave out those with whom you don’t resonate. And, of course, feel free to add any not listed as well.

The Higher Help Method consists of four steps designed to work together so you consciously communicate with the Universe, harness its energy, receive the guidance being sent, and act on it to create a life you love. This is my go-to method when I need help making decisions, finding solutions to a problem or challenge, or when I’m feeling stuck in some area of my life and want to move forward faster. I hope after reading this book and using its tools, it will become your go-to method, too. It’s a brand-new way of living your daily life and one that I know will bring more ease, peace, clarity, happiness, and success into it.

Here is an overview of the four steps in this method. We’ll dig deeper into each one in the chapters that follow within part 1.

Step 1 is Clarity and Intention, where you get clear on what changes you would like to see in your life, and then set an intention with yourself and the Universe to create either what you desire or something even more amazing.

Step 2 is Ask the Universe for Help, where you use a variety of spiritual tools in conjunction, including calling in higher helpers through prayer and using gratitude exercises, rituals, and crystals to ask the Universe to partner with you and harness its energy in your life to create positive changes.

Step 3 is Shift Your Energy, and this is where you use simple tools and techniques throughout the day to maintain a higher vibration so that you notice the signs and answers coming to you from the Universe to guide you forward, and to stay aligned with the positive changes you desire.

Step 4 is Receiving and Acting on the Guidance, where it's your job to open up to and receive the answers the Universe sends to guide you and then take action on the ideas, signs, and synchronistic experiences that come to you.

## HOW TO USE THIS BOOK

In part 1 of this book, I walk you through my four-step Higher Help Method. Chapters 1 through 4 take you step-by-step through the process of applying it to your life. I recommend reading part 1 and doing the exercises before jumping into part 2.

In part 2 you will find a customizable spiritual toolbox filled with lists of higher helpers from all backgrounds and belief systems, crystals, customized prayers, focused gratitude exercises, and rituals based on seven major life areas: money and abundance; physical healing; emotional healing; relationships; career and purpose; fertility, pregnancy, and parenting; and spiritual connection. As I've said, I've been collecting this information from a variety of sources over the years, including cross-checking with online resources and then making my own lists. I've done all the work for you to get started, but feel free to add in your own resources to further customize anything you find in the book. After

reading part 1, choose one area of your life to start with—two at the most—so that you focus your energy for the greatest impact. Also, be sure to go back and do the clarity exercises in chapter 1 before starting to work on any new life area.

This book is meant to be a resource you return to again and again to create positive change and find solutions in life. I created this method to help myself, and it's my honor to share it with you so you create the same magic, miracles, peace, joy, and love in your life that it's allowed me to create in mine as well as in the lives of my students, clients, friends, and family members who have used it. In fact, I hope it helps you create even more.

## **Resources**

To further assist you on your path to creating a life you love, you can access audio versions of the meditations in this book, additional prayers and rituals, and other bonus content at [higherhelpmethod.com](http://higherhelpmethod.com). The indexes at the back of the book also list the higher helpers and crystals mentioned so you can easily navigate to the correct pages if searching for one in particular.

Are you ready to dive into a new way of walking through your life—with a team of higher helpers at your disposal? It all starts in the next chapter, where you will get clear on what you desire and then hand it over to the Universe to help you create it or something better.