

YOUR GUIDES

Initially, it can be very difficult for people to get out of left-brain (logic) activity and just allow the right brain, the intuitive side, to come through. What we expect to see is a figure of something that we can relate to as being human and that is what a spirit guide tries to create for you. Guides will present a face or a form that you can accept, but remember in truth, they are pure energy, or light beings. They don't really have a face or figure, but they create one so you can feel better and once you attune to it, they keep that face for familiarity.

It may take a little time for this to happen. It is important to realize that your guidance is beside you, whether you are aware of its existence or not. The limitation that you place on a belief is something only you can let go of. However, if you let go of doubt and trust the truth of their existence, you will remove your own barriers a lot faster.

Your guide is literally a "Guide", someone that was once in a physical body here on the earth plane, in another lifetime, who chose not to come back to the earth in a physical form, but to become a pupil of the astral. They align themselves with you because you are like-minded and they assist you with whatever you need help in learning. Your Guides are able to look into the future, so they are useful to clairvoyants and psychics.

Certain Guides come in to help you with certain lessons and if you learn that lesson, they will move on and a new guide will come in. These guides are helping you to align with your Higher Self. Remember that behind the face of your current guide is energy; it is ageless and timeless and is attuning to your development and wants to help you align with your Higher Self.

As you continue to work with your guidance you will flip flop between knowing it is there and doubting it, this is normal. But after a while, you will get a very real, clear perspective of the positive influence your guidance has in your life.

The Different ways you may receive messages are:

CLAIRVOYANCE – a clear vision in your mind’s eye.

CLAIRSENTIENCE – a feeling or awareness about something.

CLAIRAUDIENCE – hearing voices giving you information.

CLAIRCOGNIZANCE - a knowingness, you just know something to be true.

We have many guides in life that help us achieve our highest potential and with the lessons we came here to learn. Our guides can come in all forms including spirit guides, humans and animals. We often have many guides working with us at any given time and they can change throughout one’s life as we develop and grow. You also usually have one guide at any given time who is the lead guide, who stands out more. You can also have specific guides for different areas of your life. For example, you may have a relationship guide come in when you are looking for a life partner and getting married. Or a guide who is specifically helping you with learning, say energy healing, or herbs or acupuncture. You may also have a guide come in when you are raising a child. Each of these guides has been trained, and is an expert in this area to assist you.

LOOKING FOR YOUR ANSWER

The answer may come in any form so be open and willing to listen to them and to trust your intuition. Your guides will create synchronicity of events or coincidences in your life. Your answer may come in more than one way

so take notice of synchronicities that are being created around you. Be open minded as your guides will often answer you in a most unusual way.

You may see your answer on TV or in a paper or magazine. It could be a song that keeps being repeated on the radio. You may buy a book or open a book to the exact page that is relevant to the question you have asked or the guidance you need. Sometimes you will keep singing a song and cannot get it out of your head. Often you will meet someone who will give you the answer or a best friend or acquaintance may say something to you at just the right time that you need to hear to guide you on your path.

You may be driving somewhere and keep getting a red light or held up perhaps they are trying to stop you from going somewhere. Maybe they are trying to prevent you having an accident. Take notice if you are trying to purchase something or go somewhere and you just cannot seem to accomplish what you desire. Often, a computer won't work properly, or payments won't go through if it's not meant for you. Maybe spirit is trying to tell you that what you are buying or where you are going is not in your best interest. Your answer may come in your dreams so when you wake up try to lie in the same position for a moment or two and see if you can recall your dreams and write them down.

You will always get an answer and if your guides cannot contact you telepathically they will contact you in other ways. Take notice of numbers that are being repeated in your life such as 11:11, 222, 333 or 444. These numbers can appear on car number plates which suddenly pull in front of you or on clocks and in other ways too. Take notice when animals turn up in your life as your guides will often try to guide you with animals. If you do not know what animals represent then you might like to get a book on animal symbolism or look up animal totem meanings online.

COMMUNICATING WITH YOUR SPIRIT GUIDES

There are many ways that your Guides will let you know they are around you, sometimes during a meditation you may hear them speak to you. This is especially true when you have a profound personal problem that you need help with. The more relaxed you are, the better the communication. They also will let you know they are around by using a special fragrance or smell. Often someone who used a special perfume while alive will let you know when they are around by using this fragrance. You will usually find that you are the only one that can smell this scent. You may feel a pressure on the top of your head which is your Crown Chakra or on the left side of your face. The left side of your face is the receiving side as this side goes to the right side of the brain which governs your intuition. You may also feel as if you have cobwebs on your face. They may communicate with you through sound and you may hear bells or chimes that only you can hear. You may see sparks of light in different colors like white, blue and purple that indicate that one of your Guides is present. Eventually you will just be able to sense their presence. When you are held up for any reason whilst driving or traveling realize that your guides may be protecting you so relax and take the time to communicate to them. The more you ask for help and guidance the easier it becomes to know when you are being guided. You can ask your guides for help in any situation even to what book you should choose to read at this point in your life.

Often your guides will wake you in the early hours of the morning, around 3am, as they find this to be the time when you are most receptive. If you do wake up for no apparent reason just lie there and take notice of what thoughts come into your mind. You may be pleasantly surprised as you become aware of an answer to a problem you have been asking about. You should write down what comes into your mind as they feel

they have the need to communicate something important to you. You might like to keep a record of this in a journal. Automatic writing during or just after meditation is another way to communicate with your guides.

CONTACTING YOUR GUIDES DURING MEDITATION

When you meditate with the intention of contacting your guides they will draw close to you by changing their own vibrations to the same as yours so communication can take place. It is best to meditate in the same place and the same time if possible.

EXERCISE

This exercise will help with meeting your Spirit Guide(s).

Start by opening up – wash in white light

Light a candle with the intention that you will be protected and that you wish to contact your spirit guide or other beings of light. You can ask them to help you to contact them.

Sit in a comfortable chair, close your eyes and relax your body. Take a few moments to concentrate on your breathing, listening to your breathing and gently slowing it down. Feel all the stress and worries of the world leaving you behind.

Feel yourself walking down twenty old stone steps and as you walk down count the steps. When you reach the bottom you start walking along a path, in the distance you can see rolling green hills. You are in the countryside and you feel totally relaxed and at peace. The grass under your feet is soft and green and you are surrounded by beautifully colored wildflowers. It is dusk and the light is gentle on your eyes and you can feel a soft breeze on your face. In front of you there is a large tree with

beautiful white flowers gently blowing in the breeze. You breathe in deeply enjoying the lovely aroma from the flowers and notice a wooden bench under the tree.

You walk over to the bench and sit down and rest for a couple of moments while you wait for your Guide to sit beside you. Now you can sense the loving energy of your guide sitting beside you and see the light radiating from them. Feel that you are one with them and completely at peace. Relax and listen to any words they may speak to you. You may hear them speak their name and they may have a message for you. See if you can sense what they look like. Stay with them for a while just knowing that you are with them and feel their love and compassion for you. You feel it is time to go you stand up thank them and say goodbye. Your Guide gently places something in your hands for you to take back with you. You walk back the same way you came. Become aware of your body and where you are and slowly come back to the present. Open your eyes and think about what your Guide has given you and what it represents to you.

Regular practice and perseverance will help you to attune with your Guide. You will discover the more you practice the easier it gets and in time you will recognize your Guide's energy and personality. When you first begin to meditate, you may feel that your Guide is not there but they will be and they just need you to be patient until you can sense them. Know that they come when you call them. They love you and will always come to you when you call them.