Connecting with your Spirit Guides

Connecting to your Spirit Guides is similar to calling a best friend and having a conversation.

The biggest difference is that when you call a friend, you are using the “outer” world to make contact. When you call on your Spirit Guides, you use your “inner world” to make contact.

The key to connecting to your Spirit Guides is practice. The reason it takes practice is that most human beings don’t spend much time being still and experiencing their “inner world.” You have to “tune” yourself into this world.

Establishing communication will benefit you in many ways. It will bring you more clarity, sureness, knowing, and renewal. You will overcome many of your negative habits and be inspired to make decisions when it is best for you. You will know that all of your affairs are being managed by the greatest support system in the Universe. You will find that the greatest Teacher is and always has been within you.

Once you initiate this process it is most beneficial to continue the exercises every day (it does not have to be the same time of day).

Make sure that you have a pen and notebook handy. If you live in a noisy home or noisy neighborhood, use ear plugs to snuff out the outer world.

Choose a chair that is comfortable enough to sit in for 15 to 20 minutes and one that has back support.

The best time to meditate is when you are most alert; in other words, choose the time of day that you best digest information and have your best ideas and thoughts. For me, this is first thing in the morning. After I wash my face and have my coffee, and certainly before I read or listen to anyone or anything.

Step 1
Close your eyes and take a deep slow breath in, filling your lungs to capacity, and then very slowly exhale. Do this 8 times.

Step 2
Now, as your body begins to relax, think about this amazing Universe that we inhabit. How our planet continues to sustain us easily and effortlessly. How the sun rises and
sets each day; with no effort on our part. How our seasons change with perfect timing. How the birds know where to find food and how they soar in the sky. Think about how efficient this living, breathing planet is.

Think about the perfection of the God Energy that flows through you and surrounds you. Take a nice slow deep breath in until you have filled your lungs fully, pause for a moment and then exhale just as slowly out as you breathed in. Take another deep breath and again exhale. As you become more relaxed you will notice that your breathing is slowing down. You heart will pump slower and your body will begin to feel more at ease. At this point, you may feel warmth resonating from within you. Your toes and fingers may tingle a bit or a leg or neck or arm muscle may twitch. Allow this feeling to move throughout your body with ease, remembering that each breath contains God Energy in it. Your Guides are blending their energy with your physical energy. It is natural to feel these things. It is also natural to feel nothing out of the ordinary at all. Each person is different.

**Step 3**
Once you are completely relaxed, you will notice that you have less mind chatter going on. For a few minutes, enjoy this state of being still and going with the flow...with very few thoughts drifting in and out of your mind.

**Step 4**
Your Guides are best able to work with you when your body is calm and your mind is still. This allows them to align their vibration with your vibration. As you establish this “opening”, you are completely safe and always in control.

Envision a comfortable room with white walls and large windows that face South. See and feel the sun streaming in the windows and notice how it is warming your skin to a very comfortable temperature. There is a beautiful, soft and comfortable chair before you. It's color and texture changes as you look at it. When the color and texture pleases you, sit down in the chair. There is another chair that is just in front of you, facing you. This chair is also changing colors and textures. Now, look to the right and notice a very large, beautiful glass door with light emanating from behind it. It is your Spirit Guide. Invite them into the room and ask them to sit in the chair that is front of you. Notice the outline of light around your Guide, like an aura and as they come forward to sit in the chair that is facing you, feel the warmth of their high energy. You may or may not see your Guide clearly. They may appear as a ball of energy (like the Sun) or as a human figure or animal. It does not matter. What does matter is the quality of their essence. It should feel like pure love. It should feel like wisdom and expansion. It should feel like knowing and purpose.
Step 5
Now, ask your Guide one question that you would like for them to answer. Take time to formulate this very important question and then, with great compassion and desire ask your question. Now allow your Guide to respond. The answer may come in many different forms. Sometimes you will “hear” the answer in your head like a thought, sometimes you will see a symbol representing the answer before your eyes. Sometimes you answer comes at a different time – possibly when you are not meditating at all. For example a stranger may answer the question or a friend may call with the answer. You may receive your answer while watching a T.V. show. Your answer comes to you through a path that is most allowing for you.

Step 6
After 15 or 20 minutes, whether you have received communication or not, close the session with your Guide. Thank them for being with you and tell them you will return to this wonderful sanctuary tomorrow. Ask them to continue to assist you with this process, even while you are asleep with the Angels.

Step 7
The more you practice this exercise, the more defined your communication with your Guide becomes. As you progress in receiving communication, you can write a list of questions you wish to pose to them before you sit for each session. It is like riding a bike…..once you make the connection, it is always there for you. And each time, it will be easier to receive communication in this manner.

Every person receives communication differently. You may not “hear” or receive what you believe to be of any benefit for many months, or it may be just days or sessions away. The way to make a clear connection quickly, is to hold both the desire and the belief that this guidance is available to you.

Remember, you are NEVER alone. Just like a good friend, your Guides are just a connection away.

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