

Introduction to Spirit Guides

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Agenda

- ❖ Introduction to Spirit Guides:
 - ▶ Who and what are they?
 - ▶ What do they do?
 - ▶ How are they assigned to you?
 - ▶ Communicating with your guides

- ❖ Guided meditation to meet and receive message(s) from one of your Guides
 - ▶ Document and share messages and other impressions from your journey

- ❖ General Q&A

What are Spirit Guides?

Spirit Guides are non-physical beings:

- ❖ They've had at least one physical human lifetime on Earth.
- ❖ Can be someone with whom you have shared at least one past lifetime, and/or...
- ❖ Other spirits with particular areas of knowledge that coincide with your needs and goals in this lifetime.

Everyone has Guides, but the number that are working with you at any one time varies:

- ❖ At least 1 primary or 'Master' Guide for your entire life.
- ❖ Other Guides come in as needed to give support in areas in which they have an affinity or expertise.

Are They Angels?

No. Spirit Guides and Angels are separate, and are different kinds of beings.

- ❖ Guides have had previous human lives on Earth, whereas Angels have not.
- ❖ Guides may have completed all their karmic work and advanced beyond the need to reincarnate on Earth again, OR they may be acting as a Guide in between lifetimes.
- ❖ Because Spirit Guides have lived as humans, they understand both the big spiritual picture AND the pressures and complications of daily human life in a way that Angels cannot.
- ❖ Guides have areas of expertise from their previous human lives that they can use to assist, protect, and encourage you.

All of us also have our personal Guardian Angels, who work both on their own and in conjunction with our Guides, as appropriate.

Spirit Guides Also Are NOT:

- ❖ Usually NOT your direct ancestors or deceased loved ones from your current lifetime (although there are exceptions).
- ❖ They are NOT animals / animal spirits
 - ▶ Those are separate from Spirit Guides, who are always human spirits.
 - ▶ Animal spiritual helpers are known as Animal Guides, Animal Totems, Spirit Animals, etc.
- ❖ They are NOT fairies, elves, or other elementals. These are all separate categories of beings.

What Do Spirit Guides Do?

In general, all of your Guides aim to:

- ❖ Act in your best interests
- ❖ Support you emotionally, physically, mentally, and spiritually
- ❖ Nudge (or shove!) you in the direction that's right for you
- ❖ Protect you
- ❖ Heal you

.....And always towards love, compassion and growth.

However, Guides ***cannot actively intervene in your affairs without your permission***, due to the Free Will that humans have as souls.

Spirit Guide Roles & Responsibilities

The ultimate goal of each Guide is to help you navigate this lifetime in order to fulfill your soul purpose.

Each Guide has a somewhat different role:

- ❖ The Master Guide oversees the whole of your life — the big spiritual lessons and themes — and is like a project manager who coordinates your other Guides.
- ❖ Other Guides help you through challenges, work with your energy, and place timely opportunities in your path. They are your personal spiritual team of teachers! For example, they may assist with:
 - ▶ Your education
 - ▶ Development of certain talents/skills
 - ▶ Specific relationship lessons
 - ▶ Bringing significant people, opportunities and challenges into your life, etc.
- ❖ When you move out of a phase of your life, you may no longer need that particular Guide, so they also move on — with love and gratitude.

While your Guides work with you, they also learn from you and thereby continue their own karmic and soul development.

How Are Spirit Guides ‘Assigned’?

May I have a volunteer?

Before you incarnate, you gather together with your soul family to create your soul contract, a process also known as ‘life scripting’ — your plans for significant circumstances, events and relationships in your upcoming lifetime.

Some souls will agree to incarnate with you as friends, relatives, significant others, teachers, arch rivals, even abusers, etc.

Others volunteer — or are asked by you — to be one of your Guides, to help with whatever trials and tribulations you may encounter in your upcoming life on Earth.

The relationship with a Guide is about learning, soul growth, and development for both parties — yours and each soul you work with as a Guide.

How Spirit Guides Communicate

Guides communicate with you in many — usually subtle — ways that seem like coincidences or stray thoughts if you're not paying attention.

Note that Angels and your loved ones in Spirit use the same methods, so you won't always recognize the benefactor of these little gifts.

Here are a few ways our Guides communicate with you:

- ❖ “Coincidences”, aka Synchronicities: They draw your attention to:
 - ▶ Information, articles, websites, TV shows, books or other materials you would not normally come across.
 - ▶ A person with a significant name, characteristic, information, or a talent or skill you need.
 - ▶ Music or song lyrics with meaning for you.
 - ▶ Repeating/significant symbols
 - ▶ Numbers like 222, , 4:44am, or your date of birth, etc.

How Spirit Guides Communicate, cont'd

- ❖ They nudge your intuition — that feeling of ‘just knowing’.
- ❖ They can implant the solution to a problem or the answer to a question in your mind — it’s just suddenly there.
- ❖ They can show up in dreams or meditation as a person, Being of Light, or invisible but comforting Presence.
- ❖ They may actually allow you to see or hear them directly, especially if you are already clairvoyant or clairaudient. They can appear as an actual person, or just a spark or streak of light on the edge of your vision.
- ❖ They can arrange for you to cross paths with someone who gives you a significant piece of advice, direction or assistance, then is never seen again.
- ❖ They can guide your hands during creative or technical pursuits, or through automatic writing, or even a surgeon’s work on a patient.
- ❖ They can just be a presence that you feel nearby.

And many, many other ways.

How to Initiate Communication with Your Spirit Guides

Start by putting your intention out to the Universe and to your Guides themselves, letting them know that you are ready to consciously meet with them, open mutual communication, and deepen your relationship with them.

- ❖ Ask — out loud or in your mind — for their input, their guidance, their comfort.
- ❖ Ask them for help with a particular issue. Be patient, but watch and listen carefully for the answer in signs, symbols, meditation, synchronicities, etc.
- ❖ Express gratitude to your Guides for their past and current assistance (with a specific issue or in general), and ask that they continue giving that help and counsel.
- ❖ Talk to your Guides aloud or in your head as you go through your day, keeping that two-way connection open.

Then set aside time regularly — even 5 minutes a few times a week — to meditate or pray or just BE with the intention of receiving from your Guides. Something may come through during that time, or it may manifest later.

Meditation to Meet Your Spirit Guide(s)

Settle in comfortably now for a guided meditation, where you will journey to meet one or more of your Spirit Guides and receive a message from them.

Afterwards, you'll have time to write down the message and any other part of the experience you'd like to document.

General Q&A

Any questions on Spirit Guides, experiences with them, etc?

In Closing, Remember...

- ❖ You can talk to your Guides at any time, aloud or in your head.
- ❖ You never go through any experience alone; *they are always with you.*
- ❖ You should specifically ask for their help or guidance — they need your expressed permission to butt into your life!