

Resources for Working with Spirit Guides

Below are some resources that can be explored for information on Spirit Guides and how to work with them. There is no one right or wrong way; we are all unique, and each of us and our Guides respond in individual ways. I recommend exploring multiple resources to see what works best for you. As the great American psychic Edgar Cayce frequently recommended, "If it works for you, use it. If it doesn't, leave it!"

Books on Spirit Guides:

Meet & Work With Spirit Guides, by Ted Williams

Wisdom From Your Spirit Guides, by James Van Praagh

Contacting Your Spirit Guide, by Sylvia Browne

Spirit Guides, by Mia Rose

Books on related subjects:

Your Soul's Gift, The Healing Power of the Life You Planned Before You Were Born, by Robert Schwartz

Animal Spirit Guides, by Steven D Farmer PhD

Pocket Guide to Spirit Animals, by Steven D Farmer PhD

Animal Speak, by Ted Andrews

The Life You Were Born to Live: A Guide to Finding Your Life Purpose, by Dan Millman

Angel Numbers, by Doreen Virtue

Book of Stones, by Robert Simmons and Naisha Ahsian

Crystals for working with Guides:

Smoky quartz

Selenite

Dream quartz

Hemimorphite

Platinum (metal)

Blue opal

White Phantom quartz

Golden celestite