

## LESSON 5: SPIRIT GUIDES.

### What Are Spirit Guides.

Spirit Guide is the term used for one or more entities that watch over us and help us on our journey through our physical lives and into spiritual awareness. We all have at least one spirit guide with us at any one time; however we don't necessarily have the same guide for the whole of our life. Our Spirit Guides may change over time as we face different lessons. Some people may also have several Spirit Guides at once.

Our Spirit Guides may be assigned to us according to our interests, our creative abilities, the level of our spiritual awareness or the specific lessons that we are here to learn.

Our Spirit Guides have lived at least one physical lifetime, they may have lived in other dimensions or on other planets and they may also have lived through similar life experiences to the ones that we will face in our own lives. The one thing we can be sure of is that our Spirit Guides will be perfectly qualified to assist us on the particular journey that we are on.

### Where Do Spirit Guides Come From.

Our Spirit Guides are highly evolved souls. As such they live in a higher dimension called the Casual Plane. When we talk about higher dimensions we mean the frequency of the vibrations of energy that each plane and its inhabitants operate on. The Physical Plane where we live is the lowest dimension and therefore we have the lowest frequency. Most peoples soul will move to the next dimension called the Astral Plane. Because our Spirit Guides are more highly evolved they have moved up and beyond the Astral Plane and into the Casual plane. This is somewhere in the middle of all of the dimensions. Some Guides have even evolved enough to move beyond the Casual Plane. We will learn more about the different dimensions in later lessons.

Although we exist in a lower dimension than the Casual Plane it does not mean that we cannot access that dimension. Through the power of Meditation we can raise the energy of our conscious mind to a sufficient frequency that will allow us to temporarily visit higher dimensions.

### Who Are Our Guides And What Do They Look Like.

It is possible to find out the name and even see our Guides through Meditation. With regular use of Meditation it may be possible to use our minds eye, also known as the third eye, to see or speak to our Guides without needing to go into a meditative state. At times some people may feel a presence or a warm feeling near them. When this happens it is often our Spirit Guides letting us know they are there. Our Guides will appear to us in a form that is acceptable and comfortable to us. It may be a physical form, perhaps the body that they used in there last incarnation, or maybe a form that we may associate with wisdom like a Native American or an old Chinese sage. Some Guides may be perceived as an animal or they may not have a physical form at all but are instead perceived as a glowing light or a feeling of warmth or love. What ever the appearance of our Spirit Guides, it is in our own perception and it will be a form that is comfortable to us.

### How To Communicate With Our Spirit Guides.

Because our Spirit Guides are on a higher vibration to ourselves, communication is not as simple as it is between two people. It can be likened to using a short wave radio. If the frequency of the radio is different to that of the person your trying to talk to then you will not be able to communicate. You need to tune in to the right frequency. In the same way our Spirit Guides can lower their frequency

to a point but the messages they are trying to relay to us can be lost in the hustle and bustle of our busy daily lives. We can improve this by using Meditation to quiet our minds but we can also use Meditation to actively communicate back to our Guides. By using Meditation we can raise our own vibration frequency to better match that of our Spirit Guides thus strengthening the link. A good way to do this is through a Guided Meditation, Where you become relaxed and you are then taken through a scenario where you can meet your Guide or Guides in your mind and ask them, questions or receive the guidance and help that they want to communicate to you.

Our Guides also use other methods to communicate with us. Often they will use synchronicity. This is where there is some kind of coincidence that is meant as a message. If there is a book that they feel will benefit you, then you might hear someone's conversation about this book and then notice a copy of that same book in a shop window. Sometimes we may just get a feeling of what we need to do. It can sometimes be called intuition but it is actually a message from our Spirit Guides that has found its way down into our conscious mind. By getting into the habit of listening to and feeling our intuition we will strengthen the link between ourselves and our Spirit Guides. This would then be a great benefit through our lives. The more we practise this the more we will be able to recognise the difference between the messages that come from our Spirit guides and the thoughts that have been generated by our own mind.

Our Spirit Guides are here to help, serve and guide humanity at this time. They will never build up your ego with flattery, but they will applaud you in your progress. They are kind, caring and loving. They want what is best for each of us as individuals, but also what is best for humanity as a whole. However our Guides are not here to live our lives for us, nor will they make us do anything that we don't want to do. They can help and guide us but ultimately it is up to us to make our own choices in life.

Below is an exercise that I have developed to help you communicate with your Spirit Guides. The exercise uses a Binaural Beat Recording that is specifically designed for Spirit Guide contact. The recording helps you get past the Conscious Mind Blockages by easing you into Alpha, then it progresses directly into an exact Mid Theta Frequency where inner awareness is enhanced. It is within this state where Spirit Guide Contact becomes possible and inner notions can make it past the conscious block.

Spirit Guide Contact Exercise.

- 1, Click on the link to purchase the Spirit Guide Contact recording.
- 2, Find a quiet, comfortable place where you won't be disturbed.
- 3, Before you start the meditation, you should ground yourself as well as protect yourself. You should do this before doing any kind of meditation or psychic work. To ground yourself imagine a chord coming out of the soles of your feet and into the earth. Then for protection imagine you are surrounded by a bubble of white light.
- 4, Now take a few deep breaths to relax, then start the recording.
- 5, Listen to the recording, just concentrating on the sound to begin with, this will help to remove the blockages that your mind creates. You should do this for about 10 – 15 minutes.
- 6, Now imagine you are in a forest or wood. The weather is warm and sunny and you can see the sun's rays shining through the gaps in foliage. In front of you is a path. You follow the path through the trees until you reach a clearing.

7, You walk into the centre of the clearing, then you sit down on the warm soft grass.

8, Now briefly bring your attention to the centre of your forehead for a few seconds, during this time you should ask your spirit guide to reveal them self to you. Ask them to come close so that you can meet them.

9, As you sit in the clearing you may see someone approach you, you may see them in great detail and even see their face or you might just get a sense of their height or build or if they are male or female. Some people picture their guide as an animal. If no one is forthcoming, try to feel their presence, you may then get a sense that someone is around you. Even if you cannot see them you can still make contact.

10, Now ask them what there name is, who they are, whether they have had any incarnations on earth or not. Try to stimulate the conversation rather than just waiting for them to speak. Don't worry about being formal, just relax as you would with your best friend. Allow a question & answer dialogue to flow in your mind. Don't worry if some of the answers you receive are confusing or even if they just seem to be sounds or in a foreign language at times. The reason for this is that they are communicating from a higher vibration, which means we have to raise our vibration too. If we cannot raise it enough some of the information is lost. The recording will help to raise your vibration but you also need to practice, the more you do the higher your vibration will become, allowing a stronger connection.