

Getting Tight with Your Spirit Guides



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INTRODUCTION

Years ago when I first began my studies into spiritual topics, I was introduced to the idea of Spirit Guides found them fascinating. Yet, it took a while for me to really believe in them. It seemed to me that if I truly had Spirit Guides, I would have seen one hanging around or have clearly heard one telling me what to do by that point in my life. So, I started to do a little digging. This is what I found and have come to firmly believe after years of working with my personal spirit guides.

The reality of beings in the Astral Plane of spirits and their assistance to those on earth, has been a part of every major religion in one way or another. Whether it involves saints, angels, ancestral contact, nature spirits, or ascended masters, mystical experiences mentioning some type of helper spirits are universal.

Some assume that all spirit contact is evil. They decry Bible and verse to back this up. Some argue that to contact spiritual beings, one must go through highly ritualistic preparation. Otherwise, encounters can be dangerous. Nothing could be further from the truth!

When we are open to the loving touch of those beyond the physical and that there are dimensions that open to us anytime we desire, a feeling sets in that we are **not** alone. Working interactively with these mediary spirits from the astral world allows a greater connection with the divine, and we have an awaking to the wondrous possibilities available to us. Our creativity and intuition increase exponentially and our lives are filled with new wonders and blessings.

In this course, I will present to you safe and easy ways to meet and work with these amazing beings that have volunteered to help us in our life's journey while on earth. I will accompany you through the passageways of life beyond the physical. Together, we will awaken new realizations, eliminate fears, and empower your life. All I ask is for you to be open, faithfully and thoroughly do the exercises presented, and allow the joy of meeting and working with your guides to enrich your life.

Hello? Is Anybody Out There?

According to recorded history, mankind has known about Spirit Guides for millennia. In ancient and indigenous cultures, priests and shamans have been known to go into a deep trance state and petition help from spirits. The ancient Greek philosopher Socrates (469–399 BC) had a particular guide he claimed was named Daimon that he was in constant contact with and that protected him as well as offering sage advice.

In more modern times, an example of a helpful Spirit Guide comes from Bill Wilson, one of the co-founders of Alcoholics Anonymous, who would often meditate and connect with a particular guide while writing his book *The Twelve Steps and Twelve Traditions of AA* (July 17, 1952). Archived letters show that Wilson enthusiastically wrote to his Catholic priest friend Father Ed Dowling, about the help and guidance he was receiving from a medieval monk named Boniface who provided the framework for much of the book's spiritual insights.

What Are Spirit Guides?

Spirit Guides are beings that come to us to assist in our life's journey. They are spirits of those who were once human and have attained a higher level of spiritual mastery. They retain an awareness of those living on Earth and volunteer to help individuals in all facets of life.

Unlike our guardian angels that protect us, Spirit Guides are primarily interested in our spiritual growth and are available to us when we are seeking advice. They act as mentors, in a sense, as they have already mastered many of life's painful lessons and in turn wish to help us as we struggle through similar experiences.

We all have Spirit Guides no matter who we are or where we come from. However, many people are either not aware of their existence or choose to ignore the idea of Spirit Guides, placing them in the category of New Age woo-woo. There are some who would like to believe in spirit guides, but the idea of spiritual

guidance being readily available to them is beyond their capacity of understanding. Nevertheless, each person's guides are often present to provide help as the individual travels through life.

Spirits guides act as our trusted friends and confidants. They have a loving, compassionate, and supportive attitude toward humans. Spirit Guides have our best interests at heart but can only help us if we allow them into our lives. They usually do not offer advice unless it is asked for although they will sometimes need to get an important message to us regardless.

Spirit Guides are nonjudgmental. They allow us to make mistakes, even after going against advice offered. They will not say, "I told you so." They will always be there the next time to assist, no matter how often we make the same mistakes. They understand the human condition and realize that sometimes mistakes need to be made to learn valuable life lessons.

Often times, when a person is in dire straits, they will cry out to God for help. The help will come immediately from their guides, even if there is no conscious awareness of them. Sometimes the requested help may come in strange or even bizarre ways we would have never thought of on our own.

Spirit Guides are not present 24/7. They keep tabs on their human charge but will come and go, as they have other humans in their charge. They will not tell someone what to do but will offer guidance and options. Your guides want you to be able to stand on your own feet and not rely on them for advice on every little thing.

Some individuals scoff at the idea of the existence of Spirit Guides and assert they are nothing more than one's higher self or conscience providing insight. This may be right part of the time, but Spirit Guides do exist, and having them available to us is a great spiritual resource that, if tapped into, can be invaluable!

How Many Guides Can We Have?

We usually begin life with at least five Spirit Guides, but more come to us when they are needed. Our Inner Band of Guides remains with us for our entire lifetime and are closest to us on a day-to-day basis. Our Outer Band of Guides can come and go. They are like personal trainers that mentor us. These specialist guides are only present for certain times in our lives for specific endeavors we take on. For example, learning how to play piano, learning a sport, working with computers, learning how to draw, going to school, writing a book, becoming a medium, and just about any other kind of creative, spiritual, or mental effort. They are also there for us if we go through trauma, grief, or illness. Some people find the number of guides to be between 1 and 8, however, this can fluctuate. For example, if we go through something new and unusual that entails just one afternoon, a new guide E

Easy Exercise: Get relaxed and tune in with your higher self by moving your awareness upwards. Ask the question, “How many Spirit Guides are with me right now?” The first number that comes to you is usually correct. It can be anywhere from 3 – 18 or more!

What Do Our Guides Look Like?

It’s amazing to me what people often imagine when picturing a spirit guide. More often people do not envision their Spirit Guides as modern-looking people but rather as exotic-looking individuals; however, this is often how they will appear. Yes, there are times when a Spirit Guide *might* look exotically dressed, like an Eastern guru or Native American Indian. For others, the guide could appear as a benevolent alien-type being or perhaps even a medieval Catholic monk or, in some cases, even animals. The point is, the guides you attract to you may not have the appearance you expect, but more importantly, their role is to help you in any way they can.

How Do Spirit Guides Communicate with Us?

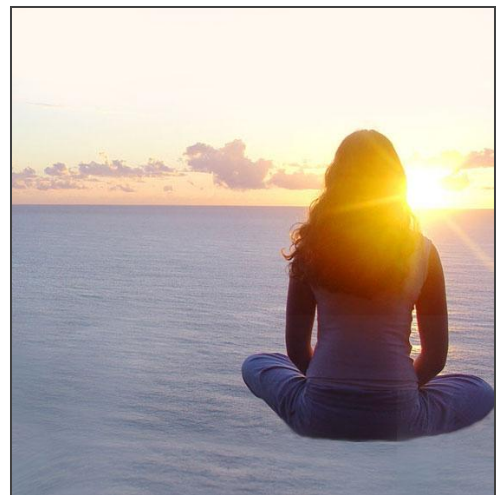
Spirit guides are known to provide insight or answer questions by way of dreams or meditation. We might also become aware of some kind of synchronicity that is too obvious to be ignored. This depends upon the awareness of the individual. Those who are aware of and connected with their guides will go into meditation to ask and receive answers. Some people use automatic writing as a way to communicate, some a pendulum by asking Yes/No questions, and some even verbally channel their guides. Your intuition will often signal a Spirit Guide is trying to get through to you by that little voice that tells you, for example, to “slow down”, “get your oil checked”, or get a physical!”

Sometimes a nudge might be felt when no one is there or a high buzzing sound in one ear might be heard; another way Spirit Guides get our attention is by little twinkling lights in the room. Other indicators might be a slight pressure on the head, somewhere on the arms, or the back of the neck. There could be a sudden chill or goose bumps when thinking about a particular issue or a slight jerk of the body like we often experience when falling asleep. More on this topic is covered later in this lesson.

Can We See Spirit Guides?

Spirit Guides are usually never seen with the physical eye. However, there are rare instances when a person *does* see one or more of their Spirit Guides while awake or in the state between sleep and wakefulness. But mostly, their presence is sensed or seen with inner vision.

We come to notice the presence of these things as being a possible sign that our Spirit Guide(s) is present and needs attention. Whenever I see a hummingbird, I suspect my guides



are trying to get my attention. However, I could be just seeing a hummingbird with no significance attached to it. How do I know the difference? Often I don't. But, I will stop and tune in with my guides for a moment and see if some kind of message is coming to me.

Spirit Guides We are Born With

The Master Teacher Guide

Master Teacher Guides are self-realized, illumined beings. This is the most valuable guide we all have. In some instances, a person may have two Master Teacher Guides. Our Master Teacher Guides is in charge of all the other guides that make up our band of guides. His principal function is to assist the living human to accomplish the purpose of the incarnation and impart inspirational information and guidance. He has access to the Akashic records (your soul lifetimes) and may arrange karmic situations for the learning experiences you need to accomplish your spiritual lifetime goals. By working to building a strong conscious connection with this guide, he will be readily available to you when you are serious about learning your spiritual lessons.

An example of how my Master Teacher Guide helped me:

*It was the year 2001, and I was feeling confused over my career direction. I had been let go from a job that had been primo. The company had been bought out by another, and **all** of us were let go.*

I prayed for two weeks over this, but no answers seemed forthcoming. I guess I wanted a magic wand kind of miracle. I finally reached out to my Master Teacher Guide imploring for help. One day in my head, I kept hearing, "Start a school. Start a school!" It hit me that this was the opportunity I had been waiting for. It was time to start my Psychic school, and I decided to do it online. I intuitively felt my spirits guides would support me on this. Imagine Spirit was born, and I have not looked back since. Thank you Master Teacher Guide!

Spirit Teacher Guides – Most of Us have a Spirit Teacher Guide

The purpose of a teacher guide is to instruct and guide you along a particular path you have chosen to follow before coming into this incarnation. Everyone has a teacher guide for their lifetime. Before we begin each incarnation, we choose one of seven roles that serve as the blueprint for all our characteristics, called archetypes. Your teacher guide will help you work with your archetype (models of people that stand as a symbol for a collection of traits) and help with problem solving, based on your needs...

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