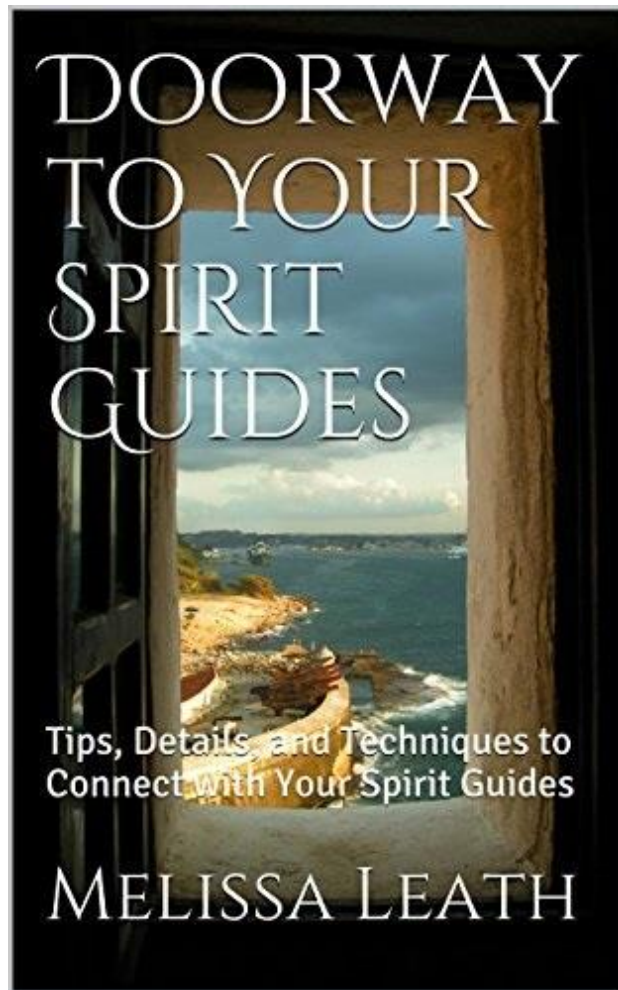


Doorway to Your Spirit Guides



A Virtual Online Course

Instructor: Melissa Leath

www.amysticsjournal.substack.com

Section #1.

Who (and where) Are Your Guides?

You are an astral being: A Spirit (that is) being Human in the physical realm. In this form you can sleep, dream, and ultimately transition out of this world. You can perceive astral and physical awareness with your five senses. You see, hear, touch, taste, and smell with senses that bring information about the world you live in to the mind. You rely on these senses for all your information about the physical world.

But if an angel stood right next to you, you probably would never know it. Your five physical senses don't tell you about other planes of existence, such as the Etheric Plane (this is where your Spirit Guides and Angels reside.) As a matter of fact, your senses can trick your ego into believing that anything higher than the dream/physical matrix of worlds has no existence at all. Nothing could be further from the truth.

There are at least seven dimensions of reality that make up our universe. These dimensions are all around you, but your senses are not able to pick up the information streaming into your brains from these worlds.

For other realities to exist, your consciousness must continually tune into and create every bit of every scene that you experience. Nothing exists until consciousness decides that it does. So, if consciousness creates your reality, why does it limit you to only astral and physical senses? This is what you are about to explore!

Question 1. Where are My Spirit Guides?

We have heard mediums talk about The Spirit World. HEAVEN But did you know there are various levels within the Spirit World? And each level has a specific frequency and purpose.

The Spirit world is right here, where we are. We don't have to travel anywhere to get to the Spirit world. It is not separated from the Earth plane by distance, as we perceive it.

The Earth plane is separated from the Spirit world by what is known as DIMENSION. The Spirit world exists in a higher rate of vibration than our third-dimensional Earth plane. From time to time, people experience an extended sense of perception, and are able to catch a glimpse of this amazing world. Mediums have trained themselves to do this, somewhat at will. An out of body experience, also known as Astral travel, happens when the spirit or consciousness moves from the confines of the body and brain, and is able to experience other worlds.

Understanding Physical vs. Ethereal Energies. Everything in the universe is in constant motion, manifested in various rates or degrees of vibration (frequency). Water, steam, ice are all the same thing exhibited in different states of vibration. So do the colors such as red, blue and green.

Different vibrations of magnetism and electricity are not visible to our sight, but can be detected by paranormal devices used today.

Many entire worlds exist in the same space we occupy, but they are unconscious to us simply because we are not "in-tune" with it. These are not places, but states of being, or spaces of awareness.

We usually do not recognize the space that our guides exist in. But it is there. They have to bump down their vibration and we need to raise ours to get the best connection.

This place is closest to your own world. Although it is not third dimensional, it reacts similarly to our 3-d world... at least that is how we perceive it. It is there and you must become in-tune with it.

Before we can discuss the area of our spirit guides, I believe it is important to understand the whole universal concept. Then we can define it down to the area of concern.

Understanding the Levels of Spirit. What is the spirit world? How is it different than our third dimension? As you grow up from a small child into adulthood, you

are always introduced to the term, heaven. Normally, it is when a close loved one dies and your parents try to explain to you about the passing of life. They really don't know what it is or how to describe it. It usually ends up being a lovely place we all go when our bodies die. And Grandma is now an angel.

But over the years, we begin to believe heaven or the spiritual world is the only higher level of vibration separate from the physical world: all spirits in the spirit world are highly evolved beings. Quite often, while discussing this work, generalities are made.

Psychic readers talk about “the material world” or “the spirit world”. This is very limiting. It completely leaves out the majority of layers that represent the vibrations of spirit.

The world of spirit is used to convey all frequencies including that of loved ones who have died. But we tend to only think of our grandparents in the spirit world. The world of spirit is very vast and includes lower as well as, higher entities. You may be aware of angels and spirit guides in the reachable spirit realm of existence.

There are also expanded levels (or other heavens) with archangels and other highly evolved entities unreachable to mere mortals, such as in the Un-Manifest, Expressive, Causal, Mental, and Emotional Planes.

These planes do not need what we know as the laws of physics. Space and time do not exist outside of the physical world. Those of us in the body are the only ones who maneuver in the third dimension and have no concept of what it would be like not to live here.

We are all part of one huge, dimensionless object made of things not of this world. Yet they are manifested in the elements of solid, liquid, gas, and the ethers so we may live and understand them with physical recognition.

Our bodies are alive because they are temporarily inspirited within a time and space window. Our souls are eternally alive because they are eternally inspirited, part of the infinite existence of all.

This is a quick list of the seven layers (or heavens) of existence starting from the highest to the lowest.

The Seven Planes of Existence

Celestial Plane

Expressive Plane

Causal Plane

Mental Plane

Emotional Plane

Etheric Plane

Physical Plane (includes astral realm)

1. *The Celestial Plane* is the highest plane of existence. It is the origin of all creation. The Creator Source (All That Is, God, or Universal Mind) creates all the other planes as a means of experience. The Celestial plane is where all creation starts and represents pure potentiality. It has no form or reason but wishes to express self. Our original genetic blueprint is designed by the Creator Source.

2. *The Expressive Plane* is the second plane of existence. It is the total expression of the desire to manifest. Still there is no time, space, or matter.

Archangels, who work as attendants for the Creator Source, reside on the Expressive plane. This collective host of seven spirit beings is known as Dhyani-Chohan. The Dhyani-Chohan is considered the intelligent force that is the means for manifestation of divine, universal thought and will. Their main focus is to manage and assist with the expressions of the higher power known as Creator Source.

This collective host of seven spirit beings is recognized by religious orders in different ways: Angelic Host in Christianity, and the Messengers of the Jewish faith. It is also known in Theosophy as “the gods” of Genesis who created Adam and Eve.

3. *The Causal Plane* is the third plane of existence. Self creates another subtle body, the ego develops. This is also known as “individualization”. At this point in the descent, an entity forms. This is generally known as “soul”.

4. *The Mental Plane* is extended vehicle known as the mental body, and two more DNA strands are formed. This is the central, neutral plane where relationship with others is explored.

The higher planes (Celestial, Expressive, and Causal) project pure energy, love, and truth; the lower planes (Emotional, Etheric, and Physical) manifest these aspects. The Mental plane holds the balance between the other six.

The Mental plane connects and interprets all the other planes within the Akasha Repository. The overall, collective knowledge of the universe is recorded here through record-keeping aspects of each plane that feed into it.

5. *The Emotional Plane* is nonphysical vehicle or subtle body to move interdimensionally, interacting with other subtle energy bodies. In order to do this, the soul essence forms an over-soul, which is a large group or composite of soul personalities. These soul personalities interact with each other and explore the world of form.

6. *The Etheric Plane* is the sixth plane of existence. Many teachings call this the Astral; however I tend to believe that astral is divided between the Etheric and Physical planes. The Etheric is a plane that quickly becomes denser. It has six or seven layers within it ranging from finer vibrations to denser vibrations. It is based in dualism, and thoughts of extreme adversity are dealt with and explored. The upper region of the Etheric plane is where the Akashic Records can be accessed. (They are held in the Mental plane but can most easily be accessed by humans from the Etheric plane.) Ascended masters and other spiritually enlightened beings reside on this plane. In past incarnations they were ordinary humans who have undergone a process of spiritual transformation. Some of these beings are considered part of the spiritual hierarchy of Earth, and members of the Great Brotherhood of Light. Examples of the Brotherhood and the Ascended Masters are Lady Master Nada, Enoch, Maitreya, Saint Germain, Kuthumi, Gautama Buddha, Kwan Yin, Mary the Mother of Jesus, Jesus, Sanat Kumara, Lord Lanto (Confucius' historical mentor), and Confucius. It is thought that these spiritually enlightened beings have united to further the spiritual wellbeing of humanity.

They remain caretakers of the spiritual needs of humanity, and act to inspire and motivate our spiritual growth.

Self creates an etheric subtle body, merges with the angelic kingdom, and creates infinite life forms in the physical realms, while it prepares for entry into the physical plane.

The higher areas of the Etheric plane have finer vibratory rates. This is where guardian angels (our protectors) reside to be close to humankind. The Heavenly Mother/Father concept also resides here. (As I understand it, this concept represents the god of Genesis and the story of creation. – up until now, Creation did not take a physical form) Also in the Etheric plane are “the elementals” (sprites, elves, ogres, leprechauns, and fairies). Widespread belief among people concerning the elementals is from the recognition of the presence of these souls guarding and protecting the earth. They help the planet rejuvenate itself when needed.

Animal totem spirits and many ancestors’ spirits also reside in the Etheric plane. Shamans can reach this place to work with the engagement with spirit, experience visions, and access power practices. Self is still unified with all other aspects of Creator Source accumulated from the descent to the Physical plane. At this point, self has twelve DNA strands collected and combined from all six planes of existence.

They represent two strands from each plane that self-traveled though (Celestial, Expressive, Causal, Mental, Emotional, and Etheric) on the way to the physical world. With these twelve strands, self was able to attune with and maneuver within all the planes.

After the physical body dies, between lifetimes, our consciousness or astral body resides in the lower area of the Etheric. Within this Etheric plane, besides the guides and loved ones with whom we communicate, are also lower entities and energies. They want to stay connected in a physical way and are focused on causing confusion on the physical plane.

It is also an area in which many lost spirits get “stuck,” between Earth and the electromagnetic grid/energy. Some are confused and do not know where they are, not able to ascend to the next level of consciousness. You might recognize these as ghosts, or discarnate spirits causing paranormal phenomena. It is necessary to be aware of these “negative” thought forms so you can avoid them.

The fall. As self descends from Creator Source, there is no physical human body until “the fall,” which occurs between the Etheric and Physical planes. Self

continues to move into more specific expression, it comes to the seventh (Physical) plane. This is where the third dimension exists. At the time of descent, we fragment from the Creator Source, and experience ourselves as separate. Access to higher frequencies, soul essence, and oversoul are cut off.

The angelic awareness separates from human expression, and a split within self is created. Angelic and elemental awareness maintain control of all autonomic functions, such as heartbeat, breathing, hormonal balance, etc. The physical body maintains the voluntary functions.

Our DNA fragments too. Two strands from the Etheric plane “fall” into the Physical plane frequency and the other ten strands disconnect or turn off from us. The collection of subtle bodies gathers in wholeness (becomes one unit, working together) and the combined frequencies manifest as the human body.

Even though we are still part of the other planes (represented by subtle bodies), we are not able to access them while in human form. Think of this like having a telephone with extensions in each plane of existence. But the phone service is disconnected. There is no way to communicate with the other planes.

7. *The Physical Plane* is the densest of the seven planes, where we (self) presently reside. Part of Theosophical teaching is that human beings have several bodies: physical, astral, mental, etc. that occupy the same space simultaneously. As self interacts with and connects all previous bodies, the human physical body experience is created. Full manifestation occurs in the physical, as we know it.

Because we have only two active DNA strands (from the Etheric plane), at this time, our brain seems only to be able to access the “beta,” or waking, aspect of our humanness.

We also have an additional 10 vibrational strands of DNA available to each human, which have been dormant since the beginning of history (when self became human).

Each of these dormant strands hold qualities collected from each plane of existence. We’re still part of the Creator Source, but not able to connect with or realize it. This is what is called the “fall of man,” creating the sense of separation from Creator Source.

The subtle bodies are like conveyances or vehicles used to maneuver between the different planes. They are like the cars that are in your garage (representing the

physical body). After the “fall of man” the subtle bodies are conveyances that are no longer attached to the DNA. If you would imagine a subtle body as an automobile, consider the celestial subtle body as a Rolls Royce; the expressive subtle body as a Bentley; the causal subtle body as a Mercedes; the mental subtle body as a Cadillac; the emotional subtle body as a Buick. The only problem is that the cables are not connected to the batteries of any these vehicles. So it is impossible to drive around or experience those planes of existence. Self now experiences individuality.

On the Physical plane, we experience separation in many ways. We descend into the belief system that we are separate from one another, from animals, from rocks, from plants, even from the Creator Source. This separation keeps us Earthbound.

After the fall. The different parts of self that descended from the Celestial plane are still part of who we are. But we have moved our consciousness away from Creator Source into this Physical plane to experience third dimension. We are one with the Celestial plane of creation, all manifestations, and subtle bodies that grew from that beginning place. We are one with it all but detached from it through our physical existence.

You can understand why as a human, it is not possible to connect or commune with entities or energies residing in the higher planes, since we were cut off from them, literally stripped of the gear (DNA strands) that would have made it possible. In a very crude, but understandable analogy, I compare this disconnection to a baby still in the mother’s womb, without an umbilical cord. The baby is still part of the wholeness of the mother, but without any means of communication, is disconnected.

What levels are we able to connect with? The only realm or plane we can commune with right now is the plane right next to our own: the Etheric Plane. The Etheric and Physical Planes are bridged with the Astral Realm. This is where our loved ones reside. The blended areas of Astral and Etheric also house spirit guides, our past life personalities, and guardian angels. Some believe, and I tend to agree, that Ascended Masters and the Akasha Repository are also within our reach there.

Guardian Angels. Angels guide, help, and protect people. Here are a few ways we think of angels: God assigns and commands angels to care for us. Psalm 91:11 says, “For he will command his angels concerning you, to guard you in all your ways.” You are assigned a guardian angel at birth.

Devas, or celestial beings: emanations of light beings...normally do not interfere in human affairs. Angels are pure spirits and don't have corporeal forms. Angels speak "within" a person, and not "to" them, thereby maintaining their spiritual nature.

Ministering Spirits: Angels do not have a real physical shape. Though at certain times angels may materialize in different forms in dreams or visions, their true form is incomprehensible to humans.

Ascended Masters. An Ascended Master is a spiritually enlightened being who in past incarnations was an ordinary human, but has undergone a process of spiritual transformation. He has reached a sufficiently high level of understanding and spiritual awareness. He has transcended the earthly plane and literally taken his physical form into the spirit realm.

He is capable of descending back to the physical plane to interact with humans again as teacher, and is capable of remaining on the earth-plane by choice. They gained mastery over the limitations of the matter planes, balanced at least 51% of negative karma, and fulfilled their Divine Plan.

It is further claimed by various groups and teachers that the Ascended Masters serve as the teachers of mankind from the realms of Spirit, without having to descend in physical form.

Spirit Guides and Teachers. Spirit Guides are entities or beings that are currently in the spirit realms or dimensions. These are individuals, or groups of individuals, who have agreed with a person on the earth plane to act as their guide or guardian. Usually we enter into this agreement with at least one "primary guide" prior to being born into a physical body. These "primary guides" are often other members of our Soul Group, and we have quite likely traded "guide duties" with them during various lifetimes.

We can also call other guides to us as we need or desire their extra help, and it is not uncommon to have two or more guides assisting us at a given moment. Many of the guides with which we work are beings who have lived on this earth plane at one time or another (or many lifetimes), but there are guides who are from other worlds as well.

Also, many of the "special guides" that come to help us with special needs or learning experiences seem to be more evolved beings, or 'old souls' who are

willingly sharing their expertise and expanded knowledge with those of us still working on our evolvment and enlightenment.

Can lower entities bother me? Where do they come from? Within this Etheric Plane, besides the guides and loved ones that we communicate with, are also lower entities and energies. This can be a collection of negative thought forms, random tricksters, and the spirits of low-level individuals. They want to stay connected in a physical way and are focused on causing confusion on the physical plane. It is necessary to be aware of these levels so you can avoid them. It all boils down to the awareness of what information you are receiving and how it feels. Discernment is everything. In the next Section, we will address raising your vibrations with a Power Field. Creating your own Power Field will automatically raise you above this astral garbage area.

Question #2. Who Are the Spirit Guides?

Your higher teachers and spiritual guides are probably the most important group of spirits you will connect with. Spirit Guides are beings who are in the spirit realm, and presently not incarnated into physical form. Some are souls that have incarnated with you in other lifetimes. Some are part of your soul group. Some are advanced souls that have chosen to help with soul evolution.

Your guides are assigned to you before you are born that help nudge and guide you through life. They're responsible for helping you fulfill the spiritual contract you make before you incarnate in this lifetime. Your higher self helps select these guides.

Spirit Guides and My "Wagon Wheel" Concept. I have an opinion of who spirit guides generally are. This is not something anyone told me, nor have I learned it in a seminar or class. It is information brought through spirit in many different readings I have given and other meditative moments.

I believe guiding spirits are representations of previous lives. Imagine a wagon wheel with many spokes.

- a. The center hub of the wheel represents your life now. This is the one small part of yourself that you are right now.
- b. The outer wheel represents all you have ever been.
- c. And the spokes are different interpretations of the lifetimes you have experienced.

As you live this present life, you may need help in unfamiliar areas or experiences. Then a past life remembrance is made known to you in the form of a guiding spirit.

The essence or spirit of a previous life is connected to the soul. When the soul realizes you need guidance, it provides you with a memory from a past life experience through the system of spirit guides.

These guides are usually with you for this entire lifetime. It is easier for humans to grasp the idea of help coming from individual beings, than to imagine the guidance as an essence, energy, or vibration. It's easier to describe the help as coming from a spirit.

You may have a guide who has been of historical importance. But you will never know it. That guide will never tell you that they were a well-known person (Elvis, Sananda-Jesus, Gandhi, Abraham Lincoln, for instance.) Your ego would take over, and the message they bring you would be lost.

DON'T have any preconceived notions of who or what your Spirit Guide may be. You may look for a Native American because someone said your guide is Indian. Just be open and unsuspecting when looking for your guides. ((more on this in Section 3-4)) This could lead to a great big disappointment.

Some guides will stay with you throughout your entire life, and others will appear every now and then to help you with specific areas of your life. Some come to assist you in specific goals you are trying to achieve. These guides are at varying levels of consciousness



themselves. Some may be highly Ascended Masters. While others may be from your soul group or incarnation circle and masters in a certain area.

How many Spirit Guides can you have? One or two "primary" Spirit Guides. These are the ones you have made arrangements with before being born. They guide and help you learn the lessons you set up for yourself. They also gently remind you when you're a bit "off your path" from your original plans for this lifetime. However, you have an unlimited number of Spirit Guides available to you.

Can you see a Spirit Guide, or only sense the presence of one? Seeing Spirit Guides is very much like all the other psychic-related things. Some "see" their guides and some don't; some see them part of the time. Most of us don't actually see our guides. But they can be sensed them on many levels.

There are other ways of being aware that your guides are around. Many of the guides will "signal" you of their presence with scents or auditory sounds or by a touch on your arm.

The typical form of most spirits in the Etheric Plane is basically an energy form. They also have the capability of manipulating that energy into the form and appearance of any of their incarnations on the earth plane. So, if they show themselves, or you are able to see them in an inner vision manner, then it is most common to see them in the form/incarnation that you will most likely recognize.

Are any of your loved ones (relatives) who died my spirit guide now? Chances are, you have shared an incarnation or many with a soul that is your spirit guide in this lifetime.

But chances are just as likely that you haven't. A spirit guide makes soul agreements with us just as we do with others who are here living on earth in the physical. You made soul agreements with your guides before you were ever born, so you certainly know them, even if you haven't shared incarnations in the past.

But, No. Your relative who passed away is not a new spirit guide for you. Their souls most certainly stay with you and you can ask them for guidance when needed, but they don't become your official "spirit guide".

Will you always know who your guides are or what their names are? While I know the identity of several of my guides, I do not know who all of them are. Some have given me names while others choose not to. Some have no problem with giving you a name to identify them by and some will give you a symbol to use as a "name."

(I'll share with you my personal story of my guide IRIS in Section 2 Video Lesson.)

And there are those who choose for one reason or another not to reveal their identity or a name. Some feel that you might be distracted by names and identities, and choose to work unencumbered by that.

Question #3. What Purpose Does a Spirit Guide Serve?

The main purpose of a spirit guide is to guide and teach of those under their care. They agree to help you remember the lessons you set up for yourselves in this life. They instruct you in relation to those lessons. They will teach you as much as you want to learn. They guide a very gentle manner. And they will not give you any more than you are ready to receive or are capable of perceiving. They won't push the information on you. They will always counsel and help in all perspectives but will never make the decisions for you. Choices and decisions are yours to make.

Spirit guides can see what's going on in your live, and they have several ways they can get your attention:

1. **Signs.** Guides can arrange synchronicities to help alert you to something you need to see or know about. Pay attention to those when they happen.
2. **Gut feelings.** This has a lot to do with instinct or raw intuition. These are feelings that have no apparent reason for happening, but always feel very real. You guides are able to activate this feeling when you need to pay attention immediately.
3. **Natural insight.** You may have tuned out your intuition, but it's a valuable source of information.

Do you have to ask for your Spirit Guides' help? You must ask your Spirit Guides for their assistance. And while Spirit Guides will help up to a point, there are "spiritual laws" that keep them from interfering with your live. You always have "Free Will" and your guides cannot interfere with your freedom to choose.

They will try to get our attention if you're not tuning into them. That's part of the reason they agreed to be your guides. If you want the teachings they have for you, then you have to ask for it, and then listen. Your guides are willing to help in any way they can, but you have to live our own life!

*2014-2023 Copyright. Melissa Leath. www.amysticsjournal.substack.com
melissaleath@gmail.com*