

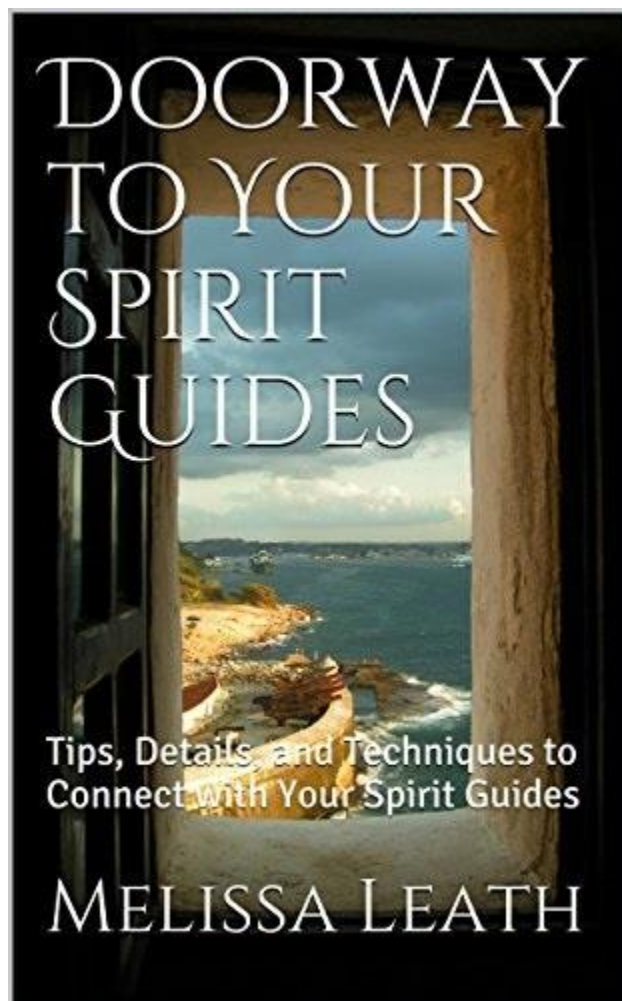
#2

Doorway to Your Spirit Guides

A Virtual Online Course

Instructor: Melissa Leath

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Section #2. Making First Contact.

A. Preparing Yourself

Start your spiritual transformation with the mindful intent to connect and trust the 'inner guidance'. This way you will connect more consciously with the spirit guides that support you through your human journey.

Your spirit guides influence your thoughts all the time. You are always given many choices by your mind, and you make your own decisions based on these choices.

Your spirit guides do not make decisions for you, but they are always sending you their advice. They do not interfere in your life, but they help you make better decisions and open your mind for more reasonable choices.

What do you have to do?

Be available and dedicated. When you pray or ask for help, they hear your thoughts and come to support you. But until you are consciously aware of them, they may work with you through your dreams.

You connect to your spirit guides by creating a doorway (Doorway to Your Spirit Guides) to allow them to show themselves to you. This is assisted when you are in a relaxed and open state of being. Quiet time and openness help you when sensing information that unfolds as you begin this process. Regular dedication is imperative for your connection to form and solidify. When you are in a relaxed state of mind you can bypass the active conscious mind. Then you become more open and receptive to what your guides share.

Meditating and asking for communication with your guides, and then listening for their response, is a really good way to start your connection. Development Meditations aimed specifically at meeting a guide can be very useful.

As you move into your meditation, relax your body, but keep your mind awake and aware so you do not miss any "subtle" activity. Whatever happens should be

acknowledged and not questioned. You could dismiss something simple, but important in the connection or introduction process if you doubt or question it.

State that your energy is now ‘open’, and you are ready to connect with your guide. (Use the Power Field Technique in videos below.) Ask your guide to present itself in some way. Then remain open. You may see colors (vividly or dimly), or you may feel sensations, such as chills, a small breeze, or a gentle tapping sensation.

Do not expect your guide to look like something ahead of time. You may think you have a doctor or native person. But these are just human representations. Your guide may show up only as an animal. Do not expect, only allow.

The meditation will be a short one. If you stay in meditation too long, you will become uncomfortable and try to make something happen. When you think you received something or have been in meditation for long enough, close the session.



Thank your guides for working with you and say you are now ‘closing’ your energy. Then do something physical to make sure the connection is closed.

By using the meditation regularly, you will enhance the ability to connect on demand, not just at odd times during the day. This is one of the first steps at learning how to be in control of your abilities. Your guides will appreciate your dedication.

All you need is a sincere desire to make such a connection, keep an open mind, and above all - be patient. It is very rare for a person to get instant results, but it does happen.

Your spirit guides are there waiting to communicate, but if there appears to be silence it is probably that the two connections are not meshing yet. Or there is interference of some kind. Sometimes just wanting it so much will stall your progress. It will happen for you. I promise.

How can you know when a Spirit Guide is around; how can you recognize the presence of one? There are many ways your Spirit Guide will let you know of their presence. Some of them are as simple as...

---Sounds like "chimes", hums, or like a crowd of people are talking in the distance.

---chills down the back

---"energy brushes."

You might be surprised that they are presenting themselves in such natural ways that you did not recognize them!



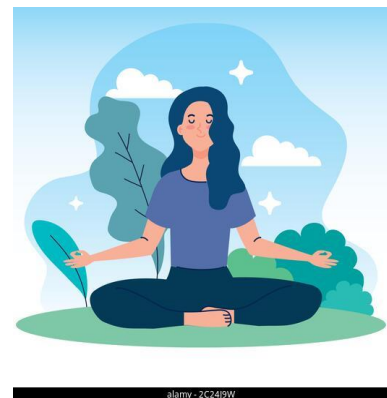
B. Opening to Your Guides Meditation

Develop your own version of a spirit guide meditation. This meditation is one that you intentionally open yourself up to connecting with your guides. It is not a relaxation meditation, or one to clear your head. It's only for your guide connection to be made and grow.

Create Your Own Power Field

In order to create your own powerful energy, you should raise your vibrations (Light of Love Visualization) to stabilize your energy field and allows you to reach out to your guides. Combine this with Grounding AND Centering Yourself and use Color Visualization to balance the Chakras. Use these techniques you start your meditation.

***** Listen to the guided meditation that is associated with Week Two (below). It will help you create the correct energy so you will have the best results.***



Opening Up Your Subtle Bodies

The best way to open to your guides is to understand subtle bodies. This work is dealing with and being aware of subtle energies. The more you use it, the more your subtle energy fields (or etheric and emotional bodies of the aura) open up to connect with the entity. This is not the normal condition for the aura of most people. Those who do not engage their spirit guides have very tightly connected subtle bodies, as they were designed to be for physical use.

During the unfoldment process, mediums adjust their energy fields to accommodate the phenomenon of spirit communication. This can be done in a very safe manner if taught over a long period of time.

I know, it sounds very strange. Mediums from the earlier days (1800-1950) allowed their whole essence to be used by the spirits of loved ones who passed over. They were willing to let the outside entity take full control of the body and aura. This proved to be very harmful to the medium over a period of time.

Several things happened as a result of prolonged control: on a small scale, the medium in question trusted the entity so much she allowed the control to take place on a regular basis. She lost all control of her own faculties, or five senses. When you rely too much on an outside source, you lose your own ability to reason things out.

Another result of allowing constant spirit control is the physical body and emotional aspect of self is deteriorated. I saw it happen in my early years of study. Several mediums enjoyed the attention and financial gain of producing séance.

They engaged the spirit entity much more than should be: Usually giving two séances each day for two or three days in a row. The physical body cannot deal properly with this practice because it is not a physical event. So it takes a period of time to recuperate from it. Many mediums have developed early diabetes as a result of repeated use as an instrument or died at an early age.

The emotional aspect is in peril. The emotional body in the aura helps the development of the person—the ability to deal with issues of the world in a normal manner. If the emotional body is constantly adjusted to accommodate spirit communication, it becomes shifted out of place, or loose, resulting in the inability to deal with things in the physical world.

There is speculation as to why some people become mentally unstable. Many mental patients think they are well known personalities or hear voices telling them to do upsetting things. Their subtle bodies may have become detached, therefore, making it difficult to deal with the physical world, and open to the control of outside entities.

What Subtle Bodies Are

There are seven energetic layers around the physical body, which create the auric body system (aura). These are called Subtle Bodies.

There are three (3) lower subtle bodies that process energies dealing with the physical plane. And there are three (3) higher subtle bodies that deal with the spiritual plane, and process the high-level energies from the upper realms, or heavens.

There is one (1) middle subtle body, known as the astral, which is the bridge between the lower and higher bodies. It acts as a buffer and transitional point. Some believe this is the area that helps to ground the higher-level energies into the body.

How the Subtle Bodies Work

Normally, the subtle bodies are close and tight along the body, as a form of protection. However, in a fully developed Spirit Medium, the subtle bodies are loosely connected. This is not the normal circumstance.

As the medium's subtle bodies are open, this allows complete exposure so that the spirit entity can (with permission) temporarily take control of the medium's physical etheric body. This open state is one that potential mediums strive for, to communicate with spirits. But it is a learned talent, and they are able to open and close at will.

I think of the subtle bodies looking like seven umbrellas opening up completely. While this process goes on, the medium surrenders some of their own personal etheric energy so the spirit entity can manifest in some way.

This surrender of personal energy, in itself, can be very draining to the person. If done on too many occasions, without time for recuperation in

between, it can be physically disabling. It is thought that hyper-empaths could suffer from exhaustion and low immune systems as a result.

4 Ways Subtle Bodies Can Be Opened

1. when being empathic and compassionate in normal caring situations
2. on purpose during unfoldment for spirit communication
3. born wide open as with indigo/crystal children
4. through trauma, near death experiences, severely high fevers, shock, fear (as with chiller movies, etc.)

Usually, the medium knows how to close the subtle bodies, and spirit connection when finished. When they are wide open, then other spirit energies can enter, and usually are lower vibrations that want to feed off the depressed or anxious energy. Sometimes the energies even create more anxiety.

The best way I have found to help anyone who is hyper empathic to gain control is to teach them the process as if they wanted to learn to be mediums. I take them through the learning process of unfoldment, mainly to help them understand that they should be in control of the empathy, or the spirit communication. (Taken from Does Your Child See Sparkles? © 2013)

When I use the term “being open” to commune with your spirit guides, this concept of subtle bodies is exactly what I am talking about. By using the Power Field Technique, you are raising your vibrations so you can connect with your guides. By having the intention to OPEN, you are Opening the Doorway to Communion with Your Spirit Guides. When finished, always intentionally CLOSE your energy field. This is important to be in control of your abilities.



C. A Subconscious Connection: Your Personal Symbols

Your personal symbols (the language of spirit) is the easiest and fastest way for your spirit guides to connect with you and give you information you will recognize.

The foundation starts in a simple way: experiences, especially experiences of your early childhood.

Mind-Brain Connection. Your brain and your mind are two completely different things. The brain is a physical part of the body. The mind is something apart from and beyond the body. The mind taps into the brain for power and connects the physical to the spirit.

Our consciousness is divided into two parts:

1. The waking conscious mind. This deals with the “here and now” and makes decisions. This is the rational part of ourselves which uses logical thinking.
2. The subconscious mind. The subconscious has two parts: (a) The personal aspect of the subconscious; and (b) the far deeper and more extensive level, which we share with all sentient life.

If you have read any works by U. S. Andersen, you will recognize the subconscious as the Universal Mind. Dr. Carl Jung describes it as the Collective Unconscious.

Considering these two aspects of the mind, psychic development consists of building up certain links between the two parts of mind: the normal waking consciousness and the subconscious. After years of acknowledging only the conscious mind, a cultural barrier has been put up between the two. The link that psychic development forms must pass through this barrier. The result of inner clairvoyant perception moves through this link into the waking conscious where it can be accessed.

Traditional thought maintains that there is only one sense of psychic perception. But the results come through in various ways. Just as the basic physical senses have several divisions, so does the psychic faculty of perception. Clairvoyance,

clairaudience, and clairsentience are divisions of expression for the basic psychic perception.

Being in awareness, the conscious mind is cognizant of the here and now. It makes decisions. The subconscious supervises the body's automatic functions. Under perfect conditions, this happens without your knowledge, and all is well.

Another function of the subconscious is to store away any information you get through your conscious mind. This information can be brought back again for future use. The stronger the connection is made with the information, the easier it is for your subconscious to bring it back to the conscious mind. Every word you have ever read, every pothole you have run over, every boring detail of your life, as well as the exciting ones, is stored there.

The subconscious doesn't bring back everything – only the things you access. The items you access create a well-established path to the conscious mind, easily bringing back the memory to the conscious mind. If there's a new book you've read, and you tell three people the author's name, the name will stick with you more readily than the author of your biology textbook in high school. The only reason you can't bring up some information quickly is you haven't recalled it enough to create a strong link. That pathway between the subconscious and conscious minds is not used well enough to easily access.

It's important to realize that you can still access the information about the biology book author. However, your subconscious mind has to spend more time searching and remembering where the information is stored.

Your divine file clerk (subconscious mind) looks in the file marked "Biology". After some time, it realizes the author's name is not there. The subconscious then looks in the file marked "High School". More time goes by and it can't find it there either. Then subconscious mind looks in the file marked "Authors". Nope, it is not there either.

Finally, your subconscious mind finds the author of the biology textbook in the file marked "Boring Information". This is the largest file in your subconscious, and since these details have not been used much, they take longer to access.

Symbols in your life experience work the same way.

Universal Mind gains experiences through your life, so every experience is stored in the universal mind of God. This is the reason we are connected to Spirit. There

would be no reason for you to be here in the flesh if your spirit did not want to have experiences. You're here to experience the physical third- dimensional world in order to add to the vast knowledge of the Universe Mind.

Every time you cross the street, read a book, get in your car, or argue with your parents, you are making your connection stronger. You are also making memories.

God experiences life through our life experiences. We are all part of the whole, the universal oneness. Being spirit, we chose to come to the third dimension to experience and send back our experiences to expand the wisdom of the Universe.

Your mind is activated by the energy of spirit. That, in turn energizes the brain. The only reason you retain memory is this: your brain is activated to be the vehicle of the mind.

When my physical body dies, Melissa's brain can't recall any information. But the spirit of Melissa has every bit of information she experienced, sent during her life through the link between her brain and her mind.

That is the main reason intuitives and mediums can contact spiritual information. It is now in the Universal Mind. Many believe mediums talk only to the dead. Well, a medium is a connection between the physical and the spirit, also known as the "go-between". Yes, mediums do contact the spirits of people who have died, but they also can contact the spirit of someone still living. It's the energy field or aura of the spirit around the physical body that is tapped.

Every experience in your life is registered in your subconscious mind. These experiences are remembered by thinking of certain items, words, people or places. There is a person or thing that will remind you (link you to the memory of) of any event of your lifetime.

For instance, when you start talking about the game of Monopoly, each person around you will have a different personal memory, maybe several memories. Each memory has personal meaning.

In much the same way, your subconscious mind holds memories that can be used as meanings. All you have to do is trigger these meanings. This is where symbols come in.

*They are your **memory enhancers**.*

Perspective. It is with your personal perspective that you understand something. If your guide sends you a symbol from your memory, it means whatever you remember by it.

There are books that describe the meaning of symbols. Certain esoteric symbols have established meanings. There may be an historic or traditional meaning for a particular object or symbol. But if your memory brings a different meaning, then honor that. Many people believe the symbol of the snake or serpent means something evil, because of established long-term use. But to my memory, it means full spiritual knowledge. So when I see a snake in a client's vibrations during a consultation, I know they are becoming divinely inspired with information. The meaning of a personal symbol depends on the reader's own perspective, not the clients.

An apple is well known as the symbol for knowledge. But if the vision of an apple reminds you of spending time with your grandfather in his apple orchard, honor that meaning. The symbol is being brought back into your consciousness through your subconscious, as a way for your guides to connect with you and bring you information.

Just remember your symbols are very special to you. They can be the triggers for personal messages given to you or to someone near you.

There are several kinds of symbols that arise in the mind:

- Symbols that arise in dreams. These are mainly concerned with your internal mental states, but occasionally they are psychic impressions coming into your . The study and manipulation of dream symbols is a major part of the practice of psychology and psychiatry.
- Random symbols that have grown up in a haphazard fashion within your mind. These are images that will relate to early experiences you have as memories. They were not developed by you intentionally. When you begin developing your clairvoyance, your guide will communicate with you through your subconscious using these symbols.

It is possible for you to build up a planned and selected code of symbols, and to persuade your psychic faculties to use these. If you decide to do this, be prepared

when you start for resistance from your subconscious. It will usually prefer its own haphazard, homemade code.

It's important to train your conscious mind to respond to those psychic impressions you have formed from infancy. That way, you will be in control of them, instead of your subconscious being in control. Most of those impressions were locked in your subconscious because you were taught very early that they were not real, only imagination.

Imagination helps a child stay in contact with the spiritual side of life. Without imagination, all memory of communication with spirit can be lost. A child's imagination is the link to their full psychic development as an adult.

As you begin to accept these impressions, you will make vast growth in your psychic ability. Your guides will start to communicate with you using these symbols, but they will probably come randomly, or when you least expect it.

EXERCISE ~ Your Personal Symbols

In order to control your flourishing intuition, and to start receiving messages from your guides when you ask, practice this exercise regularly with a friend or in your weekly unfoldment circle: Get situated in your seat and ease into a quiet space. Spend a few minutes concentrating on your breathing. Have your friend (or the person in charge of the circle) read these instructions to you:

“I will be giving you a word. When I say this word, ask your subconscious to bring up a memory that corresponds to the word.

“An example of this would be as follows: the word is feather. You may have this instant impression of a ticklish situation.

“Another may think of proud as a peacock, in association with the feather. Ask for a memory to bring to mind the meaning of the word. Then ask your spirit guides or higher self to always use these words as symbols to represent that memory.”

Here is a list of symbols to start with. I've added a space after each word for you to write the meaning that you connect with.

Practice and experiment in your development group with the use of these words. It builds confidence. Sharing your information with each other helps to solidify it in your mind.

Here are the words:

Boxes

Book

Doorway

Trash

Crossroads

Heart

Dove

Tree

Go slowly as you become familiar with the list of words. Take your time to integrate them into your understanding. Just as a young child can only learn a few words at a time, your subconscious/spirit guide connection takes a while to solidify the meaning and significance of each symbol to your particular understanding.

You may add a few words to your list after becoming familiar with the process. Decide on the words that you could use in your symbolic language of spirit. Make sure you pick words that are nouns (dog, house, river, or fork, for example) so that a picture comes up in your mind. This picture acts as your symbol and brings up a memory of some kind from your life.

Take your time so you have a chance to incorporate them into your personal repertoire. If you go too fast, you won't spend enough time with the memories to keep the association.

Memorize these symbols and their memory-meanings. They will be a major part of your clairvoyant messages. Other impressions, feelings, sounds and statements may begin to come along with each symbol.

Frequently remind your subconscious mind, which is the link with your spirit guides, that every time you receive a message containing these meanings, these special symbols will be used. Do that with each symbol.

While receiving information intuitively, the symbols will always mean what you agreed on with your guides. I have found it is very important to first say what the symbol is to your client before identifying what it means in your experience, such as. "I see a river in your vibrations."

After you make progress with this exercise, turn it around. Make a list of concepts or feelings for which you want a symbol. Your subconscious will be familiar with the exercises and will give you some great symbols.

Be ready for anything. If you see something not in your personal repertoire of symbols, it usually means something literal. But you may be in the middle of forming a new symbol-meaning.

As soon as you say what the item is, your guiding forces may give you more information about it. Sometimes it is so intense that the new symbol will become one of your own.

Building a bridge. The exercise of associating personal symbols and meanings builds a bridge between your conscious and subconscious, between your brain and your mind.

You have informed your subconscious mind what you expect of it. As a result, you will be much more in control of your power to receive.

Your symbol-meaning set will be strengthened, and expanded to include both those symbols you have developed randomly, and those you are adding by intention. As this form of exercise continues, you will become more familiar with the technique and more confident with the skill.

The use of your personal symbols will be a great foundation for your growth and development. *Your guides will be able to connect with you through this foundation and you will build a great relationship.* The use of symbols is just a starting point. More will come as you become confident in what you are receiving.