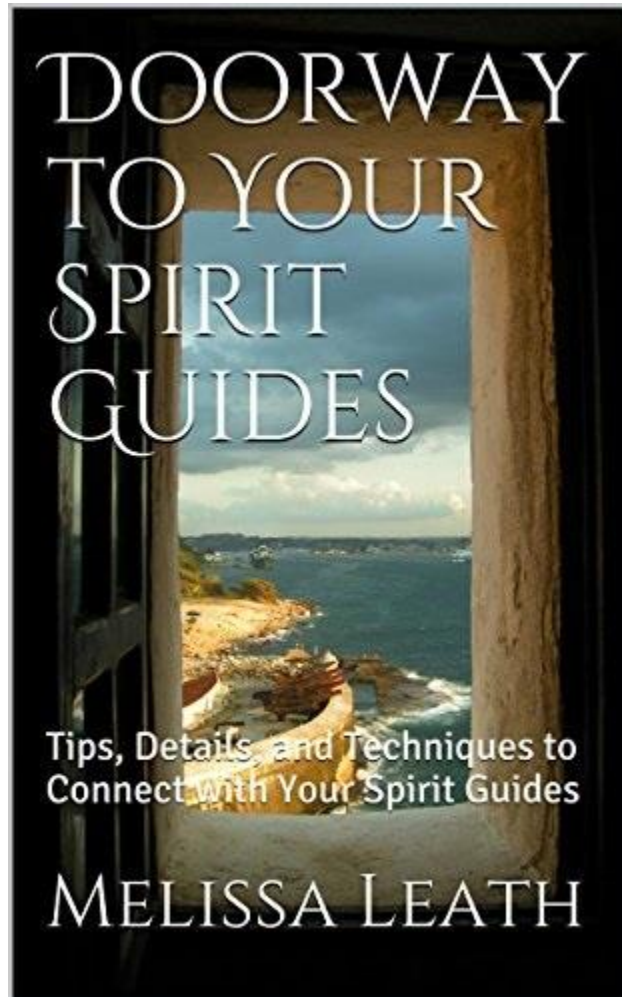


#3

Doorway to Your Spirit Guides



A Virtual Online Course

Instructor: Melissa Leath

www.amysticsjournal.substack.com

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Week #3. Are you sure?

By this time in your studies and practices dealing with the connection to your spirit guides, you are probably beginning to doubt. You doubt if you are really connecting with your guides, you doubt if you are open to lower entities, you doubt the information that comes in.

That's okay! You are in the right spot. If you were not doubting and questioning your practice, then I would be afraid for you. Until you are confident and secure in your guides' connections, and feel a comfortable rapport, you should question. It is the only way you can distinguish between the ego-mind and the information that comes from your guides.

You will begin to recognize a subtle (there's that word again!) difference between the ego-mind and your guides voices (or impressions). When that point comes, you will instantly know you are on the right path. Please be patient and do not give up. This is a process.

A. Being Confident of your Guide's Connection

Always use your Power Field technique before you open your energies to your spirit guides. That way, you will always be sure that the highest and best connection is made. (review Module 2 for more on this.)

How do I know that this information is from my spirit guide?

The Ego-Mind will always want to be in control. But you must realize that you are in control of your own life.

The Ego will sound like very erratic information, with jerky sentences and undeveloped information. It will be a lower source and feel inferior and uncomfortable. This is similar to Astral Garbage we spoke of in the first module.

Spirit Guide information on the other hand, will be flowing and harmonious. It will make sense and continue by staying on point, focused on your better good. There is integrity in the content and feel comfortable to you.

Does it resonate with you? Do you feel like it's coming from them and not you? Does the advice make sense to you? Do you get great results when you listen to their counsel? Do they appear the same way every time? If the answers to these questions are all "yes" then you are on the right track.

Have faith that that your guides are always there around you. And they constantly relate guidance and love to you. Know that you have done all you should to raise your vibrations, making it very easy for your guides to connect with you.

The information that comes from this 'higher source' will be made available to you instantly, without conscious thought. And it will evoke an immediate deep resonance within you, perhaps an energy surge in your body or a feeling of 'goose bumps' for example. It will just 'feel' right, even though sometimes it may well challenge your conscious mind at the same time.



Sense the Subtle Energy of Your Spirit Guide

While in your meditation, sit quietly for a few minutes. Become familiar with your own energy. What does your energy field feel like?

Now ask your spirit guide to move closer to you in your energy field. You should feel some sort of shift or change, although it will probably be subtle. When you think you have sensed that different, tell them thank you. And ask them to move out of your energy field.

Connect with your own field again. Be sure you recognize your own field. And then ask your guide to move close into your field again. You will feel the same subtle energy shift. Then thank your guide and ask them to move out of your field.

Some of the sensations might include a chill, or a quickening sensation. It could be just a sense that something feels 'different'.

It is important for you to feel the difference between your own energy and that of your guide. Practice this regularly. It will help you feel confident of your guide's connection.

B. Build a Secure Rapport

Ask for physical confirmation, so that you are more secure with received message. If you think you have received information from your guide, but are not sure, ask them to give you physical confirmation later on. To make your connection more conscious and meet your spirit guides you will need the conscious 'intent' and ask them to confirm information for you in physical ways.

Asking is essential when working with your guides. It helps you open a relationship with them. After all, you are in control of your own life and spiritual path. So asking questions will give you the lead in this connection.

The answer will be shown to you in a very physical manner. It could be a phone call you get the next day, or a commercial on television. The words might relate to the spirit information given to you before that will direct you to confirming it.

Recognition Response

After Sensing the Energy Field of Your Guide, and the guide is in your energy field, ask them to give you a more physical response that will introduce them to

you. This could be a very slight sensation, but it will always be the same when your guide is there. You are sure it is your guide.

You might feel a slight touch on your cheek, or a tap on the shoulder. It might be a shiver down your back or your nose might feel tickled. (Be sure to listen to the two guided meditations that are included with this module. It will help you understand this.)

C. Learn to Interact with Your Guide

If you want to cultivate a dialogue with your spirit guide, it's necessary to practice meditating every day. Beyond meditation, it's also important to practice opening up to your spirit guides during your waking life.

Actively Listen and Interact to Your Guides Every Day

This Builds Trust: This is certainly the most important benefit. Whether you find a parking space or know who's calling on the phone, the important thing is the fact that you're asking something of spirit. You are having an interaction that grows. By initiating these discussions, you open yourself to receive directed information from your guides. All you have to do is trust the very first perception you experience — even if it is only a little piece of a symbol and even if you don't immediately know what it means.

Increases Your Awareness: The more you allow yourself to receive input from your spirit guides, you become more sensitive to receiving guidance in the future. You get used to talking to your spirit as a normal event throughout the day.

Creates an Open Door to a Stronger Connection: This extended practice is not only benefits you, but also your spirit guide. After several months of practice, you will be receiving input from spirit about many things before you even ask for it. By opening yourself to frequent communication with your spirit guides, you not only strengthen your preparedness to perceive them, but you also strengthen their ability to make contact immediately.

Guides Know You Are Receiving: after working on a regular basis this way, your guides know that you are receiving the information. That gives them knowledge to work on you energetically to extend the connection.

Regular daily communication about little things will allow you to open to a greater and more intimate relationship with your own spirit and with your guides. Keep doing it.

You are always connected to your spirit guides. It may be unconscious, but they are available to you both consciously and unconsciously. You just need to have the intent to make this connection more conscious. By following this course, you will be prepared to trust and listen to them.

Be open. Trust your intuition. You will know.

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melissaleath@gmail.com