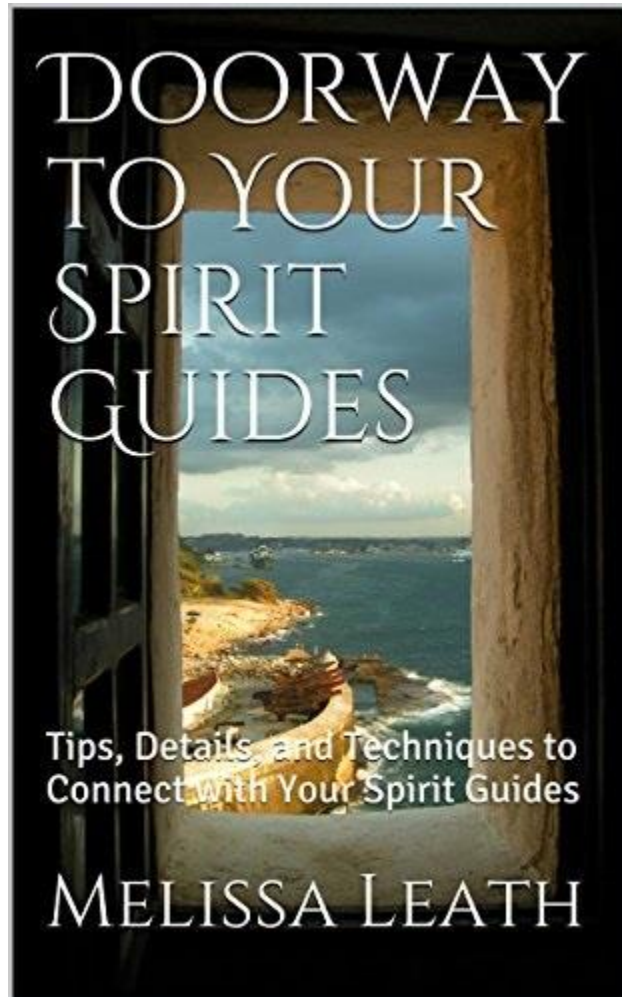


#4

# Doorway to Your Spirit Guides



A Virtual Online Course

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## Week #4 ~ Deeper Linking.

### **Expanding Personal Symbols into More Information**

Go back to the earlier information on Personal Spirit Symbols. Expand that information and add a few more symbols to your list every week. Connect with your subconscious impressions of each symbol. Then ask your guide to extend the meaning. Ask for more understanding. By asking for more understanding, you will have impressions or messages that solidify your guide-connection.

### **Inspirational Writing**

By using physical tools in your quest to broaden the spirit guide communication, it adds to the mind/brain association. This along with your intuitive impressions will extend the vibrational link. Prepare your regular meditation as you normally would. Be sure to bring in the protective tools you use and the Power Field Technique practiced earlier.

Have a large tablet of paper next to you, or in your lap, along with several well sharpened pencils. (I have found that using fine point felt tip pens are good too.)

Take a deep clearing breath. Ask your guides to be with you during the meditation. When you feel their presence, and are confident they are there, send out the intention to use inspirational writing as a communication tool.

Place the pen or pencil on the paper tablet near the top. Close your eyes and allow that contact to take place. Soon you will feel the pencil start to move. (do not doubt it, sometimes it feels like you are really doing it)

Open your eyes and watch your hand. You will start to see words form. Sometimes you will hear the words first in your mind. Soon you will have a sentence formed. This is another way to be “inspired” by your guides.

Now, I must say here that this might take some time to happen. It might be spontaneous, or not. But everyone can do it. This is great to work in a special way with your guides.

You may notice that there is just scribbling. That's normal. But eventually it will shift into words. It might end up being a story, or a poem. It might not make any sense. It could just be different words jumbled together. But your guides are manipulating the process, and it takes some time to make it all work together. Be patient.

*(Automatic Writing: this is different than inspirational writing. Automatic writing is done only under deep trance. And Spirit takes control of the pen and forms the word without the person knowing what is happening.)*

### **Movement for clearer connections**

If you are working with your guides, but feel the connection is not very strong, or you do not understand the communication there is a very simple way to change it. Slightly tilt your head to the side. Or shift your shoulders, or hand positions.



There can be energy blockages in the neck, back, or wrists. And these could stop the connection with your guides. By shifting or changing positions you are opening the blocked area.

Try it next time and see what happens.

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### **EXTRA ~~ What if your guides are not talking to you?**

If you're trying to communicate with your guides and you're just not getting any answers, you've probably wondered if your guides are there. You might think you're doing something wrong, or not communicating with them in the proper way. Maybe you think that you're not meditating long enough.

If you feel like your guides are ignoring you, they're not. The question here is deceiving. There is never a time when your guides ignore you. BUT! If you feel

like you haven't had any success in your attempts at reaching out to your guides, here are a few tips:

1. Relax: I know. This is sometimes easier said than done. But really, do yourself a big favor and stop being so vigilant, waiting for your signs and answers all the time. Believe it or not, you're more likely to notice the signs and be open to the communication when you're relaxed and not on guard, always waiting for it.
2. Let go of your expectations: Perhaps you can hear them speaking to you. But you're waiting for that special song on the radio –that one specific song that you must hear for validation. Don't be so rigid in your anticipations. When we're expecting one specific thing and we don't get it, it leads to disappointment. Let go of your ideas of how things should be happening and be open to all possibilities. (Subdued expectation)
3. Think about what kind of person you are: Are you a thinker? A feeler? Someone who always has a tune playing through your head? Your guides know what kind of person you are and what kind of language you speak. If you are sensitive and feel deeply, it's very likely that your guides are going to speak to you through emotions. You might not get the answer you've been waiting for in the form of a song on the radio (though you might!) –  
  
You're more likely to get your answer in the form of a gut feeling. So, if you're a thinker...if an answer suddenly pops into your head; if you have an "Aha!" moment – take a moment and acknowledge that it could be the answer you've been waiting for from your guides.
4. Have no fear: Some people feel a bit cautious about reaching out to their guides. That's understandable – if you can't physically see, hear, or touch them, it can feel a little intimidating. But guides have been humans too. They just haven't incarnated at this time. They're just like we are.

### **Benefits of Connecting with Your Spirit Guides:**

- Always having someone around you that loves you unconditionally and “has your back” at all times is the most obvious benefit. Your guides come with

you during your experiences in this incarnation to assist you and send you vital messages. They help keep you on track.

- Your guides come in a myriad of personalities and abilities to be there for you in all the different things you do in life.
- By raising your vibrations to connect with them, you stay in that frequency more often and raise yourself away from negative situations.
- If you are trained to reach for (and work in close cooperation with) your Spirit Guides, the sensitivity becomes a vehicle for your Spirit work. It opens you to a working with psychic and mediumship if you are interested in advancing that area of your spiritual path. It helps give evidence of the Soul's survival beyond the physical life on Earth and can be demonstrated by Mediumship.

A Medium that works in close cooperation with their Spirit Guides, can assist in bringing confirmable evidence of the continuing existence of a loved one no longer in the physical body.

*What other benefits have you recognized?*

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