

A Guide to Spirit Guides & Angels You do not walk alone in this life.

With you, walks your greatest and most loyal friends: Spirit Guides and Angels. Learning how to contact and work with these entities will help you along your journey.

We, human souls have two unseen helpful forces at hand during our earthly lives.

1. Spirit Guides/Ascended Masters

2. Angels

Spirit Guides - Spirit Guides are simply human souls that have evolved to higher levels and assist those living earthly lives. They are the same 'species' as us, and they strive to help us learn and grow as souls. Spirit Guides typically have lived many Earthly lives to grow to a higher evolution as souls.

A guardian Angel is not necessarily an angel at all, but your 'Guardian' or 'Gatekeeper' Spirit Guide. This Soul has been with you from day one during your Earthly life; always there to maintain what comes in and out of your 'realm'; to guide and protect you at all times.

Before you incarnated on Earth, you actually picked the Guide that would be most suited for you and the life you would encounter. This Guide specializes in the type of life you have pursued. Before you incarnated you worked together and looked over your life; obstacles, lessons, goals, etc.

The Name of Your Protector Guide - Learning the name of your Spirit Guide is not nearly as important as learning to sense their energy. Spirit Guides don't see names as important in contacting them.

Sensing Energy - Learning to sense energy took some time. There are many books out there that I have read, but nothing taught me more than practicing it. Learning to sense energy is an acquired skill; it is necessary in knowing for sure who you are connecting with. It's not something that really can be taught, you just have to try it.... In time, you'll start to feel a difference between entities and their energies. If you have trouble connecting to the spiritual, first try to sense the energies of everyday people around you; and try to distinguish each.

Other Spirit Guides - Other Spirit Guides are not 'bound' to you like your main protector guide, however some may choose to be for a while to assist you in important matters. Other Spirit Guides mainly come and go and their specialties range from A-Z.

Some examples include:

*People with a sickness/disease - Healer/Doctor Guides.

*People that travel a lot - Transit Guides

*Artists/Musicians - Aesthetic Guides

These Spirit Guides come in and out of your life, to help you along for various reasons. Your main Protector Guide may call upon another Guide for special assistance.

Messages - Spirit Guides send us dozens of messages throughout the day but we have a tendency to ignore them or think of them as our own imagination or coincidence. Some examples of the many different ways that Spirit gives us an answer or sign may be:

** The first song you hear when you turn on the radio. Or a song that keeps repeating in your head over and over. You know that song that you "can't get out of your head." You turn on the television and someone is speaking about the same concern that you are having.*

- * You overhear a conversation between other people that has meaning to your condition.*
- * You may see or hear something repeatedly. An example is constantly seeing the number "11". You may see "11" on a clock, a label, a license plate. Seeing "11" many times means that something spiritual is happening or about to happen in your life.*
- * You open to a page in a book and your eyes fall upon a paragraph that has meaning to your current situation.*
- * Maybe you are fretting about a situation with another person, and you decide you are going to call them and "have it out". But, every time you dial their number they are not home or the line is busy. This could be Spirit telling you that now is not the right time to talk about the situation. Or, perhaps you are not in the right frame of mind to talk to that person. Possibly you don't know whether or not to talk to someone about an issue and the phone rings and it's the person you were thinking about.*
- * Signs often come from the animal world or nature. Maybe every time you leave the house, a crow flies by and caws, or you constantly see two squirrels chasing each other.*
- * You are about to buy something that you really desire, but don't necessarily need. When you go to pay, your credit card mysteriously won't work, or you will have forgotten your checkbook. Spirit could be telling you that the item is not beneficial for you, or it could be that the purchase could put a stress on your finances.*
- * You're in a hurry to get somewhere, you're racing along in your car, and every light you come to is red. You would probably start cursing and driving even faster. But, perhaps Spirit is telling you to slow down. Maybe you are being told to stop and think about your actions. Maybe Spirit is trying to prevent you from having an accident.*

Don't have expectations and don't read into things. Just ask for guidance and allow it to happen. Not everything you see or hear is a sign. But, if you are open and receptive, the signs will be clear. Through practicing the act of asking for guidance and following it, you will soon understand when you are receiving an answer from Spirit and when you are not. The more often you ask for guidance and follow the guidance given, the stronger the connection will be, and the guidance and symbols will become much clearer.

Angels - All three major religions in the Western world, Christianity, Judaism, and Islam, as well as virtually all the world's other systems of religious belief, their scriptures all contain references to angelic interventions.

Angels who function as heavenly messengers we are acquainted with - **Gabriel, Michael, Raphael, and Uriel.**

1. Ask / Invite / Invoke - By universal law, as an honoring of Free Will, Beings in one dimension cannot assist beings on another dimension unless the request or invitation comes from the dimension wishing to receive the assistance. Consequently, angels are extremely "limited" in the extent to which they can help you and/or interact with you UNLESS you invoke them (invite and ask them to help). When you ask for their assistance, you literally open the floodgates.

2. Stillness for clear reception - Emotional turbulence disrupts inner reception - like static in radio reception. The calmer the emotions, the more detail with which you can receive inner communications. "Be still and know that I am God." The stiller you are emotionally, the finer the detail with which you can perceive angels.

3. Heart-Sensing - Though angels do on very rare occasions make themselves visible to the physical senses (eyes & ears), this is not their normal operating procedure. So, you have to develop the "habit" of "turning off" your external senses and "turning on" an entirely different avenue for receiving information - your internal senses. Think of this as "heart sensing", though others may call it "feeling", or "gut feeling", or "intuition". Try "sensing" angels with the feelings in your heart, rather than with your mind and your outer senses.

4. "Pay" them by sending them LOVE - their form of currency is LOVE! And Loving APPRECIATION.

Spirit Guides Vs. Angels These are the main differences between Angels and Spirit Guides:

- * Angels are not Human
- * Angels typical do not incarnate a full life span on Earth
- * Angels seem to have more ability to come in direct contact with humans.

Angels are a different 'Species' = Just like on Earth, in other realms there are other species of souls. The purpose and great desire Angels hold is to serve. They are servants, protectors, helpers and healers to God and other souls. The spirit world does not thrive on physical forms like this physical world. Everyone moves as if to 'fly' in the spiritual world, some souls have wings some We are the essence of free will.

I have never heard of an Angel incarnating on Earth. The reason we incarnate is to evolve as souls, and I don't believe this is the main purpose for Angels; so therefore, it wouldn't be necessary. I do feel however that they can incarnate into a body to help another if it is an emergency situation.

For some reason, it appears Angels have more of an ability to intervene on Earth than Spirit Guides do. Perhaps, because it is the (spiritual) genetic make-up of their species, the ability to pierce through into dimensions, quicker than any other entity. I feel that they are more like Rescue workers than spirit guides. They seem to come around just in the nick of time.

Working with your Spirit Guides and Angels can be a very beneficial experience for you. All you need is a clear mind, desire and the will to connect with them. They are always available and willing to help, no matter what the problem is. Open your mind to these divine beings and know that they are always there to assist, guide, heal, protect and above all, love you.