



The Natural Way to Connect with Spirit Guides

Your Spirit Guides want to connect with you! This connection happens even easier through things that come naturally to you - through your unique learning style.

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Visual learners:

These learners process information best through visual aids such as charts, diagrams, and videos.

Connect with your Guides through:

- Creating vision boards,
- Watching for numbers/symbols/sequences, or
- Drawing and painting.

Auditory learners:

These learners process information best through listening and speaking.

Connect with your Guides through:

- Meditation,
- Music,
- Podcasts, or
- Attending lectures by spiritual teacher, or mindfulness coaches.

Kinesthetic learners:

These learners process information best through hands-on experiences.

Connect with your Guides through engaging in physical activities such as:

- Cooking,
- Dance/Sacred Movement, Walking in Nature,
- Practicing yoga, Tai Chi, Walking Meditation, or
- Chanting/Singing

Reading/writing learners:

These learners process information best through reading and writing.

Connect with their your Guides through:

- Journaling,
- Reading books,
- Writing poetry, lyrics or stories.

Of course your Spirit Guides will connect with you in any way imaginable - through dreams, unexpected synchronicities, readings, divination tools, rituals. Anything truly is possible!

Find more ideas at essentialhowto.com