

The background features a teal and blue color palette. At the top, there are ethereal, glowing teal wisps or smoke-like patterns with small golden sparkles. In the lower half, three lit white candles of varying heights are placed on a dark, reflective circular surface. A small, dark, faceted crystal sits between the two shorter candles. The overall mood is serene and spiritual.

Spirit Circle Foundations

WEEK 3

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Spirit Circle Foundations Week 3

Symbols, Telepathy and Spirit Guide Connection

This week is about understanding how psychic information actually moves.

Symbols are the language of intuition. But a symbol without feeling is just an image.

The sequence we follow is simple:

Signal (image, word, feeling)

Sensation (body response)

Meaning (only after sensation)

Do not jump from image to meaning. Pause at sensation.

Telepathy is focused awareness. You are not entering someone's mind.

You are regulating your body, setting intention, and noticing what shifts.

Imagination feels effortful.

Intuition feels neutral.

Overthinking feels loud.

Psychic signal feels simple.

Color Telepathy Practice

First color I received:

First feeling I noticed:

Where did I feel it in my body?

Was my first impression calm or forced?

What happened when I trusted the first answer?

Emotion + Symbol Practice

Emotion Ping Exercise

Emotion I sensed:

Where I felt it:

Did I pause before answering?

Symbol Translation
Symbol:

Emotional tone (light / heavy / calm / strong):

One word connected to it:

Spirit Guide Awareness

Ground first. Feet on the floor. Slow exhale.

Set intention:

"I invite the guide aligned with my highest good.

"What did I notice first?"

Where did I feel it (left / right / front / around)?

One word I received:

After closing the connection, how did I feel?

Reminder:

Small and calm is strong.

You are always in charge.