

SPIRIT GUIDES 101

HOW TO COMMUNICATE WITH YOUR SPIRIT GUIDES:

- Use a **pendulum** to communicate with them with questions of yes or no answers.
 - See my write up on pendulums for more information.
- Use a spiritual development card deck. Such as a **Tarot deck** for more in-depth communications with your spirit guides.
 - See my write up on Card Decks for more information.
- **Telepathic** or **clairaudient** communications. This may depend on the individual. Everyone's life path is different, and no one will have the same exact experiences happen to them as someone else.
 - Some individuals will receive clairaudient abilities.
 - Others will have telepathic communications.
 - Telepathic communications open up for certain individuals automatically. Others have to work thru a spiritual development process to gain access, such as I did.
 - Do not get irritated or frustrated because you find out that someone else was gifted with it. Again, everyone is different, and there is a reason for why it is different for you than the other person. You may not understand it right away, but in time, the reasons will reveal themselves.
- **Shamanic Journeying** is a form of a visual aspect much like a dream. Some individuals may have a dreaming ability, and not so much an imaging ability. Again, it depends on each individual. Mediums can get visual images like a dream thru a meditation process. Others have more of a dream ability and may not get visual images, but have to rely more on the thoughts that manifest. This can be interpreted as using one's imagination, but it is different. Spirit guides work with us by placing thoughts into our minds. Psychics call this a knowing. It is a way of information being processed through thought. It may not be exactly what a person expects, however it forces the person to rely more on the process of interpreting images from thoughts instead of seeing images. I was one of them. Nevertheless, it is still a journey.
- **Visions** are another way of spirit guides providing you with information. Visions can come in many ways. Some can take on a dream like format, and others come in as a snapshot; either way, you need to piece together and process the meaning of them. They can be of a historical event from the past, a near future event, or a far off future event. All visions given to us are a form of spirit communication and must be reflected on in order to retain the information, and to receive more visions. Types of visions depend on the individual's path and the abilities he or she is given. Different people are chosen for different types of spiritual work and the visions given are strictly unique for that individual's spiritual path.

WHY DO WE HAVE SPIRIT GUIDES?

Spirit Guides are here To help one out on their physical journey. Spirit guides are chosen by our soul's upon incarnation. Everyone has spirit guides and if they choose to develop psychic gifts, one can benefit more from them. They can learn to communicate with them. However, those who choose not to go down a spiritual path, still have spirit guides to guide and help them in their life. Our spirit guides interact with us in a different way, they help us out by putting thoughts in our minds when we ask for help from divine source. They protect us from danger if we learn to follow our instincts or intuitions. One shouldn't follow their ego, but should learn to follow their inner self. This has been depicted in cartoons as a devil (ego / bad) on one shoulder and an angel (inner self / good) on the other. This illustrates the constant battle between good and bad choices that we make with in our lives.

HOW DO WE KNOW WE ARE TALKING TO OUR TRUE SPIRIT GUIDES AND NOT ANOTHER SPIRIT?

Most of the time, people choose to go down the spiritual path and soon gain access to telepathy. When this happens there is no way to tell, but to listen to your inner self and trust that you are protected. Saying a prayer every night will protect you from negativity. Still one may have doubts and this is normal. Rely on your faith in the one divine God and trust your spirit guides. Learning to trust your spirit guides takes time. They are just like us. They have different personalities and can make mistakes, whether angelic or not. They need to learn how to work with you just as you need to learn how to work with them. On my spiritual journey, I had to go through situations I didn't appreciate, however, I needed to in order to learn a lesson or experience a situation first hand. My journey required a trust in my spirit guides. I went through times of being pissed off at them, but I just kept believing that God wouldn't deceive me unless I needed to

learn from the situation. At the early onset of my journey, I channeled prayers from them and read them every night as I was instructed by my spirit guides. If you are interested in these prayers, they are readily available to you. Just ask me.

HOW SPIRIT GUIDES WORK THROUGH DREAMWORK?

They use images that you are familiar with. These images can be things one has in their own home or places and objects they have seen recently. Anything that the individual can relate to. These images are compiled in a dream format to help relate a subconscious message. This message can be from experiences your soul has when it leaves the physical body while sleeping, or, be created by spirit guides upon awakening to deliver a message to you. However, if one doesn't make any effort to study their dreams, the dreams will diminish. Then one may not have any dreams at all. If one makes a conscious effort to study their dreams through imagery in their dreams, then the amount of dreams will intensify and the dreams will take on many different forms. To study one's dreams, one needs to keep a dream journal and look up meanings of images on dream web-sites. This is discussed further in my writings on dreamwork.