

Spirit Guides Explained

Spirit Guides are entities - physical and non-physical - who have chosen to aid others on the path to spiritual enlightenment and the evolution of consciousness - our natural state of being.

Spirit Guides come from higher planes to communicate with us in order to help and uplift humanity. They have **special talents that are exactly suited to our needs** for our success.

What do Spirit Guides do?

We all have at spirit guides. They vary in number. Each guide generally comes in for a specific purpose in your life:

- Help you heal your issues and restore you to balance
- Bring deceased loved one to you for closure or other emotional reasons
- Help you with the spiritual mission you sense
- Help with your creative work
- Show you past/parallel lives
- Help with relationships/Soul Mate

Some guides stay with you for your entire experience in your present body. Others stay for many years then leave. You can ask a spirit guide to leave if you so choose. You can attract other guides to your energy field.

Although we have a number of guides assisting us, they are not watching and observing everything we do 24 hours a day. They are not voyeurs. They have other tasks to perform for their own growth.

How do Spirit Guides connect?

Spirit guides 'speak' to you in many ways. Sometimes they are the little voice you hear in your head - your thoughts. Often times they speak to you in dream state, meditation, altered states of consciousness, through the synchronistic things that occur in your life, thought, art, music, dance, or acting.

MEMBERS OF THE BAND

To help you to better identify your Spirit Guides and Teachers, you may find these standard definitions of some of their roles helpful. Keep in mind that the key is to be able to experience the inner condition of knowing that your Spirit Worker(s) is (are) with you, even though you may not know the details of their identity.

A SPIRIT BAND is a group of Spirits ranging from 6 to 12 in number and who vary according to the type of mediumship taking place. (Healing, inspirational writing, and giving readings require different Workers and therefore different Spirit Bands.)

- MASTER TEACHER: oversee the growth and spiritual development of a great many people. They do not limit themselves to just one individual. Usually a self-realized, illumined being. At one time, a master upon the earth, and thus work as masters from the spiritual realm.
- DOCTOR: Anyone who works to develop any form of healing will have a Doctor. Usually is someone who was involved in healing when he/she walked the earth.
- CHEMIST: works with the chemistry of the body ensuring healthy physical conditions for the work. Assists in altering and transmuting the chemistry of our body so that we can more easily attune to the spiritual realm and more effectively handle the higher and more intense vibrations from it.
- PROTECTOR: keeps the medium protected. Often take the shape of large beings, strong in manner and character. Can also take the form of animals.
- MESSAGE BEARER: an important Spirit Presence, the one who conveys the message to the medium in a sitting or circle. Amplify intuitive perceptions. Assist in finding information.
- DOOR or GATEKEEPER: ensures that the right Spirit Entities are in place and all is happening as it should. Much like Protectors, they work to keep negative entities away while the individual opens the doors and gates to the inner realms. They guard the doors so that only those guides appropriate to the situation may enter.
- JOY GUIDE: work to bring light and joy into our lives. They are around whenever there is laughter.
- SPIRIT GUIDE ABOVE THE BAND: available for guidance and instruction. This is an Entity of a higher level of development.

Many Spirits assist the medium in a reading who have special expertise including medical doctors, therapists, ministers, teachers, businessmen and women, scientists, artists, contractors, and computer technicians.

Inner vs Outer Band of Guides

We have an inner band and outer band of guides. The INNER BAND are those spirit guides that work most closely with us on a day-to-day basis. The OUTER BAND comes into play when we begin to work more consciously on our development. **WHO are some of the members of your Spirit Band?**

Outer band spirit guides are drawn to us to assist us in our interests, needs and desires as they change throughout the lifetime and only stay as long as they are needed for their specialty. They may help us at times in areas such as: schooling, financial challenge, marriage, child-raising, any vocation we choose, comfort from a loved one in spirit, investing, inventing, writing, intuitive skills, mediumship, sports, music, achievements, and resolving relationship challenges.

Our part is to make ourselves a channel for their energies, to trust in their guidance and act on it, and to create a close and compatible relationship with these wondrous Presences.

Affirmation & Intention for an Experience with a Spirit Guide or Angel:

I will be open to receive the blessing and recognition of my spirit guides and angels. I will continue to feel the presence of my angels and spirit guides in times of good and times of difficulty.

Exercise to Practice at Home:

While you are in meditation or relaxed state, here are some yes/no questions to get to know your spirit guide

- Are you my only spirit guide?
- How many do I have?
- I would like to meet another guide today. Please have another guide come to talk with me.
- What is your name?
- Do you work with - - - (name the first guide)?
- What is your function in my life? This can be asked of both guides.
- Am I on the right spiritual path?
- Will you guide me to the next part of my spirit journey?
- Should I be working as a healer?
- Do I meditate enough?
- Do I need to take classes to guide me?
- Will you lead me to a book or home page to further learn what I have to?
- Is my current teacher - if you have one - OK? - Or is it time to move on?
- Do I need to move to a new location to find my destiny? If yes - name places - still ask only 'yes - no' answers.

Continue questions. Take notes. **DO NOT ask for long detailed explanations.**

It might be fun to ask a question of each guide to see if you can tell the difference in their frequency thus getting more familiar with them. Address your guides by name.

For those who have been listening to their guides for years - without realizing that they were connecting to spirit - this will be easy. They will say, "Ah! that is the one who has been telling me all of those jokes in my mind - all of those years. You will remember back to spirit - guiding you through various decisions, boring situations, saving your life, other times. Take your time with this. There is no hurry! Spirit has no 'time' table.