

# Your Spiritual Support Team

No matter how challenging your life feels, you are never truly alone. We all have a team of spiritual beings, who are here to support and guide us on this earthly journey. Your Team can provide support in navigating many aspects of your life. And their love, guidance and support can sustain you through challenging times, and inspire you to learn, create and be of service to others.

We all have a virtual army of spirit beings who are working all the time to help us achieve our goals and become successful. By recognizing them, communicating with them, and welcoming them into our lives, we can make our lives much fuller and richer in every way. This knowledge can do wonders for our confidence and self-esteem.

**Each person's team consists of a guardian angel, other angels, spirit guides, and spirit loved ones.** Additionally, your team can also include animals, saints, ascended masters, and more --- although those relationships have to be cultivated in a slightly different way.

## Angels

Angels are spiritual beings who attend to God, and usually act as messengers between heaven and earth. The word derivation of angel means "messenger" and angels can appear in different ways to different people. Some angels appear dressed in white robes with a golden halo and carrying a sword or a harp. Or they may choose to appear as an ordinary-looking person. You may "entertain angels unaware". Angels appear in almost all religious traditions and most cultures. Ultimately, angels were given the task of looking after and protecting people.

Millions of people can attest to having seen or felt angels. There are thousands and thousands of angel interventions, communications, and experiences by humankind. And while most angels work one-on-one with an individual, there have been recorded instances where large numbers of angels were seen.

As an additional resource for you, watch my podcast episode **Angel Encounters in History** -

<https://youtu.be/pT4nkgRdQX0?si=GnSijbp0uaCfQaqd>

When I sense angels, I notice their energy is **lighter, higher, and brighter** than spirit loved ones and most spirit guides because they are so close to God. Often, we see angels as flashing white spheres, traveling orbs, and silhouettes of light. Sometimes, I see angelic colors symbolizing HOW the angel is helping a person.

- Blue angels – offer protection
- Green angels – bring healing
- Yellow angles – represent Divine guidance and wisdom
- Pink angels – assist when a person is receiving or emanating Unconditional Love

- Pure white angels – non-specific angels, usually worker bees on assignment (may intervene during crisis, accidents)

Your GUARDIAN ANGEL knows everything about you and is willing to help you in any way at all to make your life as rich and fulfilling as possible. You can have NO SECRETS from your guardian angel. If you are envious of someone, your guardian angel will know. If you are tempted to be dishonest, your guardian angel will know. You may hear a small inner voice talking to you and telling you not to do it. Some may call this your conscience, but I have learned to call it my guardian angel.

PRACTICE WITH YOUR ANGEL – During a quiet time, call upon your angel. Visualize your angel standing next to you. Allow your angel to present in the form they choose. Notice the shift in feeling and knowing that comes to you. Take note of the color, and the light around you. How tall your angel is. Feel your confidence growing as you visualize your angel next to you. Thank them and express gratitude for their help.

WRITE A LETTER TO YOUR GUARDIAN ANGEL - A particularly powerful way of making contact with your guardian angel is to write a letter. Start with “Dear Guardian Angel,” and then simply write down everything you wish to say. You can write a short or long letter. You can make your letter to your guardian angel as personal as you like because no one will see it except you and your guardian angel. Once the letter is written, please it in an envelope, address it “To My Guardian Angel”, seal it. You have the option to burn it.



ANGEL ART - Experiment by drawing pictures of angels and coloring them in. It doesn't matter if you are artistically talented or not. You are drawing angels for yourself and no one else needs to see them. When you focus on drawing your guardian angel, you attract your guardian angel to you. You may find your guardian angel gradually influencing the movements of your pen.

MORE TIPS for connecting with your ANGEL:

- Have regular conversations with your angel and allow it to become a strong and vital part of your life. Tell your angel what is going on in your life, your successes and achievements and those of your loved ones.
- Speak to your guardian angel on a regular basis. Make your requests as clear as possible. If you are not sure what you want, you will not ask for it correctly. Get into the habit of making your requests clear and concise. Ask your angel to provide you with whatever it is that you truly need. Remain calm and positive and confident that your angel will help you in Divine right timing and Divine right order. Be patient, and keep talking and trusting.
- It is a good habit to thank your angel every night for looking after you and helping you. We all like to be thanked. Additional angels to cultivate relationships with are the worker-bee angels such as Parking Angels, Shopping Angels, Healing Angels, and more.

## Can departed Loved ones be part of the Team?

Sometimes the souls of your departed loved ones are proud members of your team. Although they cannot intervene the way angels and spirit guides do, spirit loved ones can offer comfort, give advice, and encourage happiness.

Often, they send signs and guidance related to love, protection, and reassurance. Keep in mind that they are not all-seeing and all-knowing --- all they can offer is their opinion and emotional support.

Usually whatever they are good at, they continue to have interest in going forward. So if they had certain strengths when they were living, you can call on them for help and guidance in those areas or situations in your own life. If they were fantastic networkers, you can ask for help finding the right folks here to connect with. If they were wonderful at home projects, they probably are interested in a home renovation you are doing and may offer their two-cents about a current project.

Especially if they are a Soul Mate, you will continue to have connection with them. We have soul mates that are part of our Soul Group and when we connect with them, we just click almost effortlessly. And love never dies!

## **Spirit Helpers and Guides**

Spirit guides are souls who were once human and have evolved to such a level that they can direct us from the Other Side. Some guides are permanent, some are just there for a particular phase in your life --- the cliché “a reason, a season, or a lifetime” applies here.

Usually, spirit guides come to help us through life's tough transitions or certain efforts. Because of their own life experiences, career endeavors, and personal efforts, they have a wealth of knowledge they can share with us. As mentors, they encourage us to listen to our instincts, think positively, pursue happiness, and serve humanity and the Divine.

When I feel my spirit guides, their presence is specific and purposeful. Sometimes, they show themselves in a historical context with clothing and artifacts from another century or as a pillar or form of color, or as a symbol that becomes a quick easy way to identify their presence quickly. Spirit guides can be culturally diverse and usually resonate with the energy of an aspect of your Being you are needing to relate to.

When you are a medium, you and your spirit guides and teachers are drawn together by a common purpose – to bring knowledge, communication, and healing of eternal life and love from the spirit world to the earth plane.

Your relationship with your spirit guides and teachers operates on the *inner level of consciousness*. This allows your soul to be awakened beyond your normal capacity.

## Higher Planes

Spirit guides inhabit the higher planes. Ancient teachings describe the Unseen as made of higher planes, or dimensions. Descriptions differ according to philosophies and belief systems. Usually, the unseen is divided into Seven Planes of Existence characterized by a physical, emotional, mental, celestial, and three realms of nirvana.

As they ascend, the planes are more luminous and uplifting and the vibrations are finer. Although we cannot physically live on these other planes until we have progressed to them, we can visit them in dreams and meditations.

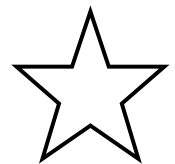
Our increased awareness of the higher planes deepens our relationship with the Divine and our service to Spirit. **The colors that spirit express when they come to us often reflect the plane on which they exist or the kind of expertise they can offer us.** As we learn about these planes of existence AND attune to their vibrations, we can more fully grasp the kind of spirit beings who communicate with us.

### When you want to “call on your guides”

Settle in a comfortable, distraction-free space. Close your eyes, take a few deep breaths, connect to your own sacred light and say to your guides, “I am ready and waiting. Please help me. I am ready to receive.”

Once you have called on your guides, stay still and quiet and see what happens. You may feel a warmth and calm surrounding you. You may feel a gentle touch somewhere on your body. You may feel a sense of well-being and security. Pay attention to everything that happens.

As soon as you feel contact of any sort, say silently, “Thank you.” Your guides will receive this message and know that you are ready to meet them. Even if you have no specific questions, there will be things that you can ask about. See if you can learn your spirit guide’s name. Ask about the other guides who are looking after you. Once you become familiar with communicating with your guides in this way, you will become aware of any changes that occur.



With practice, you will be able to connect with your guides almost instantly. That means that you can connect with them while stuck in rush hour traffic, while taking a class, waiting in line at the grocery store, or while taking a walk.

You will be amazed at how much information you can get from a guide on a topic you never studied. Then find a book on it and things will all fall into place. The information from your guide is correct, but they usually expand on the subject. If you are simply having an internal dialogue, how would you know such specific facts and concepts?

## Asking for help with EMOTIONAL ISSUES

**Anger** – the next time you find yourself becoming angry, pause and take three deep breaths. This brief pause gives our spirit team a chance to intervene. Listen to their guidance. You will find calm counsel in those moments. By refusing to let anger rule you and pausing long enough for your spirit team to come through with words of advice, you can save yourself a lot of emotional damage.

**Stress** – Keep in touch with your spirit team whenever you feel you are under too much stress. Engage in a silent conversation with your team, asking for help and advice. Your team might suggest an emphatic “NO” to a new task when you are already overworked. Your team might suggest a solution that you would not have thought of on your own.

**Negative emotions** - Sometimes, if we are extremely upset, we are harboring a lot of negative emotions, and these can get in the way of hearing what our spiritual support team has to say. This is when we have to go about our business and do something fun with friends or family, take a walk in a nature, find something to laugh about. Sometimes, our team has to wait until we are relaxed and calm before giving the message we need to hear.

## Guides for every topic and situation

We have a limitless selection of guides who will come to our assistance at any time we ask them for help, including Specialist Guides:

- Intellectual guide – when you are studying or researching
- Wise guide – very useful when you are faced with a major decision that could change your entire life (marriage, job change, etc)
- Practical guide – building a house, boat, or other construction, dealing with vehicle issues
- Creative guide – music, art, writing
- Motivation guide – encouragement to move out of comfort zones and try something new (they will counsel with caution, no crazy risks)
- Loving guide – when you are lonely, stressed or depressed, or when you are learning to love.
- Fun guide – will encourage you to have fun and to spend quality time with your loved ones
- Child guide – usually work with children (ie. Invisible friends), but are helpful when we are having problems with a child
- Companion guide – great when you are traveling alone, will help you pick up the language and meet people (please note: you cannot use a spirit guide in place of a real friend)
- Support guide – when you are in a situation where you need more than the usual amount of help
- Nurturing guide – when you are training for a special event or goal (athlete, student, project)
- Healing guide – surrounds you with loving energy, fills you with vibrant health and vitality (can also send a healing guide to help friends or family members in need of help)
- Family guide – watches over a family’s destiny. They monitor the life path of each individual and that of a family as a group. They do what they can to take stock of accumulated karma. They do their best to encourage harmony in family affairs.



## Ascended Masters/Master Guides

Healers, teachers, saints, and prophets who walked the earth can also be part of your Team if you ask them to be or connect with them in prayer for a specific reason. But they are not as common a force in most people's teams, those slots are usually filled with their angels and spirit guides. Some people refer to these souls as Ascended Masters and may include these popular choices: Jesus, Mother Mary, Buddha, Quan Yin (Kwan Yuen), Muhammed, and Saints. And while they are usually affiliated with certain religions or faiths, people of ANY religion can call on them for healing, guidance, and support.

**Master guides** are spiritual beings who endeavor to implant seeds of higher knowledge on the earth plane that is crucial for the given time and place. Master guides rarely channel for the sake of just one person. And they usually focus on teaching those who will then go on to teach others. They also provide counsel and support for your regular spirit guides.

**Please note:** It is important that you first gain practice working with regular guides. Cooperation with a master guide takes intense shift in energy and ability to maintain connection. Give yourself time and space to develop naturally. And do not try to force an association. By interacting with your regular spirit helpers humbly and sincerely and consistently, you raise your chances of having a master guide choosing to communicate with you and having an effective relationship with them.

## The Higher Self

As everyone has a guardian angel, everyone has a higher self. The teaching of all religions, at the core, is that we are all divine beings. The path is to remember our divinity.

The higher self is the prime director of your spiritual support team. From this chief spirit ally, all others take their cue. No one but you knows what is best for you. If you invoke your higher self and ask your intentions to be correct and for your highest good, you are asking that things be worked into your own grand design.

As co-creators, our soul, our Higher Self, chose all the variables -- our bodies, parents, family, friends, situations. They are all perfect for our mission here; they are not random circumstances. Your higher self is in partnership with the Great Spirit. It makes no mistakes for you. Other spiritual beings on your team can have a different opinion. They guide you, but ideally your higher self has the final approval on everything. Your team members are in constant communion with your higher aspect.

The more in alignment with your Higher Self you are, the easier things become. The world flows with you. Agonizing choices between extremes are a thing of the past. The right doors open. You still have challenges and face difficult circumstances, but you know it's your path and have a great conscious power to change your path to your liking. You are doing your dharma, your life's work.

## The Oversoul

is a universal spirit or universal being that connects all living things. Transcendentalists believe in the soul and that each individual's soul was a part of a universal soul. When we die, our soul returns to the Oversoul. In Sanskrit, the word *param* means "supreme" and *atman* means "soul"; thus *Paramatman* literally means "Supreme-Soul". In fact, in 1841, Ralph Waldo Emerson wrote an entire essay titled "The Over-soul".

**Your Oversoul like a grandmother brimming with unconditional, pure love for you – infinitely deeper and sweeter than any love you have known.** An Oversoul ministers to thousands of needs throughout the universe and will interact with you only when circumstances are appropriate. You don't ask your Oversoul for trivial things like a promotion, or a new car, or recovery from a minor illness. Refer those matters to the other members of your spirit team – especially your guides and angels.



The most valid reason for contacting the Oversoul is to get help in identifying areas within your Self that need deep work.

## Animals

Pets in spirit – over the years, I have connected with several clients' pets. They often visit their humans to offer healing and continued support.

Spirit animals – symbolic spirit animals, animal totems. Many indigenous cultures practice connection with Animal Totems. Some have a tribal totem – often the main food source and they pray to the animal, dress to resemble it, and emulate its strengths.

Shamans usually work with a guardian spirit, often referred to as a POWER ANIMAL, and usually, this animal speaks or attunes telepathically for healing, power, and guidance. Sometimes they show as larger or smaller than the usual size of the regular animal. Some even temporarily take on human form.

For our purposes today, a totem animal or Power Animal serves principally as a Guide into and through the dimensions of the Unknown. If you notice a recurring animal theme, look into and research what that animal means to you. The internet has a lot of symbol interpretation for animals, so see what resonates with you. You can even replace a particular totem animal with another after having incorporated the qualities of the first one into your character.

Living animals – pets can be incredible members of your spiritual support team. Dogs, cats, horses, and others. Some pets are more healing than others. You can feel them shifting the energy in people to positive ways. Some sightings of animals in the wild can also bring messages.



# TEAMWORK

Members of your spirit team will take various forms and roles for your benefit. Part of the duty of our guides is to reawaken us to our own multidimensional existence. Part of each of us lives beyond the so-called veil. Our team supports us by opening new doorways in our consciousness.

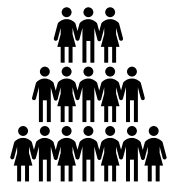
As you work with the team, you discover each member has very individual traits. Each has a specific personality. Each has an identity and unique energy signature to tune in to.

## Position of the Team members

Often you can feel the members of your spiritual support team in a particular space around you. You may notice your guardian angel is to your left, right, above you, below you, or off to the side. Guides seem to be whispering into the left ear or the right. The side of the body they appear on gives insight into the lessons they share.

If a guide appears lower to the ground or off to the side, it is probably working with grounding issues, health, and being comfortable in the physical realm and in your body. You need support and strength. When the guide is floating above your head, you are working with the mind and perception.

If there seem to be diverse presences approaching you from several different directions, there may actually be different team members trying to get through. If you have attracted more than one team member with your question/issue/or energy, they may try to be known to you while you're in a receptive state. If you feel overwhelmed, ask them to come in one at a time. It is less confusing to have them come in one at a time. Usually team members are sensitive to this (family members in spirit are usually the ones that rush the fence rather than spirit guides), and the others will wait patiently in the background until you have met and made acquaintance with your Gatekeeper guide. Later in the day, you might do a second session and call in a second team member.



If you feel confronted by two team members vying for your attention (again, this is usually departed loved ones), BE VERY FIRM. Tell one of them to hold off a few minutes while you get to know or chat with the first one. When you are first starting out, it is virtually impossible to open up to two entities at once with EQUAL concentration --- just as it is impossible to talk on the phone with two strangers at the same time and come away with what each one is really like.

**Size of the Team** - varies in size from person to person



## Team Communication

One spirit member usually takes the leading role and is in frequent contact. Other team members come and go as you need them. Some are always present, but when their talents are not needed, they fade into the background.

After a time of no contact, you start to forget them. Have no fear, spirits do not hold grudges as people do. Honor them and your experiences with them, but if they slip your mind, there is a reason.

You may wish to write down your experiences with spirits and periodically review them. Like looking at a journal, reflecting on the year, you can review the experiences with your spiritual support team. This way you honor your time together and value the spirit, even if you are no longer working together.

### GREAT QUESTIONS FOR YOUR TEAM at the beginning

- Who are you?
- Where do you come from?
- What are you doing for me? How are helping me?  
What should I call you?

### Have awareness of the origins of your ROADBLOCKS

- Sometimes your own Free Will choices have backed you into a corner (avoidance of an issue or panic reaction or actions motivated by fear/lack)
- Sometimes one aspect must take precedence (new additions, illness, death) over your desire or goal of the moment
- Sometimes OTHER people's Free Will choices either speed up or slow down an outcome (home sales, contract negotiations, red tape)
- Sometimes a block is created to REDIRECT your attention to aligning yourself with your path and force you to reprioritize for a bit.
- Sometimes you are repeating negative patterns because you are OVERTHINKING your next steps and ignoring what your gut tells you. Are you allowing negative feelings of doubt, fear, or impatience to muddy the waters. This convolutes the process and it is now time to redirect your intentions and actions.
- The analytical mind can really delay the process too, especially if you are focusing too heavily on "Why is this happening to me?". Spirit wants you to focus on "How can I move past this?" thereby attuning yourself to the next energetic guidance.

## How to ASK to be GUIDED

There is a reason the word “Guide” is in “Spirit Guide” because they offer guidance on your path. Of course, guidance IS OPTIONAL --- it is additional information, a different perspective, that you can use or not use, as you choose. You are not required to follow a spirit guide’s advice. What you do with the info the guides provide is up to you.

Spirit guides are NOT here to live our lives for us, or to keep us from making poor choices and mistakes. Ultimately, YOU ARE RESPONSIBLE for your own life and the path it takes. Spirit guides are EXTRA resources for you to tap into. You and you alone are accountable for the course of your life.

ASKING is a very clear and deliberate process. When you ask your Team a question, you MUST first quiet yourself. Find a moment without distractions and plan to stay there for 15 to 20 minutes. Some people do this while meditating, praying, walking, or taking a bubble bath --- anywhere that fosters a clear mind.

Remember to establish a positive intention. The energy and intention behind your question will correlate with the pace and progression of your Team’s responses. You can say, “Please guide this process of the good of all concerned.”

1. BELIEVE in the SOURCE - First, we must believe that we are supported by the Divine in all we do. It means knowing that we are surrounded by an abundance of beauty, power, and majesty before God is at the heart of it all.
2. OPEN - asking involves many LAYERS and is process-driven. When you ask questions of your Team, you must open to the ability to sense, perceive, and listen to your team’s answers, signs, and opportunities.
3. TRUST - Once you place a request with your team, you must trust they are on the case. You will not always get an instant answer or recognize the answer right away. When you trust, your intuition sharpens and you will hear the answer more clearly.
4. BE PATIENT – Give your team some time to respond to you. You won’t get anywhere if you ask and then secretly cling to worries or doubt that you are being heard.
5. RECEIVE – when you receive an answer, it may feel fleeting and happen in a blink of an eye. The answers may show up as a word, image, sign, gentle nudge, feeling of yes or no, or an instinct.

Answers from your Spiritual Team can also come in the form of synchronistic events, circumstances, names, and recommendations that guide your next step. You may also experience serendipitous conversations --- the Team likes to use other people to communicate, especially when you are ignoring your instincts.

## MANAGE YOUR EXPECTATIONS:

Get used to asking in calm moments. Don't wait for when you are in the thick of things (crisis, despair, negative feelings). When your energy is low, you are more likely to feel that the journey is harder. When you are confused and anxious, you can feel you are floundering or trudging through mud. You may even have the illusion that you are disconnected from your Team, even though someone on the Team is always accessible.

- If you are asking a truly quick question, you will get a quick answer. If you are trying to reinvent yourself or your career or revamp your life entirely, the answer may take more time because of the multiple steps.
- If you need to ask follow-up questions, ask multiple questions in one sitting, pausing after each question to receive an answer, one at a time as they come to you. Remember: not all answers will be instant, so keep open to the signs and symbols in the coming days. Trust that your team is on the case.
- Remember that you are asking for GUIDANCE from your Team. Do not expect them to do it for you. You are meant to navigate your own life with Spirit's help and you are responsible for making your own decisions and taking your own actions.
- Give Spirit some wiggle room to provide what you need in the HIGHEST AND BEST way. After all, Spirit uses the resources and potential situations available to them.
- Remember you are subject to other people's free will. What you do and desire touches other peoples' lives.
- Do not pine for an outcome that is unrealistic. Expand your options and you will give Spirit more room to answer in a way that is compatible with your lessons and soul path and other peoples' lessons and soul paths. Don't be surprised if your answer comes in a different package than you thought or planned for.
- **GIVE GRATITUDE - any time you ask a question, thank your Team and show appreciation. Your spiritual support team responds well to positivity and productive energy and calm attitude.**
- You have the personal responsibility to seek happiness and change and it is your responsibility to make the most of the opportunities that your Team presents. Sometimes there is a different route each time. Do not hypercontrol the process or be too passive. The process is just as important as the final outcome or result.
- Letting go and letting God means letting go of the fears and doubts that weigh you down. It means pursuing the opportunities that God puts before you. When you trust, you are in the BEST position to pursue your BEST-case scenario.
- Push all hesitations and fears from your mind. Watch your words. Instead of saying "This is probably going to be another pointless date/interview/discussion", say "I am going to this date/interview/discussion with the hope and trust that I am being led to the Divine Right mate/job/outcome for me."

## If you are not sensing answers from Spirit:

- Try asking your questions differently. Give your Team two options, then feel which resonates the most. From time to time, they may offer a third option.
- AVOID open-ended questions that require a lot of detail and explanations on the part of the Team. Example: “What is my next step for reconciling with my sibling? instead of “How can I improve our relationship?”
- Is fear dominating your energy field? Like bad static, if fear dominates your energy field, it can make it impossible for your Team to reach you. What can you do? Settle into a relaxing headspace, take three deep breaths in and out. Inhale strength and protection and exhale doubt and fear. Use physical motion to release the energy. Shrug your shoulders, move your head from side to side, visualize a beautiful golden light flowing around you and through you.

At the moment of making contact with your team, **it is very important that you be filled with compassion for the them and for you.**

Initially, you may see visions of spirits and angels --- colors and forms. They may shift to include hearing or sensing them talking to you. Soon after that, you may feel their touch. And then sometimes, when you sense them in the room, you smell a wonderful fragrance. Some of these experiences may seem “metaphorical” at first --- meaning abstract or symbolically resembling something else. Remember this information is from another vibrational frequency.

With practice, you enter into the metaphor and (if you allow it to come through) you eventually understand it. You may be given information that is beyond the linear mind and can touch people very deeply.

Don't worry if you have not made “contact” with your spirit team yet. Just start practicing every day until you succeed. Your spiritual support team of Divine teachers and protectors are waiting patiently for you to welcome them into your Life.

## DAILY PRACTICE

It is a good habit to set aside some time every day to communicate with your spirit team. It can be a quick 10-minute respite to relax and gain the clarification and help you need. To contact your Team, simply sit in the quiet, peaceful understanding that you are one with God, that a spark of God exists in every part of your being and that you are perfectly safe. This attitude allows you to reach a state of inner quiet that allows you to hear and perceive and open.

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**With practice, you can continue to explore and deepen your connections  
with YOUR spiritual support team in wonderful ways.  
Enjoy the Journey of your Soul!**