

5 HIGH-VIBE PRACTICES

for the coming shift

**RELEASE BLOCKS
IMPROVE RELATIONSHIPS**

**OVERCOME ANXIETY
CREATE CONSISTENT JOY**

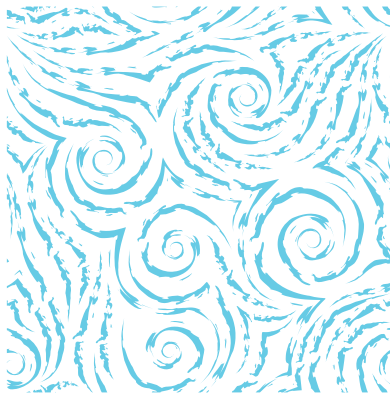


POWERFUL LIFE-CHANGING PRACTICES
CHANNELED BY THOMAS WORKMAN AND AJ CAVANAGH
DIRECTLY FROM SOURCE CONSCIOUSNESS

5 HIGH-VIBE PRACTICES FOR THE COMING SHIFT

Written by
Thomas Workmand and AJ Cavanagh
through The Guides

Copyright (c) 2023, Speaking From Source LLC.



All rights reserved.
This book is intended to be shared from its original source.
However any portion thereof may not be reproduced
or used in any manner whatsoever without
the express written permission of the publisher
except for the use of brief quotations in a book review.

Published by Speaking From Source LLC.
@speakingfromsource.com

Contents

INTRODUCTION

What do you mean by 'vibrational frequency'?

Who are 'The Guides'?

What do The Guides mean by Practice?

How to get the most of this book

Practice 1

Appreciate everything

Practice 2

Focus your connections

Practice 3

Exercise your ability to choose

Practice 4

Claim your power over circumstance

Practice 5

Spend time being adored by the Divine



A person's silhouette is shown from the waist up, with their arms raised and hands open, reaching towards a vibrant sunset sky. The sky is filled with soft, colorful clouds in shades of orange, pink, and blue. The person's hair is tied up in a bun.

The Guides promise you that making
these five practices your daily habit
will change your entire life.

Introduction

A powerful shift in the collective consciousness is happening now. Intense new energies are bringing fundamental changes in our understanding of ourselves, the Universe, and every aspect of life.

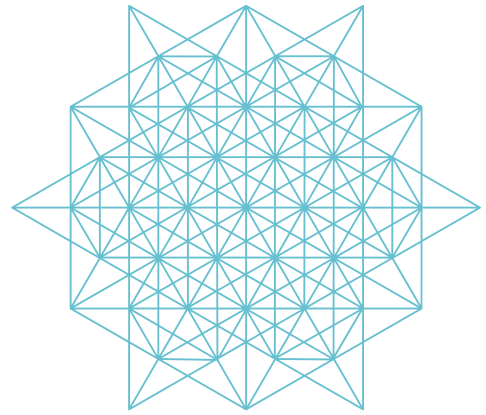
This shift is an amazing opportunity to raise your vibrational frequency and experience the many benefits of high-vibe living that goes with it: greater joy and contentment, satisfying relationships, and abundance. In short, the coming shift opens the door for you to thrive in ways you never have before.

To do so, however, you'll need to meet the moment head on, adopting a set of practices that enable you to match these new energies by raising your own vibrational frequency.

Like any new environment, our ability to adapt is the key to success.
But first, a few definitions and explanations may be helpful.

What do you mean by 'Vibrational Frequency'?

The idea of 'vibrational frequency' is becoming more common in western culture. A basic understanding of what this means may be helpful.



As beings made up of universal energy, we are always vibrating at a specific frequency, and we feel these frequencies through our emotions. All energy vibrates somewhere along a spectrum with two opposite ends: High and Low. Regardless of the subject, every thought and action falls somewhere between this spectrum. Higher frequencies lead to positive experiences that result in joy, happiness, contentment, and well-being. Lower frequencies result in unsatisfying experiences and emotions: fear, anger, discontentment, sadness, and despair. The higher the vibration, the better we feel, and the more we're able to thrive in any circumstance.

Here's the really interesting part that we sometimes don't realize – our every thought can move the vibrational frequency higher or lower on the spectrum, regardless of your current condition or circumstance. You have the power to control the dial, even when the frequency of the people or circumstances around you differ from what you'd prefer. A higher vibration is often just a thought away.

That's why adopting these high-vibe practices is so helpful. These practices are designed to bring you to the highest vibrational frequency by changing the way you think. They serve as a basis for living at a higher vibrational frequency, with the single goal of enhancing your joy and allowing you to attract more of the things that bring you joy.

The five high-vibe practices in this e-book are just a few of many practices that The Guides offer to humanity at this important time and are channeled directly from Source Consciousness through the teachings of The Guides. In essence, the Guides speak directly from Source or God, or whatever name you use for the Divine Intelligence that created life itself. Thomas and AJ have channeled messages about these practices and the wisdom behind them for many clients over many years. And Thomas and AJ practice them as well.



Who are 'The Guides'?

Over years of trance channeling, Thomas and AJ have established a relationship with a collective of multi-dimensional beings they call 'The Guides.'

These entities come from various dimensions and realms from celestial to terrestrial. They are distinct personalities and bring their own perspectives, but they speak from one universal mind or consciousness.

We may have an angel, ascended master, intergalactic being, nature spirit, or ancestor speaking through us at any given time, but they speak as one as they all share one unified mind with Source. Being close to the Divine Light of Source, The Guides have a frequency well beyond our own, and have guided humanity with their wisdom since the beginning of time.

Thomas and AJ know they are not the first humans to deliver this wisdom to humanity, and know they won't be the last.



What do The Guides mean by practice?

A practice is a conscious action you choose to do regularly because you believe it makes your life better. For example, you have likely developed the practice of brushing your teeth right before you go to bed or right after you've woken up from sleep (or both!). You may make a practice of taking a certain route to work every day, or you have a practice of always writing down a list or organizing coupons before you go shopping.

We all have developed hundreds of practices over time that we use to make our lives easier, give us a sense of security, or allow us to behave in a way we see as consistent with who we are.

We re-evaluate and change our practices throughout our lives. You may be in the middle of following your practice of organizing receipts as you always have, only to realize you heard about a new practice that a friend adopted that might suit you better. 'Having always done it that way' is never a good reason to keep following a practice! In adopting these practices, The Guides often encourage us to think about what current practice it may be replacing or improving.

Every practice we follow is based on a premise, or a belief about ourselves, other humans, God or the universe. In order to change our practices, we may first have to confront or reconsider our most basic beliefs.

To help, we've added several premises that The Guides have shared that serve as the foundation to these practices.

How to get the most from this book

Each practice is presented using five elements.

From The Guides

A quote directly from The Guides taken from our channeling that helps you understand the divine perspective about the practice.

The Reason for the Practice

An explanation of why the practice is needed and how it can transform your vibrational frequency.

The Practice

A clear, simple description of the practice.

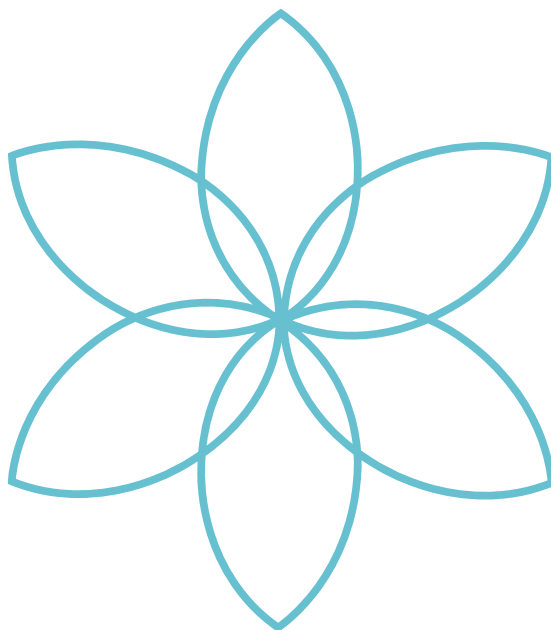
The Premises

Are key beliefs you must integrate to make the practice successful.

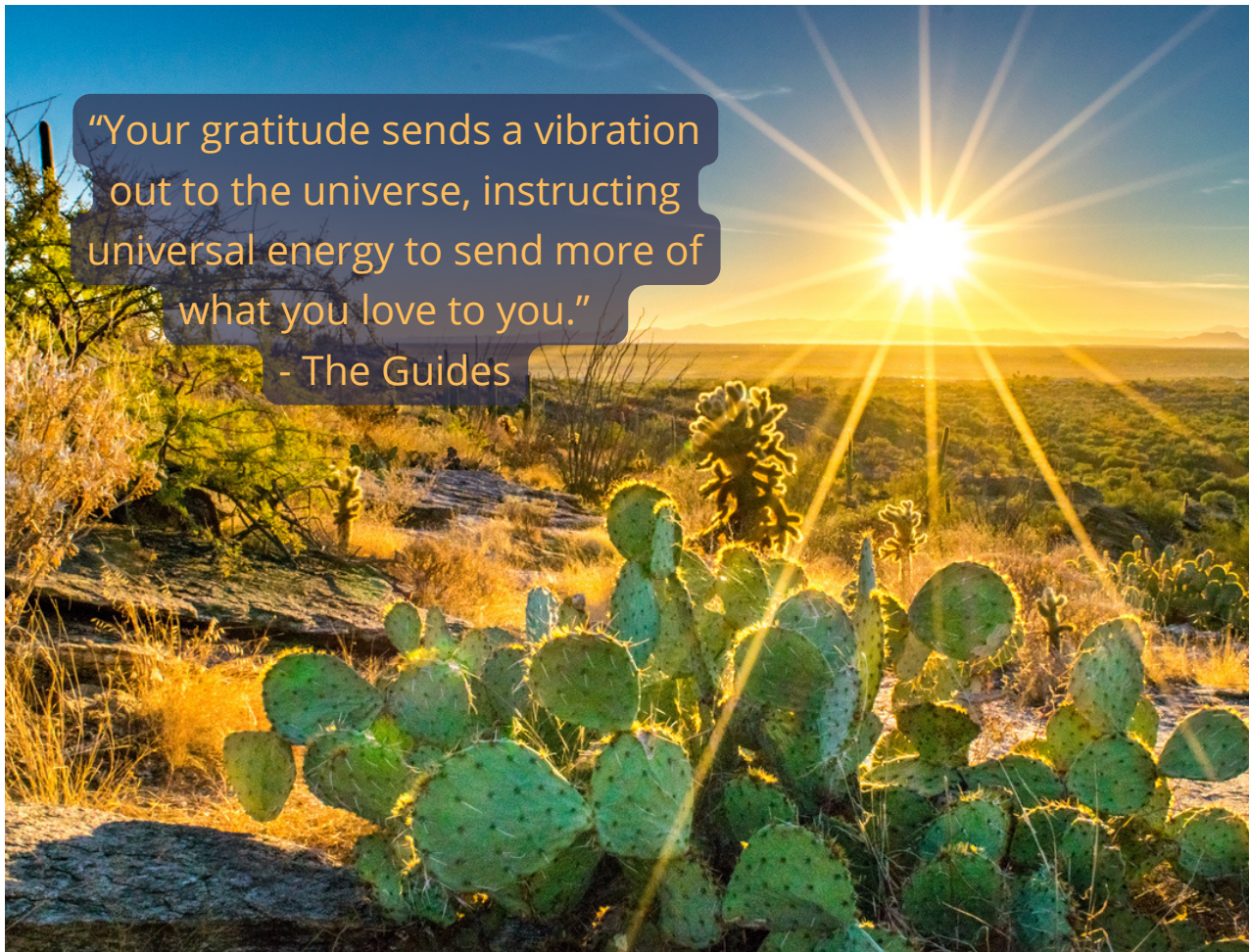
These premises are how Source itself thinks, and adopting them will enable you to realize a more high-vibe life.

The Action

Actions and exercises to build the practice into your daily life. These activities can help you turn these practices into daily habits that keep the high vibes coming all day, every day.



The High-Vibe Practices:



"Your gratitude sends a vibration out to the universe, instructing universal energy to send more of what you love to you."

- The Guides

Practice 1:

Appreciate Everything!

The Guides define appreciation as 'the recognition and acknowledgement of the positive aspects of any person, event, or thing.' In other words, we appreciate something or someone when we realize it has a quality or characteristic that we love or admire.

Appreciation is the quickest and easiest way to raise your vibrational frequency, because, as The Guides teach, it is the only way that Source views all of Creation, including you.

The Reason

Now, there's a thought worth pondering. Imagine if you only saw the positive aspects of everything around you – an endless array of things to love and admire each and every waking moment. How good would that feel?

Most of us don't always think that way. We tend to view things around us critically or negatively, finding the flaw, or fault, or problem. We often articulate what we don't like or would change about something when we first encounter it. We've actually been trained over years to think this way.

Many of us have spent a lifetime watching others who are endlessly critical of us and the people around us. In truth, criticism is often the result of fear and conditional love. As a result, we fear loss in love, and resist appreciation to avoid future disappointment.

However you can acknowledge the positive qualities of everything around you without any conditions or expectations, just the feeling of joy. Appreciation itself never involves ownership. When you look at the world this way, you begin an endless discovery of the many wonderful aspects of Creation – some you experience just once, others you may experience many times throughout your life.

There's another benefit to creating an appreciation practice:

The high-vibe frequency generated by our appreciation serves as instructions to the Universe, which always matches our dominant frequency with more of the same.

In other words, the more we recognize the things we love and admire, the more the universe brings us to love and admire. When we focus on what we don't like, we are only telling the universe to bring us some more of it.



The Practice

*Expressing appreciation for the people,
things and events around you
as often as possible.*

A practice of regular appreciation can provide for you a whole new way to see yourself, others and the world.

It makes a habit of finding and acknowledging the positive aspects of the things, people and events that make up your daily experience and bring more of that to you. Appreciation is not 'putting on rose-colored glasses' and pretending that the entire world is sunshine, rainbows and unicorns.

The practice of appreciation gets us into the habit of seeing what is admirable about the things or people or events around us *first*. These qualities are always there - in everything and every one. It may be as simple as noticing the beautiful shade of purple in the dark cloud about to rain on your picnic, or admiring the model of the car that just cut you off in traffic. It's focusing on the things you like, even if they are surrounded by things that you don't.

In truth, it's more likely that you'll begin to notice that there's something to appreciate in the majority of what is around you, and only a few things that you'd rather not experience. You will surprise yourself by the number of wonderful things surrounding you most days that you've never noticed before adopting this practice.

The end result is that you begin to develop an appreciation for your life in general. Just remember - every moment exists for us to enjoy the many and unique creations of Source.



The Premise

Integrating several key premises will help you easily adopt this practice.

Here's how Source sees the entire universe:

- All of creation exists for the purpose of providing joy.
- Creation is unique in its diversity for us to find appreciation in all things, even those that are not the same as ourselves or what we typically know.
- There is endless creation and endless opportunity to find appreciation within it
- The beauty of creation reveals itself to you without hesitation when invited and allowed.

The Action

Discovering what you admire each and every day.

Use all your senses to perceive what is around you to identify the positive aspects of what you are sensing.

Ask yourself in this appreciation exercise:

- What looks beautiful or interesting to you?
- What do you hear that is pleasant or lovely?
- What smells are you picking up that remind you of something you enjoy?
- If you can taste it, think about what it is that tastes especially delicious for you?
- Can you touch it? How is the temperature on your skin? What are the sensations that you find pleasing in the touch?

Next, share your joy of appreciation again in your mind, or even better, say it out loud or share it with someone else.

For example:

- "What a lovely cool breeze!"
- "What an amazing color that is."
- "I love the harmonies in this music."
- "This strawberry is so plump and delicious"
- "This chair is so relaxing right now"

Appreciation Morning and Night

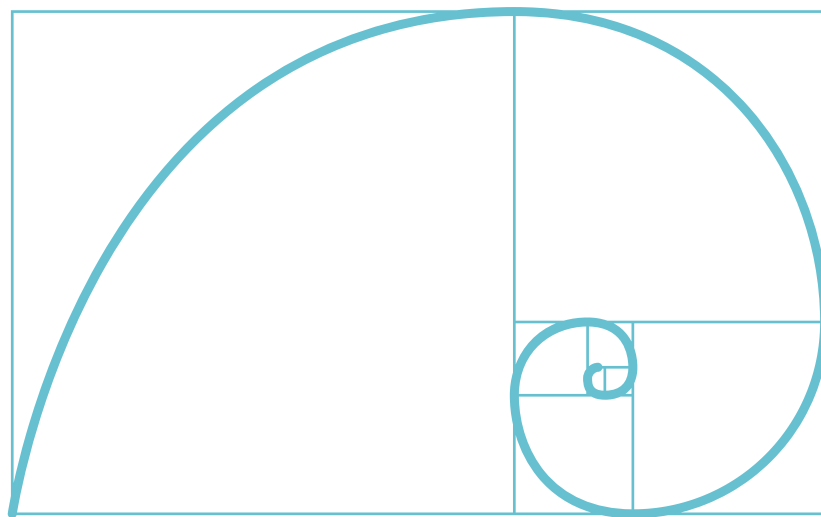
Morning

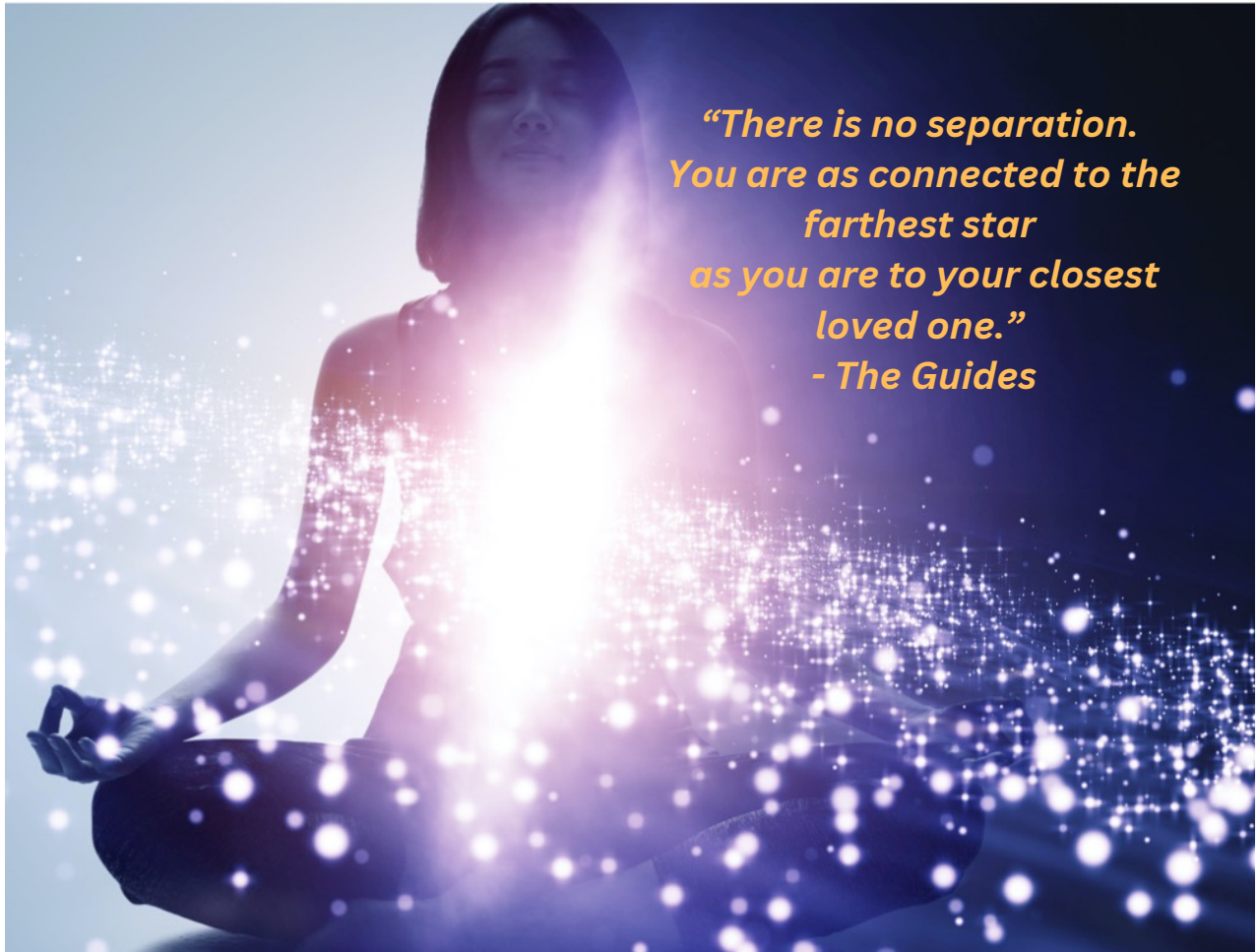
As soon as you wake up in the morning, decide that you will find at least five things to admire or appreciate that day. Make the declaration out loud, if you can:

"Today, I choose to experience five things that I truly appreciate."

Night

Right before you go to sleep that night, take a few moments to think about or say out loud the things you found to appreciate during your day. Better yet, start an "appreciation journal" and write them down, reliving each in your mind as you do and all the positive feelings that it gives you. Then watch as more of the things you love come to you to appreciate each and every day!





***“There is no separation.
You are as connected to the
farthest star
as you are to your closest
loved one.”
- The Guides***

Practice 2:

Focus your Connections

Humans spend a great deal of energy trying to be separate and distinct from one another. We may believe that we don't need other living beings or have any meaningful connection to most of the beings we interact with on a daily basis. We often don't think our thoughts have any impact on others. But that belief is inaccurate.

Every part of creation – the entire universe – is connected energetically to every other part. We are, by design, all vibrationally interdependent. And the choices we make affect far more than just ourselves. Every one of our thoughts and actions affect the vibrational frequency of everything around us.

The Reason

Like all vibrational frequencies, the subject of connection falls on a spectrum with two opposite ends. High-vibe connections result in cooperation, solid relationships, collaboration, synergy, co-creation.

We experience the benefit of high vibration connections with everything we interact with, whether they are with the food we eat, the time we spend in nature or the person we walk past.

When we focus our connection on the lower vibrational spectrum, the result is disagreement, disharmony, blame, judgment, and conflict. Every argument you've had or war humans have ever fought occurred from a low frequency connection. On the other hand, every major advancement that has enhanced our lives is the result of a high vibration connection.

High-frequency connections enable creation to evolve and expand as one. Unity is the true intention of Source, often referred to as 'singularity' and 'oneness.' The energetic shift that humanity is entering is actually the progression toward oneness, which is why The Guides are emphasizing these high-vibe practices at this time. Oneness, they teach, won't just happen on its own without you. It happens only when the majority of humans begin to leverage the positive connections between them. Individually, focusing on the positive or high-vibrational aspects of our connection

with each other brings us love and joy. There is no need to worry about losing our individuality in oneness, either.

Like The Guides, we can operate from one universal mind and energy while maintaining our distinct personalities, gifts, and perspectives. The Guides use the simple metaphor of a multi-faceted diamond to make this point. Every facet of the diamond reflects the light in a unique way, but the beauty of the diamond can only be fully seen when looked at as a whole. The many facets together make the diamond sparkle. The same is true with us. Our individual personalities, talents, perspectives, and preferences all contribute to the sparkling diamond of humanity. Our existence is designed to intersect with and enhance everything else.

The Guides do not suggest that we must get along with or continue to interact with everyone or everything we are connected to. Part of the goal of this practice is to enable you to better decide what connections you wish to continually interact with and which you don't.

You are never a victim of your connections. Focusing every connection allows you to decide which connections are worth ongoing interaction and which are not. All connections, however, occur for a reason. Understanding that link and leveraging it puts you in control of the outcomes.

The Practice

*Recognize and focus the connections you have
with everything and everyone.*

This high-vibe practice involves two steps.

The first part of the practice encourages you to be conscious of your connection to whatever or whoever you are interacting with. At times, that connection is obvious or even profound, and at other times it may be subtle and temporary.

For example, your interaction with the person taking your food order at the restaurant appears to be a simple transaction, but it represents an interdependency that keeps both of you alive and thriving. The people standing next to you on the crowded subway share your goal of getting to a destination comfortably and on time. You share common intentions. Every interaction has a connection, or a reason. No interaction – even with the person cutting you off in traffic – is coincidental.

The second step involves focusing on the positive aspects of that connection. This means recognizing how the connection serves you and the other, and perhaps, when possible, making a conscious choice about how you want to experience the connection, and what effect you wish to have on the other. You might consciously choose to make the transaction with your restaurant server as cooperative as possible, knowing that vibration gets you both exactly what you need.

Your choice to smile and express appreciation creates a warm feeling for both of you that may only last a moment, but still improves both of your days. In focusing the vibration of the connection to the positive, you enable more choices that raise the vibration, which affects both you and the other.

Let's say, for example, that the restaurant server is busy with other tables and sees you as taking too much time and is impatient with you. Responding in a similar way only serves to strengthen that impatience or negative energy. A simple expression of compassion may find you the connection to raise the frequency and provide a better high-vibe experience for you both.

The Premise

Integrating several key premises will help you easily adopt this practice.

- Appreciate that true community is similar to a beehive. It thrives from a sense of interdependency and the whole is stronger and more productive as a result.
- There is no greater transformative power in all of the universe than the collective.
- Your every thought and action has an effect on everything around you. And you alone are able to determine the direction of that effect.
- All beings have free will, and all choices have outcomes which ultimately affect not just yourself, but others as well.

The Action

My Connections

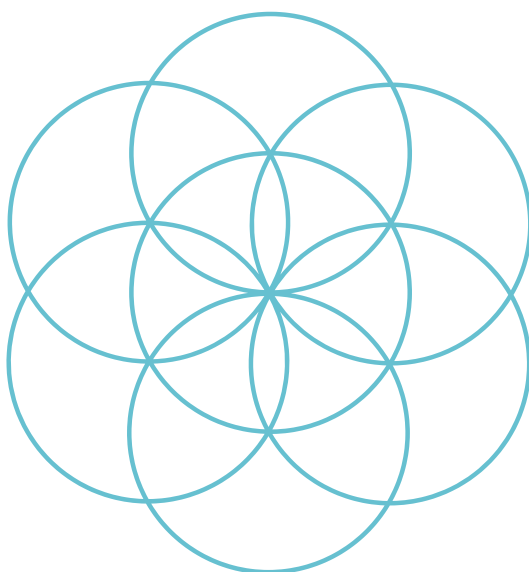
- On a piece of paper or in a journal, make a list of the people you interact with on a regular basis: Family, friends, people you work with, clients, and those who serve you regularly like your doctor, hair stylist, and so on.
- Next to each name, write the connection you have with this individual. Go beyond the obvious – yes, that person is your spouse or romantic partner, but what is your connection to them? What links you together? Remember that for some names on your list, the connection may not be as profound: Your hairstylist may be connected to you by their skill and passion and your need for a trained professional.. There is always something that links you to every being. Try to find that connection, and return back to your list as new insights come to mind.
- Note that the connections you've expressed are in mostly positive terms. Chances are the people you have ongoing relationships with are connected positively to you. It's easy to see how the connection meets your needs or satisfies both of you or how it brought you together.

- Expand your list to include the people you must interact with who irritate or frustrate you – those who ‘rub you the wrong way’ or make you uncomfortable. It may be a neighbor, a co-worker or boss, or someone you interact with less regularly but is still present in your life.
- Write the connection you have next to these names as well.
 - What is the link you have to these individuals?
 - Why are they in your life?
- Note how even though you may have negative reactions to these individuals, you begin to see how these connections also serve you in some way; they may challenge you to grow or force you to recognize an emotional trigger that you can choose to release. They may just be a great chance to practice compassion, seeing past a person’s actions and seeing instead their own needs and self-limited choices. In recognizing this, you have already turned the energy of this connection into a higher vibration.

Connections in the Moment

With an understanding of the connections in your ongoing relationships, practice being conscious of connections in your momentary interactions where no established relationship exists.

With time, understanding the significance of every connection you make will become a part of your perception and an opportunity to take a high-vibe approach. For example, rather than simply reacting in anger to the individual who cut you off in traffic, you can realize the connection they have to you, which may be no more than giving you a gentle reminder to be a more considerate driver.



***“You have the opportunity always to choose again and again and again, as often as you wish.”
- The Guides***



Practice 3:

Exercise Your Ability to Choose

Though you may not realize it, your life is made up of choices and decisions. As an adult (and perhaps even as a child) you choose what you wish to eat and when you wish to eat it. You choose how you will make a living and where you will be employed. You choose who you will love, who you will spend time with, and to whom you will disclose what you think and feel.

You choose when you will sleep, when you will awaken, when you will work and when you will rest. You also have the ability to choose – at any moment – what you think and believe, how you will respond to your environment, and how you feel. An endless number of choices are available for you to make each and every day.

The Reason

You may not feel like many –or any – of these choices are yours to make. Either by agreement, a sense of obligation, or a resignation of your own will and natural rights, you've accepted the premise that you are controlled by factors or powers that force you into choices you would not otherwise make. You have to take your child to soccer practice, have to work late, have to spend time with someone, or have to eat this certain food that you dislike. You have to get angry about this situation.

Humans are often trapped by their beliefs that certain choices lead to negative consequences always, without exception. The fear of negative outcomes often paralyzes humans, who fear the outcomes of their choices to the point where they resign their ability to make them.

What if this choice leads to my complete unhappiness, ruin, or ends my life? Some of these beliefs are based on wisdom from past experience or observations of others; it is perhaps not healthy for your body to consume nothing but processed carbohydrates or decide to skydive without checking your equipment first. Not every choice you make is beneficial to you.

But it is still a choice available to you. Feeling trapped and forced to act against your will holds a much lower vibrational frequency than making a choice based on the knowledge of what will best serve you, which is always freely available to you.

At times, returning to the original choice that now feels like an obligation helps you decide if a new choice is needed, if you just choose again about how you feel as you live out the original choice.

The Universe never says “no” to your choices. The concept of negation simply does not exist beyond our human minds. It is why you feel so uncomfortable when you are told you can't have or do something, or feel restricted when “no” comes into your experience. It is not how Source thinks.

There is a surge of high vibrational energy generated when humans make decisions and choices. This energy is life force itself. You were created with ‘free will’ which means you have unlimited opportunities to choose whatever you wish about any aspect of your life with the complete support of the entire universe behind you.

Knowing the power you have to create your own reality, the universe views your active choosing as the first step in that co-creation. You can rely on the universe to help you find the knowledge, opportunities, and supportive elements necessary to fully realize that choice.

You always have the freedom to change your mind or decide that a choice does not or no-longer serves you. No choice is permanent.

The Guides often advise those who find their choices unsatisfying are now seeing them for what they are - a choice - and then simply allowing themselves the freedom to choose again.

So why doesn't everything you choose work out? And why do some of our choices create obstacles in our path or take years to come to fruition? The Guides offer a simple answer: Wishing is not the same as choosing. Being clear about what you want and why you want it is an essential part of your choice-making, even when that choice leads us to realizing we were unclear.

But choice in and of itself requires action. Choosing to make a living as a dentist will not get you far if you do not go to dental school, and become licensed to set up or join a practice. Often, the universe may help you realize the intention and desire needed in making your choices - even by creating delays in the outcomes you expect to help you consider the choice with greater detail.

It may be helpful to know that the universe does not see our choices with the immediacy that we usually do. To Source, your choices are part of an eternal journey. Every choice, not just in this life but over many lifetimes, brings you to a greater understanding of who you – the eternal you – are created to be.

There is no judgment or punishment on the other side, even when your choices bring you to what you would consider as failure or ruin. They only serve to inform your ever-evolving soul, either now or in future incarnations. From Source's perspective, you simply can't get it wrong, as every conscious choice guides the next and allows you to realize the magnificence of your creation.

The Practice

*Make as many choices as needed
to find what best serves you.*

*Make new choices when what you've chosen
does not serve you best.*

The Premise

Integrating several key premises
will help you easily adopt this practice.

- As you grow in your consciousness of all around you, you are able to make new choices.
- The information that surrounds you is plentiful and at times overwhelming. Choice itself is required now; the choice to accept, to discard, to prioritize, to order.

The Action

The Choice Review

- On a piece of paper or in a journal, write down every current commitment you have that controls your choices, For example:
 - I have to get up early in the morning to start work on time.
 - I have to do all of the housework.
 - I have to be the one to start conversations with my friends.
 - I have to avoid eating foods high in carbohydrates.
- Replace the “*have to*” with “*choose to*.” Note how that word-replacement changes the way you feel about the choice. Then, write down the original choice that led to these commitments or obligations. For example, next the statement about getting up early in the morning, note the original choice to follow a specific career or be gainfully employed.
- Now revisit those choices. Now that you’ve lived the reality surrounding that choice, do you still carry the same desire, or do you wish to make a different choice, or make different agreements that serve you better. For example, you may choose to find another career or type of employment that doesn’t require you to get up as early.

Choices in the Moment

When going about your daily routine, make a conscious choice before doing something out of habit. This may take some time to become more conscious of the choices you often do on autopilot, but the result will be higher-vibration actions!

Before doing the action, stop and ask yourself:

- “Do I want to do this?”
- “Why do I want to do this?”
- How will it serve my greatest good in this moment?”

If you're unable to find a satisfying answer, then ask:

- “What other choices are available to me? How might they serve me better?”

If you are satisfied with your answers, then say, if only to yourself, before doing it:

- “I am making a conscious choice to (do this action).”

Example:

Three times a week, you head to the gym after work to spend 30 minutes on the treadmill and two times around the weight circuit. Today, before starting your car to drive to the gym, you ask, “Do I want to do this?” Your first gut reaction is “No, I really don't. I'm tired, the gym is always crowded at this time.” You then ask, “How will it serve my greatest good in this moment?” The answer, you realize, is “After I finish, I always feel really good and energized. I like the way my body feels after doing this regularly. I want to see more ongoing improvement in my strength and stamina, and that means going as consistently as I can.”

As you start the car, you declare: “I am making a conscious choice to go to the gym to exercise.” Note the renewed energy surrounding that choice!





"The ability to separate your vibrational frequency from the circumstances around you is perhaps the most important power that you have."

- The Guides

Practice 4:

Claim Your Power Over Circumstance

The Guides often remind us of this simple truth: We are not our circumstances. Put another way, there is no circumstance itself that has a high or low vibrational frequency. The energy generated by any and every circumstance comes instead from the way we react to it.

The Guides promise that we have the ability to react differently about our circumstances and, by doing so, change the way any circumstance affects us. We actually possess the power to decide our reaction to any circumstance and how we'll respond to it.

The Reason

Our ability to decide our reaction to our circumstances is good news, because most of us have been taught that fear, sorrow, anxiety, despair, anger, stress, or depression are natural responses to difficult circumstances in our lives. We've come to believe that we're supposed to worry or despair when it looks like everything is falling apart.

So it's no surprise that many of us take this approach to circumstances as a part of our daily practice. When aspects of our life are going well, we feel happy and enthusiastic, but when circumstances become unfavorable, we tend to focus on the problem or catastrophe like we think we're supposed to. The resulting drama becomes all we think about and talk about. No wonder we feel lousy.

The Guides often clarify that it's ok to feel sad, or angry, or disappointed if we choose. What they know is that allowing our circumstances to determine how we think and feel does not serve us well. It keeps us from the higher frequency thoughts and emotions that serve to move us past beyond our current circumstance.

The Practice

*Change your perspective about any circumstance
that does not serve you.*

The Guides, speaking directly from Source, offer us a different choice by helping us adopt a practice where we take control over how we respond to any circumstance. Rather than focusing on the negative aspects of the circumstance, we actively reset our perspective and decide how we'll think and feel about it. This practice is not just 'thinking positively' about a negative circumstance, but putting the circumstance back into perspective so it no longer controls your thoughts or dominates your emotions.

The goal of this practice isn't to fix or change your circumstances, though when you raise your vibration by focusing on the solution rather than the problem, you'll be amazed at how quickly improvement appears. The circumstance may bring about a new skill, strength, or opportunity that you need. Chances are you've met someone who shared a tragic circumstance that over time turned out to be the best thing that ever happened. Resetting your thoughts and feelings helps you see these potential positive outcomes and opportunities sooner.

The key, then, is to let go of feeling like the victim of your circumstances and find the many ways you are in a perfect position to meet the circumstance head-on, and even to realize the benefits the circumstance offers you.

The Premise

There are several key premises that make this practice successful. Spending time integrating these beliefs into your thinking will make the practice much easier to adopt.

Here's how Source sees your circumstance:

- Nothing in the entire universe is against you. The universe only says "yes".
- There is greater power for you than when you take a breath.
- Physical circumstances serve to expand your soul's journey.
- There is not a circumstance too large that it can conquer you unless you allow it to conquer you.
- Even as the world is going crazy, the breeze still kisses your face to show its love for you just as the flower blooms to show its beauty. These things are eternal.
- You are never, ever, alone in any circumstance. Divine guidance is always available to you, simply in the asking.


The Action

The moment you feel yourself overcome by your thoughts or feeling anxious about a circumstance:

- Stop and take a few deep, cleansing breaths to clear your energy.
- Recite this simple mantra: *"My life is so much more than this temporary circumstance."*
- Make a mental list of the aspects of your life, no matter how small, that exist in spite of this circumstance:
 - The people in your life who love you
 - Your many gifts and strengths
 - The beauty of your surroundings [there is always something]
 - A warm and lovely memory
- Let yourself feel the emotional response from those thoughts. State the mantra again: *"My life is so much more than this temporary circumstance."*

When you can sit quietly without distraction, think through these questions in meditation or by writing them out in your journal:

- What, specifically, about this circumstance bothers me? What potential outcomes am I projecting that have yet to occur?
- What do I need to release that is making this circumstance particularly worrisome?
- How have I been equipped to meet or even overcome this circumstance? What is in me to get past my current conditions?
- What is the outcome I most desire? What is the energy I would prefer?
- What is this circumstance trying to teach me?



"It is important at this time to remember each day that Source adores you. Your true self is always worthy of appreciation and adoration."

- The Guides

Practice 4:

Spend Time Being Adored by the Divine

The practice of being adored unconditionally by the Divine is perhaps the hardest of all the practices for a number of reasons.

Accepting unconditional love from any human or animal is difficult enough for many of us.

We've learned through disappointment and heartache that love is often conditional and fleeting. We all have a story about love that was lost in one form or another.

The Reason

But accepting love from the universal intelligence that created you is even more difficult. First, it requires accepting that such Divinity actually exists. However you conceive of the Divine – as God, Source (the name The Guides use to describe the source of all universal energy), Creator, Supreme Being, Universal Intelligence, the Light, or any of the other names humans use– or your beliefs in the many forms of divinity that exist for humans, from angels to spirit guides, ascended masters, or specific deities, this practice is based on the realization that a universal intelligence bigger than all of us consciously interacts with every aspect of the universe. It means accepting that there is a central energy that, at some level, created our physical and non-physical reality and is directly involved in the actions and progress of its creation.

The Guides are quite clear that having humans follow a specific belief or religious practice is not their goal; we are all free to understand and express our relationship with the Divine as we so choose. The frequency of the Divine in any of its expressions is always easy to recognize as pure positive joy. But The Guides want us to understand that the Source of All That Is has an intimate, eternal connection to you that began at your creation, and can never be severed. They tell us and our clients often that there is nothing we could do to enhance or destroy the adoration Source has for us. Though you always have the choice to create as much distance from it as possible, that adoration never disappears.

But how do you “be adored?” The answer is simpler than you think. You just allow.

That’s harder than it sounds. We’re just not used to any relationship that doesn’t require something from us to keep it going. The basis of most human relationships is reciprocation: I show you love, and you show me love. If one of us drops our end of the bargain, the relationship doesn’t work. Making matters worse, many of our human relationships carry conditions and expectations that when not met justify our withdrawal of love. At times, these conditions and expectations are impossible to meet: don’t question me, do only what I say you can do, follow my rules exactly, sacrifice and suffer for me.

The Guides explain this isn’t love or adoration at all, and certainly not the love Source has for us. Source doesn’t judge us or expect that we do anything but realize the fullness of our creation, which is constantly expanding and evolving. Source wants you to see yourself as the universe does – a magnificent eternal being that makes the universe complete.

The practice of being adored by the Divine is a conscious awareness of that love, which permeates across every breath and action you take. It is an awareness that you carry with you as you interact with all other aspects of creation. And we promise you – once you allow it, every aspect of your life is transformed.

The Practice

*As often as possible,
allow the adoration of Divine Source Energy.*

There is no need to engage in any religious or spiritual practice to allow adoration, though many find that some activities help you experience the love of Divine through your senses. Anything that makes you feel that love, such as playing music, walking in nature, dancing, chanting, burning incense, ringing bells, or sitting quietly in a sacred space might be time well spent.

The goal is for you to feel the love that is already being given to you, so find ways that bring that feeling into reality for you.

However, know that you can feel adored by Source while cleaning the bathroom, finishing a report, driving your children to school, or shopping for groceries. In fact, realizing how adored you are during these activities may make them much more joyful.

The Guides recommend avoiding religious or spiritual practices, however, that focus attention on your actions or contributions to please or appease the Divine. Prayer, devotion, service, fasting, or sacrifice may be a natural response to your love of the Divine, but they are completely unnecessary and can often keep you from allowing unjustified, unearned, and unconditional love.

**There truly is nothing for you to do.
This practice is one-sided on purpose.**

The Premise

**Integrating several key premises
will help you easily adopt this practice.**

- I am adored by Universal Source energy
- There is nothing I can do to earn or destroy the love Source has for me.
- It is impossible for Source to feel negatively toward its own creation, of which you are a part.
- Remember how very much you matter to the Universe, for your creation - this very life right now – serves an important part of creation.
- You must remember how often the Universe celebrates your creation. You are celebrated constantly in ways both large and small.

The Action

Just being with the love of Source

Find at least 30 minutes and a quiet place where you can be alone without interruption. You may wish to bring into the space anything that reminds you of Divine love, such as flowers, music, or candles representing the Light of the Divine. Remember, these are for you. They are needed by your Divine.

Now, allow yourself those full 30 minutes to simply reflect on being loved. Imagine the Divine wrapping itself around you like a warm hug. Visualize in your mind the Divine in whatever form holding you gently. Your Divine will take any form that makes you feel comfortable, safe, and secure.

You may find yourself reacting emotionally as you fully realize Divine's love for you. It is perhaps the most profound feeling that humans can experience. Let the emotions flow and freely express themselves in laughter or tears.

Before you finish your time, remind yourself that this adoration is available to you at any time. Set the memory and feeling in your heart before returning to the daily routine of your life.

AFFIRMING DIVINE LOVE IN THE MOMENT

Though setting aside special time is valuable, we also encourage you to stop for just a moment several times throughout your day and repeat this affirmation to yourself:

I AM ADORED BY DIVINE SOURCE ENERGY/GOD/THE UNIVERSE/DIVINE

(Use whatever term you relate to most.)

Allow yourself to feel the effect of those words. Note, but don't dwell on any resistance to accepting this statement as true. Later, in your journal, you can explore what was happening at the moment that made you feel you weren't adored such as the stress you were facing or old self-talk that told you that you weren't deserving of that love.

The more you stop a moment to state that affirmation in your mind, the more you'll find reasons to accept rather than resist its truth.

In Conclusion

*Remember that these practices are a gift you give yourself.
There's no perfect way to integrate them
but the way that works best for you.
So have fun with these, knowing you can't get it wrong.*

The goal is to become aware, at any moment, of the way you are feeling and of the thoughts you are thinking so that you can make choices that best serve you.

As humans, we are all constantly evolving. As you adopt these practices, you may find that some of your favorite activities, entertainment, foods, or places to visit don't feel vibrationally aligned with the person you are becoming.

You may even find yourself seeking a different set of friends who are more of a vibrational match to who you are. Allow this to occur naturally.

There's no need to make major life revisions, as this will occur naturally. Like is always attracted to like. Some of these relationships will respond to your higher vibrations, and you will find that you will be drawn to high-vibe opportunities and relationships that resonate with your own frequency.

It's up to you now to go within and do that little bit of work that is needed to move you closer to a state of consistent joy. Your life is about to transform in big ways - but remember, it does not happen to you, it happens because of you!

Our love and care -- Thomas and AJ

Intuitive Channels for The Guides, Speaking from Source LLC.

Want more from The Guides?

Find us on the web: @speakingfromsource
and follow us on your favorite social media platform
for the latest insights and updates or scan the QR code below:



Private sessions with 'The Guides'
can also be booked directly on our website:
<https://speakingfromsource.com>

Hope to hear from you soon!

