



# Finding and Working with a Spirit Guide

*(Excerpt from The Sacred Seven: A Magickal Path in Applied Modern Witchcraft)*

For me, a spirit guide is an entity that exists entirely in my head. It doesn't matter if they are purely imaginary creations or if they are beings from another dimension. I think they are energetic beings that are filtered through our individual lens so that we can comprehend them.

These beings can take on many different forms - from human to animal to purely energetic. Whatever it is they are in the original form, how we perceive them as humans is filtered through our own personality and experiences. Spirit guides are a type of witch's companion, although non-witches can have them, too. Spirit guides can be actually living beings of the animal, human, plant or even stone variety. The key characteristic of your relationship with a guide is that they support your magickal and spiritual work. This can be the main deity that you work with, one of their established companions, or someone/thing completely different.

There are many different types of possible guides, including (but not limited to): Ancestors, Animals, Botanicals, Deities, Earth Bound Dead, Elementals, Entities (like Angels and Daemons), Plants, Spirits and Stones. This mystical journey technique below

may also work with other types of mystical beings such as faeries and sprites, but I don't know because they aren't my thing.

## **Ways of Discovering Your Spirit Guide**

Spirit Guides often attempt to communicate with us through signs and symbols. This is where our witch's power of observation comes in handy. If you are actively seeking a spirit guide, set an intention to find one.

In addition to direct communication and sending symbols, there are other ways that a spirit guide chooses to connect with us. Often, it can just be a feeling we have that a certain type of spirit is watching over us. Although there are countless other ways that a spirit guide communicates with us, I've listed some of the more common ones below.

### ***Signs***

A spirit guide often speaks to us through symbols. Start looking around for unexpected examples. Be on the lookout for random things showing up in your life. Other signs often include spontaneous encounters that are totally out of keeping with what you're doing. There will also be signs that are meaningful only to you.

### ***Journeys***

Another way a spirit guide speaks to us is in our journeys. This is because our busy minds are quieted by sleep, allowing our established connection with a possible guide to flow more freely. While the guide may come to you as themselves in a journey, they may also use signs in journeys. They could even appear in a human form that's quite unexpected. A spirit guide will take on whatever form is most appropriate for getting your attention. Keeping a journey journal is a good practice to establish. Through writing about your journeys, you will notice things like signs that you would otherwise miss.

### ***Meditations***

Meditation leads to an opening between us and the energetic realms. In this altered consciousness, we are more open to receive direct messages from a spirit guide. These messages can be audible – like a whisper – or they can appear as written text on your mind's eye. They may even appear to you and say things. Symbols may also appear

during your meditations. However, you need to pace yourself. Meditating in the hope of receiving direct communication from a spirit guide too often is likely to be exhausting and ineffective.

### ***Direct Messages***

A spirit guide may directly communicate with you during magickal or spiritual activities. I want to mention one last type of direct communication, what I call the instant download. This happens when you are going about your regular life and suddenly a guide speaks to you. This can take the form of a vision, you can hear them speak, or a message may suddenly flash across your mind's eye. When this happens, it can be quite startling. It can also be difficult to write about it immediately after since you are likely to be doing something else – like the laundry. Do your best to journal your experience as soon as you can.

### ***Events***

There are times when a spirit guide speaks to us through events in our lives. Another way they can speak to us through an event occurs when a scenario plays out that is so unusual that the entire situation seems to be a message from a spirit guide. For example, I know someone who unexpectedly altered her morning route because she was late. On this different way to work, she found a heart-shaped key with “you are loved” engraved on it. At the time she was going through a very difficult time in her personal life and was feeling quite unloved. No one came forward to claim the key. This is an example of an entire event being a message. Hekate became her guide and goddess.

### ***Inner Knowing***

There are times when we just know something. There's no other explanation. For me, this often happens when I wake up in the morning. One way of looking at this is that it is our intuition talking, while another is that this is a message that flowed through our established energy channel with a spirit guide. It's like when you look at someone and instantly know what they are thinking. Typically, the inner knowing accompanies one of the other types of messages, but there are times when we just *know* without any other evidence.

## **Finding Your Spirit Guide Journey**

This journey works whether you have already received signs and are looking to meet your spirit guide formally for the first time or if you are hoping to make initial contact. Set aside at least one hour for the journey. Wash up before beginning. Wear comfortable clothes. I like to do this sort of work in the evening. I recommend listening to shamanic style drumming. I find the music of Byron Metcalf to be excellent accompaniment for mystical journeying. You can find him on Spotify. If you're so inclined, you can burn mugwort on a charcoal disc in a heat proof dish for a few minutes before you start. Make sure it's out before you begin so you won't be distracted. Dim the lights.

**Position:** Get comfortable, preferably lying down. You may want to cover up with a warm blanket. This will help avoid any physical coldness that may set in on your journey.

This is a journey to meet your spirit guide. Activate your imagination now. Set the intention to go where the imagery takes you. Do not resist any images or experiences. You'll be protected and completely safe. When the journey is over, you'll return from the meditative state to normal waking calm and refreshed. You'll feel strong and confident, and fully supported by your new guide.

### **Journey Script**

After turning on the music, make sure that you are lying comfortably on your back. Close your eyes. Begin to feel the weight of your body sink in the bed or floor beneath you. Feel the weight in your feet and ankles shift to the floor, now the weight shifts up your calves, then your knees, your legs. Take a moment to feel how heavy they are underneath.....this is a pleasant sensation of heaviness...like being under blankets...warm and soothing....

Now shift your attention to your torso. Feel your butt grow heavy, your lower back.....up your spine as all the weight of your organs is released into your back....your body is deeply relaxed...

Let the back of your arms accept the weight from the front....heavy, warm, relaxed, comfortable...pull the feeling into the back of your neck.....the back of your head.....

Pause here to feel how light the front of your body has become...notice that all tension has been released.....start at your head...now clear of thoughts and stress....your face is relaxed...smile a bit....your throat is soft...your breath relaxed and easy.....

Your heart rate is slowing....your belly calm.....your legs are at rest.....as are your ankles and feet....warm, relaxed, comfortable....

Now let the weight in your feet melt into the bed or floor beneath you....do the same for your ankles....calves....knees....legs.....

Pause here to enjoy their lightness....no pain, tension, just relaxed....

Do the same for your back....release all the heaviness in your back into the bed or floor beneath you....

Feel the lightness as it moves through your body....

Now move onto your arms....release the weight into the bed or floor....the neck follows...then your head.....

You feel light, calm, relaxed, comfortable....

Envision all this weight travelling down through the bed or floor, down into the earth...all tension, worries and cares goes along...thank the earth for accepting the heaviness....

In this state of lightness, allow the strength within you to open up. Imagine your spine as the centre of this strength....a great silver sword in your back...silver strength energy fills every part of your being....the silver energy wraps you in a protective cloak, nothing can penetrate, but it is as soft and light as your body. Your hands wear silver gloves that are made of the same material. Your feet are covered in boots that match....you are entirely strong, protected and light.

You are now in a state of perfect balance: the lightness and strength are the true components of love. All heaviness, all fear is long gone....

See yourself standing in a forest. Up ahead is an entrance to a cave. This cave exists deep inside of you. It is the womb of creation. The mystical nexus where the energetic realms come together. It is the entrance to the Other World, the Liminal Realm. Walk to the cave. Notice the opening. Step inside. You notice a sliding door to the cave entrance that's now behind you. Close the cave off from the world you've just left behind.

Here, in between the everyday world and the healing world, pause. Look around inside the cave. If any images come forward now, release them into this space. You are calm, but aware. Open to the experience you're about to have.

When you are ready, walk deeper into the cave. Your spirit guide may already begin to emerge. You see an inner door to the healing realm of the Liminal Realm, the Other World. Open this door. A new world is before you. Take time to notice the details of your world. This is the landscape of your new spirit guide.

Step through the door and close it behind you. You are now in the healing world. You are on your spirit guide journey.

Call upon your guide to come forward.

*I ask you, great guide, as a powerful teacher to come to me now.*

*I know that you, great guide, are coming forward*

*To bring me guidance that is deep within me*

*So that I may live as my true self*

*That I may be true in my words to myself and others*

*That my magick will be in my highest good and for that of others*

*That I will do so with honor and respect for myself, others and the land.*

*Out of great respect, I call upon you, Great Guide, to guide me on my journey.*

Your guide is coming towards you. Greet the guide, take in their physical being. File away the name and their appearance for reflection after the journey. At this point, your guide will deliver a message to you and give you the name you are to call them. Listen patiently.

Call to them using this name. Say that you are ready to follow them back to your true self.

The guide beckons you to follow.

Walk with the guide...let the images flow....

Now your time with your guide is coming to an end. Thank him or her for their guidance. Ask for any final insight.

Carefully store in your mind the wisdom of your journey.

Turn around. You discover that the cave is right behind you.

Enter the cave. Pause here to make sure your memories of the journey are safely stored.

Take off the silver coat, boots, and gloves. See yourself in your everyday clothes.

Breathe deeply, feeling the strength and wisdom, retaining the lightness.

When you are ready, walk out of the other side of the cave back into your everyday life.

Now that you are back in your body, in everyday life, take time to notice any physical sensations that are occurring. Note these as well. Activation of certain body parts or systems after a journey shows us further information for healing.

Take time to reflect upon your journey. When you are ready, open your eyes.

## **Processing Your Spirit Guide Encounter**

As soon as possible after the journey, journal about it. Spirit guides often speak to us in riddles and symbols. Writing about them can help us unravel their meanings.

Remember that this is very intense work that can take time to process.

### **Journey Processing**

1. Record immediately all the details of the journey that you remember. Using the voice memo function on your phone is a great tool for doing this or summarize the journey in your journal.
2. Processing the journey should occur soon after, but can wait until later, especially if you made a recording.

### **Prompts for processing:**

- What is my current emotional state? (You'll carry the dominant feelings of the journey over into the mundane world.)
- How did the realm of my guide appear?
- What did my spirit guide look like?
- What were the activities that they were doing?
- What did they say to me?
- What did I say?
- What were the symbols? (This can include many things. Journeys are notoriously cryptic, look for colors, things associated with the deities you wanted to connect with, animal messengers, etc.)
- What happened? (Did you do something with your guide?)
- What time period was it? (Past, present, future.)
- What do I need to do for follow-up?

3. Interpretation: Now that you've processed the spirit guide journey, you should move on to your interpretation of it. You should start with your understanding, write it down and then seek other sources, such as a standard journey interpretation guide and references on the type of spirit guide (e.g., animal medicine, angelic types, more info on the deity if that's who your guide is)

4. Follow up:



- If there was something you were asked to do in the journey, make a plan and then get busy.
- Be gentle with yourself for the day after the journey experience. The emotions of the journey may carry forward into your waking life. Take time to notice these feelings and release them if they don't serve you well.
- Pay attention for further messages from your guide in your dreams, symbols and other messages that reinforce your connection with them during the days afterwards.
- Return to the cave when you wish to communicate with your guide.
- Arrange a tribute to your guide with symbols and images associated with them as part of your altar or in a separate space.