

How To Communicate With Your Spirit Guides and Angels

Manual For Mastering Telepathy and Clairvoyance

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How To Meet Your Spirit Guides And Angels FAQ

Why Should I Contact My Spirit Guide or Angel?

Having a close relationship with your spirit guide is not a prerequisite to spirituality and there are many people who live their spiritual journeys wonderfully without ever knowing who their spirit guide is, *but* having strong spiritual abilities and being able to communicate with your loving spirit guide comes with a limitless list of positive benefits. Learning how to have a beautiful, close relationship with your spirit guides is the best thing you can do for yourself.

Your spirit guide can be your best friend, a mentor and an amazing supportive listener who can help you every step along the way. They can be there for you when no one else is and you can talk to them about anything. They love you unconditionally and always know the right things to say when you are feeling down.

They can teach you whatever you would like to learn – the possibilities are endless, all you have to do is ask. If they do not know a skill you want to learn, they can introduce you to an ascended master who does, but you will be surprised at how much your spirit guides and angels can offer you if you only ask. Once you know how to speak to your spirit guides, you can tap into an infinite library of knowledge and possibilities. Learn new hobbies and never pay for services ever again – if you need a personal trainer to help you with fitness, just ask your spirit guides, they know more than people do. They can help you achieve your goals of becoming healthier in body, mind and spirit.

The list is unending of all the things your spirit guide could offer you. They all have their own unique gifts and personalities, but they all carry more wisdom and knowledge than you could imagine. Sometimes they will not force this

knowledge on you – you have to ask them if you want to know.

Spiritual people often have blind faith. But as soon as you develop your spiritual abilities and can communicate to your spirit guides, you will find proof that your faith is real, in all that you do.

When you follow your intuition and the advice of your spirit guides and see that it was correct and witness the positive impact it creates on your life, it will help you become very confident in your faith and spiritual journey. Communicating to your spirit guides can become a way of life that makes everything in life so much easier. You won't know how you once managed to live without their guidance.

My main spirit guide, Raven, means the world to me; he has helped me through the darkest times in my life and without him, I wouldn't be here today. He is the most important "person" in my life and the only person who is always there for me, no matter what happens.

Isn't Praying to Spirit Guides a Form of Idol Worship?

Most spiritual people believe in a Higher Power. Spirit guides and guardian angels are not meant to be replacements of our higher powers; they are messengers, loving friends and mentors who are there to guide you in your life. You can view your spirit guide as an equal and at the same time remain humble and recognize the wisdom and teachings they have to offer you. You can have an understanding of interconnectedness and oneness, and believe that the Divine exists in everything.

What Is a Spirit Guide?

Spirit guides and guardian angels are loving beings in spirit that have been assigned to support you and take care of you during your lifetime. They are beautiful, high frequency loving beings that have taken the service of guiding us.

Your spirit guides and angels can look like anything. They can be angelic beings, ascended masters, deities, human spirits,

your own ancestors and passed on loved ones, pets, mythological creatures, animal spirits, and the list goes on. You may also have Guides from other dimensions, realms or planets who have taken on the role of assisting you during your lifetime.

All of them are high frequency. This means they all vibrate on much higher frequencies than us (they are source energy) and unconditionally love beings and would never do anything to harm you. A low frequency spirit is not a spirit guide.

All high frequency spirit guides are wonderful and offer amazing guidance special to our life paths and journeys. Your own spirit guide will be unique, loving and amazing, and will communicate with you in the best way to suit your natural needs. It is also good to realize, that a high frequency being can take on any form or appearance it wishes to, and we may often find, that our spirit guides may take on certain forms to communicate to us what we need during any given time. If you wish to see their true form, just ask them.

Does my spirit guide or guardian angel help other people too?

You may have a spirit guide or angel who works with only you, or you may also find that they work with many people in this world, but either way, you can develop a special relationship with your guides. We can use our guides to assist in healing other people, or ask them to heal a place on earth, and they will still be around us and guiding as at the same time they are somewhere else. Time and travel is unordinary and unlimited in spirit.

Can I Learn From Any High Frequency Being?

Yes, we can also call upon any guide we wish, either ascended masters, animal guides, or famous ascended people, *any* loving spirit we would like to learn from, because these ascended beings help many people all over the globe. Upon calling you can be direct upon who you would like to visit with, or you can simply ask for a guide who is knowledgeable in a certain area

you need assistance with. There are countless high frequency beings that have taken the service to be of assistance to all people.

Can My Spirit Guide Be A Passed On Loved One?

Personal spirit guides, such as passed on loved ones and relatives, or ancestors may be looking after us too! Even our pets can guide us. I have seen people who have lived in nature, owned a lot of pets or worked with a lot of animals, or who have hunted a lot in their lifetime, who have lots of animal spirits following them. The spirits of our relatives can often be very supportive. We may even just have family dropping in on us to see how we are doing.

Can I Have More Than One Spirit Guide?

Some people have one spirit guide, or a few spirit guides, while some people have several – up to hundreds of spirit guides, the numbers are different for everyone! Even those who only establish connection with one spirit guide probably do have many others looking after them.

People who gain strong connections with their guides, may find out that they have one main spirit guide, who tends to speak for the rest of his/her spirit guides! You may experience your main guide refers to themselves as “we”, and tends to speak for all of your guides.

If you are just beginning to meet your spirit guides, it is best to focus on just meeting one (right now). Your other spirit guides will not be offended. It will be easier for you, because if you do have several guides, it will be quite confusing if they are all trying to speak and get in at once. When you become more adept and can handle the beautiful chaos and confusion of being in a group visitation of all of your spirit guides dancing around, then you can go exploring the more the merrier!

You will have at least one main guide for the rest of your life. People tend to have more guides depending on how old their soul is. In past lives, we tend to pick up more and more guides from different experiences; we also may find we tend to work

with some of the same guides we had in past lives. We may know them on a deeper level.

Also, our soul mates from present or past lives may often take on the roles of being spirit guides for us, or helpers – they may sit out lives, and at times when they live, we become a guide for them, sometimes we switch roles.

People also have more guides depending on their ancestry and racial background, especially if they are mixed race. Even if the person has no connection, or no idea what their cultural roots are, these guides and spiritual deities from different cultures tend to come in to the picture. This also is true if the person has an unexplained connection to other cultures, or if they simply connect to the beliefs of another culture – they will attract knowledgeable spirit guides that can connect them to that way of life. This also tends to be true for people who have lived as different races in their past life history.

Adopted people have more spirit guides than people who are not adopted. Adoption is a special thing in spirit; it is recognized as a difficulty and needs more support. They have a whole group of spirit guides assigned to them to help them through the tough journey of being adopted, as well as spirit guides from all sides of ancestry and all sides of family.

Adoption in the spirit world is considered very sacred and special. An adopted person in the normal world may feel like they do not belong on one side, but in the spirit world, it is looked at as they belong everywhere. When a person enters another family, they have more gifts and they have the spirit of that family, as well as the spirit of their bloodline family.

Also you will notice (if you can see spirit guides) that people who have grown up in the wilderness tend to have lots of animal spirits following them around, as well as people who work with animals. Hunters collect animal spirits. People who are connected to nature often have many elemental spirit guides.

There could be many more reasons why some people have more spirit guides than some do. But the overall summary here is that you can have any number of spirit guides. At the time of writing this, I have 195 spirit guides, but that number changes

some days. It doesn't matter the number, but having a fewer number makes it a lot easier to develop stronger relationships. If you have hundreds of spirit guides, you may never get the chance to develop a strong relationship with all of them.

Did My Spirit Guide Abandon Me?

A common question I am frequently asked is if spirit guides abandon you. The answer is no, they will stay with you as long as you are still in need of their support. Lots of people go through phases in their spiritual journeys, where they can no longer sense their spirit guides around them, and they take it as a sign that their spirit guide has left them completely. This will never happen – your spirit guide is always with you, even when it doesn't feel that way.

Sometimes our spirit guides may decide to give us distance so we can learn independence so you can learn to rely on yourself, because they think that is in our best interest, but if it really bothers you, all you have to do is tell them so and they will come back to support you.

It usually comes down to you – **you** are not able to see them right now, **you** are feeling disconnected, it is not them and they are always right there with you. A lot of people often become worried about this. I hope that I can reassure you that it is your own inability to sense them for whatever reason. We will touch on more of that later.

Even if you cannot sense them there, they still try to communicate with you, send you signs and intervene in little ways. Your spirit guides are always there, and even if they are giving you some distance, you can be sure they are still watching over you. They will never leave you if you want them there. If you cannot sense them, you can still talk to them – they will hear!

Can I Use Telepathy, Clairaudience and Clairvoyance to Speak to my Pets, or does it just work with spirit guides?

Yes, all of the skills you use to communicate with your spirit guides can also be used to communicate to crystals, rocks, trees, animals and even other people.

Introduction - The Basic Skills You Should Learn Before Contacting Your Spirit Guides

The following fundamentals are all important prerequisites that you should be skilled in before you begin trying to contact your spirit guides.

Protection

It is important to ensure that you are well protected before contacting your spirit guides, mainly so that you can have peace of mind and to ease any fears you might have. There are various methods of protection; some rely on tools while other methods require confidence and a positive, loving attitude. Advanced students are able to protect themselves with nothing but positive thought and confidence. Nothing can harm you in the spirit realms unless you give it permission to. If you believe that nothing can harm you, it can't. As you become more experienced you will realize just how strong and impenetrable your aura and spirit body is.

You develop confidence by practicing your skill on a regular basis and getting better at it.

If you are a beginner and do not trust your innate ability to protect yourself, you may feel more confident using spiritual protection tools that are always effective.

Here is a list of protection ideas:

Sage – Burn sage or a smudge stick to clear out all negative energies.

Dried Cedar or Pine – Burn cedar or pine to clear out all negative energies. Pine sap is very cleansing when burned.

Incense – Burn incense to help cleanse a room.

Crystals – There are many crystals you can carry for protection. I recommend going to a rock and gem shop and looking at a crystal book to see your many options.

Water – The Coast Salish indigenous people cleansed themselves in rivers, lakes and oceans for good reason – water is cleansing to your body, mind and spirit. Next time you have a shower or bath, ask the Water Spirit to cleanse you.

Steam Room or Sauna – There is a reason why sweat lodges utilize steam, it is not only physically therapeutic, but sweating is also cleansing for your soul.

Wind – All the four elements are cleansing, wind is one of them, so next time you are standing outside, ask the wind to cleanse you and the area you are in.

Earth – Being outside is especially grounding and cleansing. Ask the earth or nature to cleanse you.

Fire – One of the most powerful cleansing methods – all you have to do is sit beside a fire, or even a lit candle and ask the fire spirit to cleanse you.

Storm – The storm element is extremely powerful because it is all elements combined. Next time there is a storm, ask the storm spirits to cleanse you and keep you protected.

Sound Vibrations – Sound frequencies clear out negative energies, which is why so many cultures utilize music and sound during spiritual ceremonies. You can clap your hands to clear an area, put on some music that feels good to you, sing, use a drum, a flute, singing bowls, rattles, etc.

Physical Vibrations – The reason why dance is so important in spiritual ceremony is because the movement helps clear out negative energies. If you want to cleanse your oracle card deck, simply knock on it a few times and the physical vibrations will cleanse it. If you do not have sage and you want

to cleanse your house, you can dance around, knock on the walls, and stomp on the floors.

Physical Activity – Working out is not only good physically, but it also strengthens and increases the size of your aura and spirit body.

Get Organized – Bad energies are attracted to messy disorganized chaos, so make sure your living environment is tidy and uncluttered.

Spirit Guides – Ask your spirit guides to protect you.

Call Upon Arch Angels for protection

Imagine White Light enveloping the area you want to cleanse

Imagine Rose Colored Light – Since pink is the color of love it is very effective at protection

Curiosity

Speaking to your spirit guides is the same as communicating to anyone – you need to be a good listener. Many of us are not good listeners. We are great at talking about ourselves, but we never truly listen to anybody else. No wonder we never heard answers when we prayed!

To be a good listener, you need to actually be curious and interested in what the other person is saying, otherwise you will ignore them, or you will mishear them. To be a good listener you need to stop thinking about yourself and empty your mind in order to hear the other person.

If you have expectations of what they are going to say, you will only hear what you want to hear, not what they are saying. For example, one time someone asked me how I was doing, and I replied that I was feeling terrible. But they expected me to say “good” because that’s what everyone always says, so that is what they heard me say, so they said, “that’s good,” and didn’t catch onto their mistake until afterwards.

It is easy to mishear people in every day conversation, but it is even easier to mishear things when you are talking to your spirit guides. This is why it is very important to remember to be a good listener.

In order to be good listener, you have to be curious and interested in what the other person is talking about. Curiosity is what makes you want to listen in the first place.

Most beginners will be naturally curious and excited – that is good! Because as soon as you lose interest in what you are asking your spirit guide, your lack of interest may ruin the conversation and you won't hear them properly.

For example, one morning I asked my spirit guide if I had any eggs left, and I didn't care enough to hear his answer because I was certain I did have eggs left, so the answer I heard was "yes." I was shocked to see that there were no eggs, but of course I only imagined him saying yes to me, because I thought I already knew the answer and didn't care to hear the truth.

In order to hear the real truth, you have to have an open mind and you do have to be interested in what the real answer is. Release expectations and be curious about what the truth is.

I normally advise beginners to ask unimportant, simple questions at first just to get used to the process, but if you are finding that the answers you are receiving are wrong and your mind is interfering a lot, you may benefit from asking questions that actually mean something to you. When you ask questions that are meaningless to you, you may not open your mind enough to receive the answer. The problem is probably that you are not curious enough! It's a simple mistake, but it can really interrupt spiritual communication!

Even if you do want the answer to something that doesn't mean anything to you, you still need to adopt curiosity for what your spirit guide thinks about the situation.

You can test to see if you are hearing your spirit guide right and if you are in the right state of mind and openness to be getting answers by playing a game with your spirit guide. Use a deck of cards, even an oracle card deck will do, then pick a card, show it to your spirit guide and do not look at it, and ask them to tell you what is on the card.

Because this is just a meaningless card game you may not be getting accurate answers due to lack of interest in hearing the answers, but it can teach you how to be curious as to what your

spirit guide thinks is on the card, and that curiosity will help you get accurate answers.

When you ask an important question that means a lot to you, you can be sure the answers you hear are real, because you will be open to hearing the real truth about it since it means so much to you.

Don't Be Afraid and Don't Make Assumptions

Right from the start, it's important to learn how to analyze an answer without assumption or emotion getting involved.

Just look at the facts without attaching emotion to them. Find deeper understanding with further research before jumping to assumptions.

For example, let's say an alien suddenly appeared in front of you right now and you became paralyzed.

You can either let your fear get involved and make the situation seem threatening, or remain calm and wait to see what he wants. If you choose to remain in control you will find out that he is trying to give you a benevolent message and has only paralyzed you because he is worried that your fear will intervene and he is trying to keep you calm.

It's easy to react in fear and assume the worst-case scenario, but reacting in fear and assuming the worst is never going to get you far. You'll never get answers by continuously running away and freaking out over things you have no understanding about.

In order to be successful at getting answers and finding the truth, you have to be courageous and loving and remember at all times to keep fear and assumption out of the equation.

Is My Spirit Guide Evil?

Dear Beginners, your spirit guides love you...

Common experiences: "My angels or guides hate me. My angels and guides are not supportive. I had a terrifying

experience with my angels or guides. I think my spirit guides are demons.”

Try to honestly catch yourself whenever you fall into these traps.

If you cleanse yourself and your surroundings before you contact your spirit guides it is *impossible* for any negative being to interfere, because negative beings can't exist in a cleansed environment. Smudging with a sage stick or any other spiritual tool will get rid of all negativity, so you can feel safe that the only beings you are contacting are your benevolent spirit guides and angels.

If you are confident that no negativity can harm you, it cannot, simply because nothing in spirit can harm you unless you give it the power to. If you are not very confident yet, then use spiritual tools like sage to cleanse and protect yourself – they are 100% effective.

Even if you don't cleanse first, your spirit guides and angels are very protective over you and they are very high frequency, thus nothing evil can exist around them. You are well protected with them around. They are going to know you are planning on contacting them and they are going to be very excited to talk to you, so they are going to do their best to make sure it happens as smoothly as possible.

They won't let anything negative around you, but they cannot control your mind, so if your mind is negative and begins to manifest something that isn't truly happening, your spirit guides cannot prevent that.

If you think your spirit guide is evil, please do not fret. 99% of the time whenever someone has a negative experience with his or her spirit guides or thinks they said something bad, it is simply a misunderstanding. It is very easy to let your fear and ego mind run the show, and as soon as that happens you can misinterpret everything your spirit guide says and imagine them being mean to you. Your mind can be pretty scary – it can make you imagine things that are worse than demons. Your angels and guides are never hostile – they love you dearly and will only say supportive and loving things. It is your

own mind, which misconstrues the situation, your ego and logic mind are creating the negativity, creating misunderstandings and blowing things out of proportion. It is not their fault; you are still learning the process of communicating and receiving their messages without letting your mind, doubts and fears interfere.

Please do not be so hard on yourself; this journey of learning to understand them properly takes patience and growth, and we all mistaken what our guides say at times, even those who have years of experience or natural gifts. When communicating with them, we must have our minds, souls, and hearts open, and have none of our own thoughts and fears with us. We must have no expectations, and when we are in a bad mood or feeling anxious while communicating, we have to try extra hard to keep our mind open.

When we begin to open up a spiritual relationship with our guides, often our shadows come to the surface so we can let go of painful memories, experiences and thoughts, so we can move on to higher stages of our spiritual growth. The unfortunate part of becoming more spiritual is that a spiritual awakening forces you to confront your fears. It is common for your fears to cloud your spiritual visions, apparitions or to get in the way of spiritual communication.

99% of the time when you see a scary apparition or have a scary experience, it is not what it seems. Fear is False Evidence Appearing Real.

Someone once phoned me in the middle of the night, afraid because a demon was haunting him and he wanted me to get rid of it for him. I told him to calm down and think of something that he loved. Once he was calm, I told him to send the demon love and ask it what it wanted. Then it showed itself to him, and it turned out to be his dead grandma and she just wanted to say goodbye to him. It was his own fears that made him misinterpret the situation.

If you really have contacted an evil spirit, you deal with it in the exact same way as you deal with negativity that your mind creates: send it love, or if you are not confident with that ability, use sage or another spiritual tool to cleanse away

negativity. As soon as you send an evil spirit love, that love will change it into light and set it free.

If you see an evil apparition, send it love. If it turns into a positive spirit, it means it was just your mind misinterpreting what was actually a positive spirit trying to talk to you. If it disappears completely, it was a negative spirit and you have gotten rid of it.

You should never feel any low frequency emotions around a negative spirit, because they will only feed on it and become more powerful. This means, you can't feel fear, anger or hate. Remain calm and send it love.

How To Disarm a Monster With Love

Being a spiritual warrior and lightworker requires being compassionate at all times when being around people or things of lesser frequency.

Two things people and evil spirits have in common is: they are both human (even the most evil human still has some light in them, even if it's buried deep) and they still want to be loved and appreciated. Even psychopaths want to be treated well. No one wants to be hated.

The fact is when you send a demon love; you will set it free and turn it into light and that will truly get rid of it. If you just continuously push it away, it will keep coming back. Cleansing may not get rid of it permanently (although it will *always* work temporarily) and often times needs to be done on a regular basis depending on how strong the connection is between you and the evil spirit), but love is even more powerful than cleansing, and once you get rid of your fear, learn to love the evil spirit and not fear it, it will no longer have any hold over you at all.

One night I was walking around town when a drunken man came up to me shouting in profane, incoherent sentences, and he held a knife to my throat and threatened my life. Instead of acting in fight or flight, I showed him compassion and asked him what was wrong. He told me someone had just stolen his stuff and that he suspected it was I. I showed him sympathy

and told him it wasn't I but that I would help him find the thief. He apologized, calmed down and then confided in me. That real life situation is a perfect example of how you can disarm the lowest frequency situation with love. The problem is that most people lack compassion, and instead they react in fight or flight – fear or anger, which would just make the situation worse.

All bad spirits want to be loved. Punishing them or running from them does no good, but when you send them love and compassion it gets rid of them and sets them free.

I went to the elemental realm in astral form and had the amazing opportunity to get to know a Satyr, the most savage, low frequency monster you would ever meet. I found myself staring straight into the Minotaur's eyes, so black and full of rage and deep beneath that pure fear and his reaction to me was to charge me and stomp on me, just like humans react when they see a bug or a mouse. He had no impulse control. To him I was nothing but a terrifying, putrid mouse to be stomped on, and his fear and anger only increased when he realized I was not dying because I was there astrally. He became so confused. And that is when I faced pure darkness and was flooded with complete love and joy like no other time in my life. I had never met anyone quite like him before and he made me feel such compassion. There was no room for me to be afraid, for my fear only increased his own. I had to be the one to disarm his reaction, and I did that by giving him a flower and saying that I came in peace and wanted to be friends and that I was very sorry for startling him and that I would try my best to never do that again. And I befriended the Satyr, and found out that beneath his evil he was also the kindest hearted being I had ever met. He told me many stories and I discovered that he was very wise and loving.

I know that the only reason there is for low frequency things to get angry is when they feel scared and threatened. So I made sure to disarm him with love, acceptance and displaying to him that I was on his side and that he did not need to feel threatened by me.

I did the exact same thing for the man who tried to kill me on the street. I do the same thing whenever I run into low frequency beings, in life or in the spiritual realms.

Even if you think what they did is wrong, you need to find it in your heart to love them regardless of their mistakes or else they will see right through you. Angry beings will sense any lie or form of hostility that you give them. All they want is for someone to love them, they are getting defensive because they feel hurt and in most cases know that they committed an error, and do not need someone telling them they are wrong. Doesn't matter if it goes against your morals and values, you should still side with them even if that means saying, "you were right to hurt that person, they deserved it" because you have to put yourself in their shoes and make it known that you are on their side. There is no room for being unbiased here, you can't tell them "I am on nobodies side" because no one in their right mind would ever trust somebody who is not on their side explicitly, especially not a low frequency person. In this case, you have to be their loyal friend, someone that would be there for them no matter what. Once you prove to them that you love them and that you are trustworthy, they will not feel the need to harm you at all and you will disarm any negativity that existed in them.

This is exactly the same for befriending your shadow parts when you do Part Work Integration in therapy. When you do part work and pick out the darkest parts and shadows of your self, you are not supposed to hate those parts of yourself. Even the most evil, darkest part of yourself serves a purpose and is a good part that is trying to help you in some way or another. For example, let's pretend you are an angry person. The part of you that lashes out at others protects you, because it loves you and does not want you to be harmed; it works for a good purpose. Once you can befriend these shadow parts, you will be able to convince them to use their good energy for other more beneficial purposes.

Maybe your shadow part bullies others because it feels you need protecting, maybe it still thinks you are a seven year old child who feels vulnerable – once you befriend these parts of

yourself you can explain to them that you don't really need that coping skill anymore because there is no one abusing you anymore, you are now an adult, you can take care of yourself. Your shadow part will freak out and will not like the fact that you do not need it anymore, so you would reassure it that, this is never the case, you will never "get rid of it" you are just giving it another job title, if it wants. Over the course of time as you become friends with these parts of yourself; you can give them all new jobs. You have to remember to give them voices and hear their side of things.

So remember that all low frequency beings have light in them, and the best way to deal with them is love. Dark, when it is enveloped in light, turns to light.

How to Speak To Your Spirit Guides Telepathically

Telepathic communication is the easiest way to communicate with your spirit guides. It is so easy that everyone I have taught has had success the very first time they have tried.

Even though it is easy, you need to practice it on a regular basis in order to master it.

Telepathy happens in your mind. You think what you want to say to them, and they will send you their thoughts right back to you. Their answer will come to you just like a thought would. You can also use telepathy to communicate to your higher self, your pets, all living things in nature, animals, trees, crystals, spirits and even the higher self of other humans, which is beneficial if you would like to try and heal somebody.

Telepathy Lesson

Step 1:

Ask a question either in your mind or out loud.

Step 2:

Write down the first thought, image or feeling that comes to mind. That is your answer.

See how simple it is?

Other Tips:

I recommend writing the answers because you may want to ask more than one question at a time and may not be able to remember all the answers you receive.

If you are having difficulties, make sure you are curious and open to hearing an answer. Even sceptics can have success with telepathy by simply having fun with this exercise! You do not need to take it seriously, just be curious as to what answer you might get.

The first thought is your answer because answers that might come after the first thought are usually just your own thoughts trying to analyze the first answer.

When you hear their thoughts, you may be able to hear their accent or pick up on their tone of voice.

You may want to start out by asking very simple questions and just having fun with it, so that they can give you short answers that are easy to understand. You can ask them anything you can imagine. Many spirit guides have a good sense of humour, so don't be shy and just be you.

Here are some question ideas in case you are having difficulties trying to think of questions to ask:

What do you look like?

Who are you?

What is your favourite colour?

What do you do to help me?

What is your favourite thing to do?

Are we soul mates?

Have we been soul mates in a past life?

What is your favourite band?

What is your favourite food?

Is there anything I should know?

What should I do today?

In order for you to master Telepathy, I want you to make a consistent habit of doing it a little bit every day. Eventually, you will be able to have full conversations with your spirit guides. You will be able to write channelled messages via automatic writing, which relies on having advanced skills in telepathy.

Some Telepathic Side Quests For Strengthening Your Skills

Talk To A Crystal



If you haven't already, go buy a crystal. They can help you with physical and emotional healing, protection, increasing spiritual abilities, etc. If you have a rock and gem shop or a

local metaphysical store, you will be able to find a big selection of crystals to choose from. The store may have a book of crystals you can borrow so that you can read up on the crystal you choose.

When you choose a crystal that attracts you, hold it and ask it telepathically if it wants to work with you. Never buy a crystal that does not want to work with you because it may be called to work with another person or may not be able to help you at all.

You can tell the crystal what you want help with and ask it if it can help you or not.

Once you have your crystal, ask it telepathically how it likes to be cleansed, stored and if it needs any kind of special treatment.

Talk To A Tree

Go outside and meet some trees. They love to communicate to us telepathically. They are often very wise and love to talk and tell stories. Most times they are very lonely, like old people who long to have a good conversation with someone. Even houseplants and young city trees like to have someone to talk to. Remember to always respect the nature spirits; trees and plants are living creatures that have souls and they can teach us many things. Sometimes you might run into trees or plants that are grumpy and they will not want to have anything to do with you. That is okay – most of the grumpy plants and trees have been harmed by humans and do not trust us. You can talk to all living things in nature telepathically.

Talk To An Animal

You can talk to animals in exactly the same way, but I've found that some pets will send you symbols instead of thoughts. For example, if my cat wants to tell me she loves me, she will send me a thought in the symbol of a heart. If she wants to say she is hot, she sends me a symbol of a fire. Just experiment and see what your pets and even wild animals have to say to you. If they send you symbols, you may have to do a

lot of guesswork as to what the symbols mean, and ask them to send more symbols for clarification.

Clairvoyance

Visualization is the ability to *see* your spirit guides; it is also called clairvoyance, third eye visions, vision questing, shamanic journeying, among other names. It takes a great deal of practice to master but you do not need to be a shaman in order to master it. This is an in depth lesson on how to master clairvoyance. This spiritual ability is more difficult to master than telepathy, but anyone can learn it.

The Importance of Imagination During Visualization

Imagination is magical, and very powerful. When we begin creating things in our minds, we begin to enter the spiritual realms, and we eventually walk over the fine line between created reality and realities we do not create.

Imagination is the biggest secret in mastering the magic arts. It helps you to see through the illusions around you.

Some people think that imagination has no part in the spiritual experience, and this is far from the truth. For example those who are used to traditional meditations have grown accustomed to the practice that thinking thoughts is burdensome or useless and that imagination might just cause distractions. To master vision quests though, you need to focus on harnessing the full extent of your imagination and the power of your mind, delving back into the days of when you were an adventurous, open minded and wistful believing child, playing games of make believe and pretend, when magic was everywhere. This is not naivety, this is indeed, the foundation of where all magic begins.

You may have been brainwashed over a modern upbringing to believe that imagination is false, and only delusional. Imagination actually opens the doors to spiritual realms. With imagination you can succeed anything. Do you want to be able to travel back in time, meet up with people far

across the world, travel to Egypt, create peaceful getaways, speed up your healing processes, learn to attract abundance into your life, or simply, become a proficient psychic channel with your spirit guides, and other high frequency beings? In order to strengthen your visualization skills, you need to strengthen your imagination – spend time each day imagining, fantasizing and daydreaming about things in great detail. The more vivid and detailed your daydreams are, the easier it will be for you to see your spirit guides and other realms.

Lesson 1 – Learn How To Visualize

- 1. Get comfortable and relaxed.**
- 2. Imagine your favourite place. This place can be fictional or it can be an actual place.**
- 3. Imagine that you are in this place, seeing everything from your own eyes.**
- 4. Focus on what you feel, hear, see and smell. If you are at the beach, do you hear the waves crashing against the rocks and the seagulls cawing from above? Do you feel the sunshine against your face and the sand between your toes? Do you smell the sea? Do you see all the rocks in front of you? Spend time interacting with your imagined environment, strengthening your 4 senses.**

Keep practicing this until your visualizations are vivid, clear and you can imagine that you can truly sense everything when you are there. Once you have mastered this you can move on to asking your spirit guide to meet you in visualization.

Here are some ideas of places to imagine: a forest, a garden, the top of a mountain, a spa, a shopping mall, your dream home, a cozy cabin during a blizzard, a special place full of your favourite things, etc.

Do not attempt to meet your spirit guides in visualization until you are able to visualize smoothly. For some people this may come naturally, for others it will take a lot of practice. You need to establish a firm foundation beforehand, because if

you can't see an imagined place in your mind with incredible detail, you will never be able to see your spirit guides or a place that is not imagined.

Even though there is a fine line between the imagined and your imagination, there is a huge difference between the two – you will be able to tell as soon as you are looking at something that you have not imagined. It will be unfamiliar, out of place, and it may take you awhile to adjust to being able to see it.

What happens if you are not good at visualization and try to attempt to see your spirit guides is you will either not see them at all, or you will not be able to see them properly. They might be missing their face, they might move in a jerky movement, they might appear like blurs or shadows, etc – all because you haven't practiced strengthening your visualization skills enough.

Lesson 2 – Ask Your Spirit Guides To Meet You During A Visualization

- 1. Go to your favourite place in your imagination.**
- 2. Ask your spirit guide to meet you.** You may wish to ask them to send only one spirit guide to meet you so that you do not get overwhelmed.

Like usual, make sure to cleanse yourself and your environment before you contact your spirit guides.

Once you ask your spirit guide to meet you in a visualization, you will encounter the moment as soon as things become real and are no longer in your imagination. Scenery might change really fast, since your spirit guide might want to take you to see a place that you have not imagined.

If you are having difficulties seeing things during the visualization with your spirit guides, all you have to do is go back to the basics. Just slow down and focus on the scenery again – what do you feel, hear, smell and see? Doing this will help ground you inside the visualization again and will prevent you from experiencing difficulties.

The key to having a successful vision quest is to go with the flow. The journey may bring you to many places you don't

quite understand – just go with it and don't try to analyze it until after.

If you are a novice, the best thing to do is just have fun with it at first. Similarly to astral travelling, any strong emotions and distractions might distract you and ruin the experience, so remember to be calm and fluid.

Chances are the first time you do this, your spirit guides are going to be so excited that they might try to show you many things at once, which can be overwhelming. To prevent this you can tell them that you only wish to meet one spirit guide at a time and let them know you want them to take it easy on you since you are just learning.

Shamanic Journey To The Upper or Lower Realms Visualization

You do not need to do a fancy guided visualization in order to meet your spirit guides – all you really have to do is ask them to meet you there – but just in case you want more guidance, here is a guided visualization.

- **Relax and be very comfortable. Lay down, or soak in a bath if you wish!**
- **Close your eyes, and breathe deeply for a few moments, or until you feel relaxed.**
- **Choose if want to journey to the lower realms or the upper realms.**
- **Set your intention for what you would like to get from the experience. For example, do you want your spirit guides to help heal you, do you just want to meet them, or do you want a question answered?**
- **Now allow your imagination to take you on your journey! Imagine in your mind a soothing, and peaceful, beautiful place out in nature. It can be a forest, a park, a field, a mountain top, an ocean, a river, anything in nature you love. You can also begin to imagine a place in nature that exists already.**

- **Absorb in the scenery with all of your senses. Do you hear any sounds? Are there birds chirping? Can you hear and feel the wind gently caressing you, or is it stormy? Is it raining gently, or is the rain washing over you? Or perhaps you can feel the warmth or heat of the sun. If you are by an ocean, can you hear the waves? What does it smell like where you are, can you smell the aromas of the forest? How does the earth feel under your feet? Are there rocks? What do they feel like when picked up? What colour is the sky? Try to really connect with your imagination here, use all of your senses, and truly feel like you are in that beautiful spot. This in itself should be a relaxing and cleansing exercise.**
- **Now begin to explore and look for possible portals to the lower or upper realms, whichever you have decided on travelling to. Observe your space in nature for entrances into the realms, and if you cannot find anything, look further.**
- **For the lower realms, these can be anything that allows you to go through the surface of the earth. You may find a cave, or bodies of water like rivers, lakes, oceans, swamps, a hole in a tree, or a hole in the ground, possibilities are endless. Spend as much time as you need looking for a way through the earth.**
- **For the upper realms, this can be a really tall tree that you can climb into the sky, or perhaps a large bird or winged creature to give you a ride, a ladder, a rope, a rainbow, or perhaps you just float up yourself, again the possibilities are endless.**
- **Remember your intention if you have already forgotten it by now. Upon finding your entrance, begin to go**

through it.

Try to explore every inch of it, and really take it in. I will use water as an example for a journey into the lower realms, walk into the body of water, or dive in, and enjoy the water, swim down, further and further, and explore it until it opens up a portal. These portals may come differently to everyone. You may find at this point the visualization is already taking a mind of its own, if not, keep visualizing a portal, and what a portal taking you into a new realm would be like. For me, the water began spiralling me downwards through this amazing tunnel, and i ended up resurfacing in another realm that was not my imagination. This is where it gets interesting, and the power of the imagination brings on the power of “shamanism”. It is important therefore to go along with whatever you see, go with the flow, and not doubt things in order for it to become real. Take as long or as short as you wish with this step.

- I will use a tree as an example to the upper realms. I began climbing a tree, and it kept growing to keep up with how high i was climbing, it felt effortless. By the time i got into the sky, i reached a portal, and i quickly ascended into a new realm, whereas it was not my imagination. If you wish you can even travel to the solar system and find extraterrestrial high frequency beings there.
- The portal will have transported you somewhere. Where are you now? What do your new surroundings look like? If your surroundings are hazy, spend some time becoming in tune with all of your senses before you move on, and do Step 5 again in this new place, really get a feel for where you are.

- **Since you set your intention to meet your spirit guide, or spirit guides, or angels, they are probably waiting around you somewhere, or perhaps you have to go exploring to find them, yet most times they should be close by. Do you feel a presence nearby? Do you see a figure in the distance? Do you see anyone nearby? Do you feel anyone touching you? As soon as you see someone, or something, go closer and ask them if they are your spirit guide and observe their answer. About this time things may be unfolding by themselves, and you may be having a grand time with your spirit guide already. If you are very talented at vision quests, they probably came to you way past this step and interrupted your adventure! If not, now is the time to remember your intention, and ask them of whatever you wished for. If you ask for a healing, pay attention to what they do, and all the feelings you feel during it.**
- **By this time, you should have had some type of experience.
You can stay for as long as you wish, and do anything you wish.**
- **Upon leaving the realm you have chosen, really affirm and know that the gifts, or healing, or wisdoms you have received are manifesting inside of you. The last thing you want to do is reject the gifts you have received, carry them in your heart, and your faith and know they will be with you. Thank your spirit guide, or spirit guides, give them a big hug if you may, and go back to find the same entrance, or a different one, and use it to exit the realm! Then slowly come back to where you are, breathe deeply, and become aware of**

your body, open your eyes and write down your experiences so you can remember them later on.

In time your visualizations and relaxations will become a very real astral projection, you will be there in your spirit form. It is important to release any worries of whether or not it is real, imagined or unimagined, and to enjoy the process, relax and have fun. In time you will be able to know what is real.

Astral projection is the process where our spirit bodies leave our bodies, where we can then explore countless realms – perhaps you have astral traveled before, or have tried to learn. Visualization is very similar, however you will learn how to travel to places without having to leave your body. It can become as real as an AP experience, with practice.

Visualization Difficulties FAQ

It is best to be in a quiet and peaceful place. Be comfortable. You do not need to be in a strict meditation pose, you should choose a comfy relaxing position to suit your own needs. Before you begin visualization, it is best to do a relaxation exercise. If you are not in a deep enough state of relaxation you may also have an awareness of your body. This may create your movement in the visual realms to be jerky, unnatural and simply more difficult. It can also cause bodily distractions that will wake you up from your peaceful slumber, like twitches, itches, coughs or anything your body may decide to interrupt you with. *Visual Realm Distractions* are caused by not having strengthened our four senses in the visual realms to their full capacity; only time and practice can strengthen these, however in the meantime we can learn how to not let these distractions detour our progress!

- **Trying too hard to see all of your surroundings, straining your visual concentration on the landscape or a specific thing.** This can cause the scenery to fade, abruptly change, or you may quickly lose your train of thought. While it is good to focus on something to ground yourself if you are having difficulties, try not to focus on it

so hard that you strain yourself and ruin your concentration.

- **Moving in unnatural jerky movements, realizing you aren't sure how to walk, run or fly in the visual realms.** The fix is to relax and go with the flow – stop trying to analyze how illogical movement might be and just do it.
- **Lack of impulse control!** You may find that upon everything you think, you begin creating more and more things, you may even think of a certain location spontaneously, then you leave the important place you were before. Perhaps you are even having an important visit with a respected spirit guide, and you happen to think of another location, and suddenly you have just disappeared and reappeared somewhere else. Try not to feel guilty or embarrassed, it is part of the learning process. You will find that your spirit guides are able to follow you around wherever you go, and they may even take your hand and guide you to where you are supposed to be.
- **You may find that you are distracted easily!** This is a good thing. The visual realms are fun; I will always find something new that catches my interest. There are times you may not know where to go on your vision quest, so you just follow whatever catches your eye – you go with it.
- **At first you may also have a difficult time seeing your spirit guides.** They may appear blurry, and not fully formed. This is because your visual senses have to adjust to the unimagined.
When you are presented with a distraction or a feeling of inadequacy, or your visual body seems to do something impulsive and you think it is about to ruin the experience, go along with your distraction or inadequacy or random impulse,

and allow it to play out in your experience, therefore moving into a flow of natural visual environments in a flowing pattern. For example, let's say you are imagining trying to walk, and you end up moving in a jerky motion because you cannot imagine it properly. In the visualization, calm down and remain nice and relaxed, take a deep breath. Ground yourself in the visual realms by paying attention to the feel of the ground under your feet, feel the air... is it moist or dry? Panic will only lead to jolting you out of your visualization and relaxation. Once relaxed, continue on walking, and allow yourself to learn how to move smoothly and get the feel for it. Remember how it feels to walk in real life.

Most importantly, if you are experiencing unnatural movements erase any feel of embarrassment or inadequacy; be kind to yourself, you are just learning. Think of it as fun, and you will glide through it easily.

Another significant way of learning to flow with these distractions is by being able to flow into the next available option. Let's say you are walking in a jerky motion and want to stop it – simply turn your attention to something else, like a rock on the ground and imagine you are picking it up, examine it. This is important for learning how to move in a flow without interrupting your whole vision quest.

Know that there are also many ways to move around in the visual realms. You do not even have to walk, you can just appear anywhere you want, so let's say you see a tree in the distance, just imagine you are there, and you will be there, you can fly, you can float – whatever you wish.

Do not try and “push” your mind, or take control of the situation and bring it back to where it was. Instead, just go along with the distraction. Many people will realize they have been distracted, and will mess up the flow even more by trying to get back to what they were imagining before. Concentrating too hard on something will only lead to jolting you out of your visualization.

For another example, if you are standing in front of your spirit guide trying desperately to listen to them, but you are distracted by something and you feel yourself trying to push

yourself back, just go along with the distraction, move on, go to wherever else your mind wants you to go, and the journey will be picked up from there. This is exactly what I meant by going with the flow – it is important. You do not want to stay in one spot, struggling to gain control of the experience again. Instead, just move on. As time goes by, this will become easier, and as soon as you feel yourself struggling, it will be as simply as refocusing, and as more time goes by, you will be pro at this.

During tough times of distractions it is very good to simply refocus on your surrounding areas, and get back in touch with the visual senses, for example, rub your hands in the dirt on the ground, pay attention to how that feels in the experience.

But in the beginning stages, you must go off on chaotic journeys throughout your mind, and if you end up failing at one thing, just move onto the next thing you see.

Going with the flow may seem like it is defeating the purpose of paying attention to whatever is in front of you at the time, but no, it is actually helping you gravitate to knowing how to control your flexibility, and your spirit guides will follow you and even control your experience for you, wherever you distractions lead you to.

When I was beginning I had a lot of fun with this, so did my spirit guides – so remember to not take it too seriously at first, and just have fun. For example, this one time my spirit guides took me to a fabulous and all important location in the spirit realms, I felt myself drifting out and becoming distracted, so I began playing around with the experience, and suddenly transported us all into a creation of my own which was a fast food restaurant. My main spirit guide was laughing so hard when we ended up sitting around a booth at a burger joint, and he began eating French Fries. They were overly amused at my inabilities to concentrate.

Another thing my spirit guides do is they take me by the hand and drag me to places I should be. They guide me to locations I would not have known how to get to, but now that I am more advanced I know how to go wherever they want me to go without having to follow them, I just sense it.

No matter where you end up in your vision quest, your spirit helpers will still be able to find you and have an amazing visit. Another thing to remember, if you end up having to “ditch” them or an amazing experience due to distraction, do not feel bad or guilty about it, it will come back – or it may not – you may just be taken to somewhere even more important, but if it is a spirit guide, they will come back, and if it is a significant location it will come back.

Coping With Embarrassment In The Visual Realms

We all experience some embarrassing times in real life, yet it is even more so in the visual realms. Flaws and embarrassment as well as humour is just a part of life. Being humble with your human nature, and lack of knowledge in these realms, can ease the feel of vulnerability and overwhelming situations. You may be completely overwhelmed by some of the places you go to, remember to have fun with it. Being beside a high frequency spirit being, you may notice just how human you are, how incapable, and how much you do not know – embrace the humility and gratefulness of that. We are going to talk about embarrassment and awkwardness because it is something you might have to get used to and have fun with as you are learning in the visual realms.

Let’s say, you involuntarily think an embarrassing thought, and you realize all your spirit guides around you can hear it because they are telepathic. Many times I failed my experiences that way, thinking “oh my, they just heard that, oh no, I must leave and never show my face again!” and I would force myself out of it. This can be the case for any thought you have which disrupts your experience, it’s much like being gentle and self aware with yourself, just observe it, and watch it float on by like a fluffy cloud. Know that your spirit guides really don’t care. They are the most loving and patient beings in the universe.

Also know that, your spirit guides may come to you while you are sitting on the toilet, with your pants down around your ankles. They really don’t care. They don’t seem to compute

with what embarrasses us, which is actually, if you think about it, a really good thing, because they don't judge.

Once my spirit guides took me to a very important meeting, all of them sitting around a long table, wearing animal masks, and discussing important matters. Well I was just a beginner; therefore my thoughts kept interrupting everything they were saying. It was very embarrassing though humbling for me to realize I felt so pitiful being around them. I did a lot of stupid embarrassing things at that meeting, for example, running up to the head guy I thought was a king, and bowing to him, and having them all laugh at me. He just grinned and gave me a huge hug. You can feel awkward a lot, being next to very powerful beings or animal spirits all the time, and not even knowing how to tell the difference between your feet and your hands.

Humour, humility and knowing they expect you to make mistakes can help you go with the flow. There is nothing you can do that will offend them. They have all the patience in the universe. If you are lucky, you will have spirit guides that have amazing sense of humours.

Even if you randomly think of slapping your spirit guide in the face and it happens, they will still forgive you. If anything they will just smile at you, give you a hug, or get a good laugh at your awkwardness.

The Power Of Imagination

As we discussed before in the previous lesson about Clairvoyance, imagination is the secret to success in learning how to communicate with your spirit guides, but it is also the number one ingredient in utilizing all of the magic arts, such as shapeshifting, using the law of attraction to create riches and abundances in your life and much more.

Think -> Imagine -> Create

Many beginners make the mistake of trying to prevent their imagination and minds from interrupting their spiritual experiences. If you are in the same boat, remember that your mind is where all magic takes place. Whether you are speaking telepathically to your spirit guides or seeing them clairvoyantly, that ability would not be possible without your mind.

If you don't have the ability to visualize locations in your mind, you can't expect to suddenly see an unimagined realm in great detail. Another great example is if you are illiterate, you can't expect your spirit guides to be able to use you as a channel for telepathy or automatic writing. In order to be a good *channel* you need to know a lot of words and you also need to know how to translate and look up words you do not know in a dictionary. All of this requires the use of your mind. Your imagination is the door to the spiritual realms and is responsible for your ability to utilize magic in any form. This is why artists and creative people who have good imaginations are naturally more spiritually gifted than everyone else.

Imagination helps you to be able to open your mind and imagine endless possibilities, it not only opens your third eye and crown chakra, but also your mind, which is what allows you to have authentic spiritual experiences.

So stop viewing your mind and imagination as an *enemy*. When you create and manifest anything, it serves a purpose.

Meditation is **not** useful for magic purposes since it teaches you to live in the moment and quiet your mind.

In order to meet your spirit guides you have to instead learn how to **visualize**, which requires learning how to strengthen your imagination and utilize the power of your mind. Visualizations are not the same thing as Buddhist meditations. Buddhism is not religious or spiritual, it is a way of life. If you are attempting to meet your spirit guides, it means you need to take a differing route – a more spiritual one.

Visualization is about increasing your mind's ability to *imagine* and *create*. This creation energy is the truest form of magic that can be harnessed for *any* purpose.

To let go of any resentment or hidden blocks that are keeping you from being able to imagine, simply spend more time embracing your imagination and the power of your mind. It's like anything in life – if you are unsure about something, test out the waters and allow yourself some time to get used to it. As we become dull adults, we tend to lose the playful creativity, imagination and belief that anything is possible that we had when we were children.

Here are some great ideas to get your imagination and creativity running:

Practice some visualization exercises

Play imaginary games like you used to when you were a child

Fantasize about pleasant situations or outcomes

Try to manifest abundance in your life via the Law of Attraction

Do some creative writing

Journal or write poetry

Paint or do some other forms of art

Over time of accepting the creative process, you will adjust to it. For example, when you go on a vision quest to meet your spirit guides, you may first imagine a setting to meet them at, then they may come to you and will bring you somewhere unimagined and it will all take a mind of its own. This is ultimately the same process of creating art. An artist will sit down with an idea in his or her mind, but most likely the project will take a mind of its own and they will create something different.

A creative writer may sit down to write and have no idea of a plot line, but as they begin to write, the creative process also takes a mind of its own and the characters and the story come to life on their own. Where does this creative energy come

from? It comes from source. When we create *anything*, we tap into source energy.

If you continue to *limit* the creation process by preventing your imagination from flowing, you will never be able to tap into that magic source of creation energy that can take you to places far beyond what you can possibly imagine. For example, a writer who comes up with a plot line and tries to adhere to it entirely is limiting their imagination from flowing properly. If you ask to meet your spirit guides, and you imagine a certain image, for example a friendly white wolf running up to you, the next step is to just **go with the flow**. At this point it does not matter if you imagined it or if it was sent to you. If you start doubting yourself, it's just going to block you and prevent you from continuing onwards (and most times the best way of finding out if it is real or not, is to continue on and let the situation explain itself – just go with the flow and you will get answers). Don't analyze anything until after the vision is over. When you are just beginning, it's more important to release any hang ups and just relax and have fun with the process. Don't take it all so seriously.

In time after much practice of strengthening your spiritual abilities, you'll be able to tell the difference between the imagined and the unimagined. If you also work on strengthening your Clairsentience, you'll be able to sense if things resonate with you or not. If you work on strengthening your Clairaudience abilities, you will be able to "hear" them and their accent will sound different from your own minds narrative. If you develop your Clairvoyance abilities, you will be able to make eye contact with them as they speak, read body language and see visions that can further help you understand them.

Some general rules for novices include: making sure to remain open minded and curious when you ask your spirit guides questions – be a good listener or else you will only hear what you want to hear. Make sure to leave behind your ego and negative emotions, because those can interfere and cloud your abilities and if this is still news to you, make sure to read the

previous lessons on this site, because these points have been covered in depth.

The Best Way To Tell The Difference Between Your Mind and Your Spirit Guides

I've already covered some tips for beginners on how to tell the difference between their imagination and a real spiritual experience, but it's different for a more advanced student.

A new student is typically open minded and very curious (an open mind is open to receiving), so you can tell them to be telepathic by just thinking of a question and being open to the first thought that comes to mind, and that *will* be the answer. But that won't work for people who aren't open-minded, and quite frequently, advanced students become closed-minded over time. You can tell beginners they can distinguish their thoughts from their spirit guides thoughts because their spirit guides will have accents.

But in time as you become more advanced, you will become familiar with your spirit guides' voices, personalities, and appearances. It will be easier for you to imagine them as clear as day, and maybe you will assume you are hearing them right when you are just imagining them. And the more advanced you are, the easier it is to become over confident and mishear things without double checking your information.

Hopefully, you are asking questions that can be fact checked on a regular basis to test your skills. You can easily

prove to yourself if you are hearing things right by asking questions that can be proven. And it's very handy to ask your spirit guides where your wallet is, instead of searching for it for hours in a mad rush.

Doubt is a very important part of a spiritual experience. Doubting yourself and information you receive, is what leads you to analyze, research, learn and grow. That's how you will never be led astray. Together, your mind and spiritual abilities can help you access real truth. It's easy for spiritual people to be led astray and let their mind and ego take over, but as long as you listen to your doubt, it will serve to keep you humble.

Please remember that doubt is not the same as fear of failure. Doubt is healthy and helps you question things, but it should never cause you to be afraid of asking questions. The fear of getting things wrong might cause you to block answers from coming in. Instead, try to have fun with the process and be easy on yourself. Fear may also cause you to doubt all the answers you may have gotten, or worse, to doubt your entire spiritual experience and think you are just insane, which is a very low feeling to have. We've all been there. Many spiritual people have had the awful experience of people in our lives doubting our beliefs and calling us delusional, which is very harmful to our confidence. We've all had moments where we lose faith and ask God for obvious signs, but those signs don't come, which sends us to such a miserable, fearful place. This fear is obviously unhealthy and only pushes you further away from your spirit guides, causing a huge block and inability to hear them. The way to correct it is in releasing any trust issues, and remembering to just have faith, even when you can't hear them, trusting they are still there. In the darkest

moments, faith and self-reliance is sometimes the only thing you can rely on. Working on opening your heart chakra will quickly restore your ability to hear them again. An open heart and open mind is the key to receiving answers. An open heart is also the opposite of fear. Even the best of us sometimes make mistakes and mishear things! That is totally normal. We can't expect to hear things right all the time – we sometimes don't even hear other people right all the time. And it can be especially frustrating when you are more advanced because you may have clearly imagined your spirit guide telling you wrong information. After all, you know them by heart by now and can imagine their facial expressions, their characteristics and exactly what they might say in any given situation, so it is very easy to just assume what their answer would be and imagine it.

The more advanced your spiritual abilities are, the more advanced your imagination is too. So, how do you tell the difference?

It's a very, very subtle difference. That's why it's so easy to make mistakes.

As long as you have an open mind and an open heart, you will receive accurate answers.

That is sometimes easier said than done, though, so I'm going to let you in on a secret.

Focus on your mind and you will be able to feel the **direction** of your thoughts. Your own thoughts are always moving outwards, just like your voice would. Your thoughts always feel active and aggressive. Your thoughts may also feel like shouts that are trying to mask everything else around them. If you are just imagining your spirit

guide saying something, you will be able to feel the thought being projected outwards by your own mind.

You may even have instances where you hear them correctly, but your own mind interrupts.

But if it is true spirit guide communication, the direction is coming into your mind. You can literally feel the direction of their thoughts going inwards, entering your mind. And your mind feels passive and open.

But, if you are struggling to hear them right and you doubt your accuracy, and still need to talk to them, this is how you can tell if you are hearing them accurately. Real outside information is directed into your mind, not created by your mind, and if you focus on the thought that comes to you, you can feel the direction that it is coming from.