

Spirit Guides

Agreed upon before incarnation into the physical world, a trusted friend is always at our side as our companion, advisor and loving presence to give us encouragement and empathy through the temptations, mistakes and problems that we encounter while here. The blueprint or life chart we wrote is completely accessible to them for their guidance on how best to help us. The “hunches” or impressions that come to us are often messages sent from our guides through our spirit mind and we’ll wonder why a sudden decision to attend a class, church service, change our plans, to name just a few instances, where our guide has gotten through. We are multi-dimensional as beings and the spiritual world (real world) has more dimensions than we can comprehend. Think about the times when you making a decision or talking with someone, and “it just came to you” that the decision would be better for your highest good if you made a certain choice, or that talk with your friend, co-worker, relative, etc. would be better served if your offer or suggestion were offered in a certain way that was in the best interest of both/all parties. By telepathy, or infusion from them, gives us an avenue of helpful assistance by their guidance and directly by our asking.

Can we talk with them, you bet! Can they be seen? Yes. All of us can make spirit communication a large part of our everyday lives and having a closer conscious relationship enriches their mission and our journey. Please do not concern yourself with having a name for them though they do. It is more important that you feel their love, as it is truly a mission of love to be your helpmate while you are here. Understand too, that *we* are “spirit” as well. The *spirit* has a human form or vessel, not the other way around. My personal experience began in my mid-twenties with out-of-the-body experiences (OBEs) wherein I saw my physical form while also saw myself as an essence of light. It took about three months of practice in my first experience. Not really unique, as all of us “travel” when we go to sleep. We’ll talk more about that another time. So, is the spirit world real? Yes. We interact more than what any of us imagine. Think about the times you may have felt a movement or presence just outside or within your peripheral vision, just to discount it or maybe thought “what’s that, or perhaps “who’s that”. The frequency of the spiritual realm is just slightly higher than the five dimensions we perceive with physical senses.

Let’s meet them through this guided meditation—you’ll be glad you did. Your guides are excited to talk with you and your life can be of greater comfort and joy knowing that besides our Father, you are never alone.

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