

# how to get in touch with spirit guides

How to Get in Touch with Spirit Guides: A Step-by-Step Guide to Connecting with Your Inner Wisdom

**how to get in touch with spirit guides** is a question many seekers and spiritual enthusiasts often ask when they feel ready to explore deeper dimensions of their consciousness. Spirit guides are believed to be non-physical entities or energies that provide wisdom, protection, and guidance throughout our lives. Whether you perceive them as ancestors, angels, or ascended masters, connecting with spirit guides can bring clarity, comfort, and a sense of purpose to your journey. But how exactly does one establish this profound connection? Let's explore practical methods, insights, and tips to help you open that channel of communication.

## Understanding Spirit Guides and Their Role

Before diving into practices, it's helpful to grasp who spirit guides are and what they do. Spirit guides are often described as benevolent beings whose purpose is to assist and support us in our spiritual growth and everyday decisions. They might appear as a feeling of intuition, sudden insights, or even as vivid visions or dreams.

## Who Are Spirit Guides?

Spirit guides can take many forms depending on your beliefs and experiences. Some people sense them as guardian angels, others as departed loved ones, animal totems, or wise teachers from higher realms. Essentially, they are energetic companions that help you navigate life's complexities with love and wisdom.

## Why Connect with Spirit Guides?

Connecting with spirit guides can provide answers when you feel lost, help you understand your life's purpose, and offer emotional support in challenging times. Many find that establishing this connection enhances their spiritual awareness, intuition, and inner peace.

## Preparing Yourself to Connect with Spirit Guides

The journey to get in touch with spirit guides begins with preparation. It involves creating the right mindset, environment, and practices that encourage openness and receptivity.

## Create a Quiet and Sacred Space

To foster a connection with your spirit guides, find a peaceful place free from distractions. This could be a quiet corner in your home, a spot in nature, or anywhere you feel relaxed and comfortable. Consider lighting candles, burning incense, or playing soft, meditative music to set the mood.

## **Practice Mindfulness and Meditation**

Meditation is one of the most effective ways to quiet the mind and tune into higher frequencies. Start with simple breathing exercises or guided meditations focused on connecting with your spirit guides. The goal is to center yourself and listen beyond the noise of daily thoughts.

## **Set Clear Intentions**

When you desire to get in touch with spirit guides, clarity is key. Before meditation or any spiritual practice, state your intention clearly. You might say silently or aloud, "I am open to receiving guidance from my spirit guides," or "Please help me connect with the wisdom meant for my highest good."

## **Effective Techniques to Get in Touch with Spirit Guides**

There are several methods people use to establish communication with their spirit guides. Experimenting with different approaches can help you discover what resonates best with your unique energy.

## **Automatic Writing**

Automatic writing involves entering a relaxed state and allowing your hand to write spontaneously without conscious control. This practice can reveal messages from your spirit guides that bypass your conscious mind. Keep a journal dedicated to this and review your writings for insights.

## **Dream Work**

Many spirit guides communicate through dreams. Before sleeping, invite your guides to visit you in your dreams by setting that intention. Keep a dream journal nearby to record any meaningful symbols, conversations, or feelings that might be messages from your guides.

## **Using Divination Tools**

Tools like tarot cards, pendulums, or oracle decks can serve as bridges to your spirit guides. When using these, focus on asking specific questions and interpret the symbols intuitively. Over time, you

may notice patterns or answers that feel like guidance from your spiritual allies.

## **Visualization and Guided Imagery**

Visualization exercises can help you meet your spirit guides in a safe, imaginative space. Close your eyes and picture a serene environment where you feel comfortable. Invite your spirit guide to appear, and observe any images, sensations, or messages that come to you.

## **Signs and Messages from Spirit Guides**

Once you begin to open communication, recognizing the subtle ways spirit guides reach out becomes essential. Their messages can be gentle or profound, often appearing in unexpected forms.

## **Intuitive Nudges**

Sometimes, spirit guides communicate through gut feelings or sudden insights. These intuitive nudges might encourage you to make certain decisions or warn you of potential challenges.

## **Synchronicities and Symbols**

Repeated numbers, meaningful coincidences, or specific symbols can be signs from your guides. For example, frequently seeing the number 111 or encountering feathers and butterflies might indicate their presence.

## **Physical Sensations**

Some people experience tingling, warmth, or a light breeze when their guides are near. These tactile experiences can be subtle but meaningful indicators.

## **Maintaining and Deepening Your Connection**

Building a relationship with your spirit guides is an ongoing process. Consistency, openness, and gratitude help strengthen this bond over time.

## **Regular Communication Practice**

Set aside time daily or weekly to meditate, journal, or engage in other practices that facilitate

dialogue with your guides. The more you nurture this connection, the clearer and stronger it becomes.

## **Trust and Patience**

It's natural to feel impatient or skeptical, especially at the beginning. Trust that your guides are working with you even if messages seem unclear. Patience allows your connection to grow organically.

## **Express Gratitude**

Acknowledging the guidance and support you receive fosters a positive relationship. You might verbally thank your spirit guides or write gratitude notes in your journal.

## **Common Misconceptions about Connecting with Spirit Guides**

It's important to address a few myths that could hinder your experience.

### **You Need Special Powers**

Connecting with spirit guides is accessible to everyone. You don't need psychic abilities or elaborate rituals—just an open heart and mind.

### **Spirit Guides Always Speak Loudly**

Messages from guides are often subtle and quiet. Learning to discern their gentle whispers from your own thoughts takes practice.

### **Once Connected, You're Perfectly Guided**

Spirit guides offer guidance, but free will remains yours. They help illuminate options rather than dictate your path.

## **Integrating Spirit Guide Wisdom into Daily Life**

The insights you receive from spirit guides can be transformative when applied practically.

## **Listening to Your Inner Voice**

Many messages manifest as intuitive feelings. Pay attention to your instincts when making decisions, as they are often echoes of your guides' counsel.

## **Journaling and Reflection**

Writing down guidance and revisiting it can deepen understanding and reveal patterns over time.

## **Mindful Action**

Take inspired steps based on the wisdom you receive. This might involve pursuing a new opportunity, releasing old fears, or cultivating compassion.

Embarking on the journey to get in touch with spirit guides opens a doorway to greater self-awareness and spiritual enrichment. By creating the right environment, practicing meditation and visualization, and remaining open to subtle messages, you invite these loving presences into your life. With time, patience, and trust, the connection becomes a steady source of comfort and guidance, illuminating your path with profound clarity.

## **Frequently Asked Questions**

### **What are spirit guides and how can they help me?**

Spirit guides are non-physical beings believed to offer guidance, support, and wisdom throughout your life. They can help you make decisions, provide comfort during difficult times, and assist in your spiritual growth.

### **How can I start communicating with my spirit guides?**

To start communicating with your spirit guides, create a quiet, comfortable space, meditate regularly to quiet your mind, and set a clear intention to connect with them. Pay attention to signs, symbols, or intuitive feelings that may be messages from your guides.

### **Are there specific techniques to get in touch with spirit guides?**

Yes, common techniques include meditation, automatic writing, using divination tools like tarot or pendulums, dream journaling, and asking for signs or messages during daily activities. Consistent practice enhances your connection.

## **How do I know if I am really communicating with my spirit guides?**

You might notice feelings of calm, sudden insights, synchronicities, or messages that resonate deeply and positively. Spirit guides typically communicate with love, clarity, and encouragement, rather than fear or confusion.

## **Can anyone connect with their spirit guides, or do you need special abilities?**

Anyone can connect with their spirit guides. It doesn't require special psychic abilities, just openness, patience, and practice. Developing intuition and mindfulness helps strengthen this connection over time.

## **What should I do if I feel overwhelmed or scared when trying to contact spirit guides?**

If you feel overwhelmed, take a break and ground yourself by focusing on your breath or physical surroundings. Set clear, positive intentions, and ask for protection from higher energies. It's important to approach spirit communication with respect and calmness.

## **Additional Resources**

How to Get in Touch with Spirit Guides: A Professional Exploration

**how to get in touch with spirit guides** remains a question of interest for many individuals exploring spirituality, metaphysics, and self-awareness. Spirit guides, often described as non-physical entities that offer insight, wisdom, and support, have been part of various cultural and spiritual traditions worldwide. Yet, the methods to connect with these guides vary widely, and the authenticity of such experiences is often debated. This article aims to provide a professional, investigative overview of how to get in touch with spirit guides, examining established practices, psychological perspectives, and practical considerations.

## **Understanding Spirit Guides: Who Are They?**

Before delving into the methods of communication, it is essential to understand what spirit guides are purported to be. In many spiritual and shamanic traditions, spirit guides are believed to be benevolent entities—ranging from ancestors, angels, or enlightened beings—that assist individuals on their life path. Some traditions view them as extensions of one's higher self or as symbolic archetypes representing inner wisdom.

The concept of spirit guides appears in numerous cultures, including Native American spirituality, Hinduism, and New Age thought. While the specific nature of spirit guides can differ—some being personal and others more universal—their role is generally supportive, offering guidance during times of uncertainty or decision-making.

# Methods to Get in Touch with Spirit Guides

The quest for how to get in touch with spirit guides has led to a variety of practices, each with distinct features, benefits, and challenges. Below is an analysis of the most commonly recognized approaches:

## Meditation and Mindfulness

Meditation is widely regarded as one of the most effective and accessible methods to foster communication with spirit guides. By calming the mind and creating a receptive state, meditation allows individuals to tune into subtle intuitive messages.

- **Focused Meditation:** Concentrating on a specific question or intention related to guidance.
- **Guided Meditation:** Using audio tracks or a facilitator to lead the mind toward connection.
- **Mindfulness Practice:** Staying present and observing thoughts or signs without judgment.

The advantage of meditation lies in its simplicity and the ability to cultivate personal insight. However, it requires consistency and patience, as spontaneous or meaningful experiences may not happen immediately.

## Dream Work and Visualization

Dreams have long been regarded as a portal to the subconscious and spiritual realms. Keeping a dream journal and setting intentions before sleep can increase the likelihood of encountering spirit guides in dreams.

Visualization techniques, where one imagines meeting or receiving messages from a guide, can also enhance one's ability to perceive these connections consciously. Both methods rely heavily on imagination and interpretive skills, which can sometimes blur lines between external guidance and internal projection.

## Divination Tools

Tools such as tarot cards, pendulums, or oracle decks are often used as mediums for spirit guide communication. These instruments serve as focal points through which intuition and symbolic messages are interpreted.

- **Tarot and Oracle Cards:** Provide symbolic imagery that may trigger intuitive insights.
- **Pendulums:** Used to answer yes/no questions by measuring subtle movements.
- **Automatic Writing:** Allowing the hand to move freely to receive messages.

While divination tools can be helpful, they also carry the risk of confirmation bias or reliance on external validation rather than inner wisdom.

## Working with Spiritual Practitioners

Some individuals seek the assistance of mediums, shamans, or spiritual counselors to facilitate contact with spirit guides. These professionals often employ ritual, energetic work, or psychic abilities to establish connections on behalf of clients.

Engaging with a practitioner can provide structure and guidance, especially for beginners. However, it is essential to approach this option with discernment, considering the credibility and ethics of the practitioner.

## Psychological and Scientific Considerations

From a psychological standpoint, experiences of communicating with spirit guides can be examined through the lens of subconscious processes, archetypes, and cognitive phenomena. Carl Jung's concept of the collective unconscious and archetypal figures aligns with the idea of spirit guides as symbolic representations of inner wisdom.

Scientific research offers limited empirical evidence for the existence of spirit guides as independent entities. Nonetheless, the subjective experiences reported by many individuals often result in positive psychological outcomes, such as increased clarity, reduced anxiety, and enhanced decision-making.

This intersection of spirituality and psychology highlights the importance of maintaining a balanced perspective when exploring how to get in touch with spirit guides, recognizing both symbolic and potentially transcendent dimensions.

## Pros and Cons of Seeking Spirit Guide Communication

- **Pros:** Access to intuitive insights, emotional support, personal growth, and increased self-awareness.
- **Cons:** Potential for dependency, misinterpretation of messages, vulnerability to deception, and blurred boundaries between imagination and external guidance.

## Practical Tips for Establishing Contact

For those interested in exploring spirit guide communication, the following practical steps may facilitate the process:

1. **Create a Sacred Space:** Designate a quiet, comfortable environment free from distractions.



2. **Set Clear Intentions:** Define specific questions or areas where guidance is sought.
3. **Practice Regularly:** Consistency in meditation or journaling enhances receptivity.
4. **Stay Open Yet Critical:** Balance openness to messages with discernment to avoid wishful thinking.
5. **Record Experiences:** Maintain a journal to track insights, symbols, and patterns over time.

## Integrating Spirit Guide Messages into Daily Life

An often overlooked aspect of communicating with spirit guides is the application of received guidance. Reflecting on insights and evaluating their relevance within one's personal and professional context is crucial. Integration can involve:

- Making informed decisions based on intuitive nudges.
- Adopting new perspectives or coping strategies.
- Enhancing creativity or problem-solving skills.

This practical integration distinguishes meaningful spiritual connection from mere fantasy or escapism.

## The Role of Technology and Modern Tools

In the digital age, various apps and online platforms claim to help users connect with spirit guides through guided meditations, virtual readings, or community forums. While technology can broaden access, it also raises questions about authenticity and depth of experience.

Compared to traditional methods, technology-driven practices may offer convenience but sometimes lack the personalized and immersive quality necessary for profound spiritual encounters.

Exploring how to get in touch with spirit guides in a modern context thus involves weighing the benefits of innovation against the value of time-tested, contemplative approaches.

The exploration of how to get in touch with spirit guides continues to evolve, blending ancient wisdom with contemporary insights. For individuals drawn to this path, cultivating patience, openness, and critical thinking can enrich the journey toward deeper self-understanding and guidance.

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**how to get in touch with spirit guides:** *Getting in Touch With Your Spirit Guides* James David Rockefeller, All of us have spirit guides watching over us and waiting for us to ask for their help. These spirit guides are there just for you, they have been especially chosen for you, and their only purpose to be around you is to help you grow spiritually or resolve a crisis situation you are in or help you fulfill your dreams. The only issue is that if you don't ask them, they won't be able to help. While some of these guides stay with you throughout your life, others appear in your life when you are struggling with specific aspects of your life or are trying to achieve certain goals. They may be spirits who have lived a physical life in the past or they may have always remained spirits and never have had acquired a physical form. It is possible that some of them are only there for you. Others may be guiding more than one person. They could also be deceased relatives of yours, but most likely they never had any blood relationship with you. They are neither male nor female, although you may perceive them as having one of the two energies. So, who are these spirit guides? How do they get in touch with you? How can you listen to them or talk to them or ask them for their help? What kinds of problems can they help you with? How can you contact them? Find out the answers to these and many more questions in this book.

**how to get in touch with spirit guides:** *The Seven Types of Spirit Guide* Yamile Yemoonyah, 2020-10-13 Discover the different types of spirit guides, how to communicate and work with them and how they can help you in every facet of life. Connect with your personal team of spirit guides, and draw on their ancient wisdom and healing to overcome challenges, unlock success and achieve your dreams. The Seven Types of Spirit Guide is the first-ever exploration of the cosmic helpers who have communicated with everyday people across cultures and throughout human history. Spirit guides take many forms, and in this book spirit guide medium Yamile Yemoonyah will introduce you to each of the seven types: angels, ancestors, nature spirits, star beings, animal spirits, ascended masters and deities. Each has specific characteristics, gifts and challenges, and you'll learn the unique reasons your spirit guides are here to support you on your personal path. Featuring an extensive quiz to help you discover which types of spirit guide, or guides, you have, and practical advice on identifying and communicating with them, this refreshing and inclusive companion will help you to further your spiritual development, manifest your dreams and live your purpose.

**how to get in touch with spirit guides:** *Connect and Work with Spirit Guides* Shannon Yrizarry, 2022-08-08 All Your Questions About Spirit Guides Answered Spirits can be powerful sources of wisdom, inspiration, and support, but it isn't always easy to communicate with them. This beginner-friendly book takes you step-by-step through the process of awakening your innate connection to high-vibrational guides. It answers common questions and covers important techniques such as building trust in yourself, healing from physical ailments, creating the life of your dreams, and releasing negative energy for good. Shannon Yrizarry teaches you to connect with benevolent spirits using chakras, vision boards, crystals, oracle cards, altars, and meditations. She also includes a variety of techniques for overcoming obstacles such as Reiki, sound healing, affirmations, and diet recommendations. No matter what happens, this book helps you continue moving forward.

**how to get in touch with spirit guides:** *Spirit Guide Contact Through Hypnosis* Bruce Goldberg, 2025-09-12 Contacting spirit guides is as old as civilization itself. Shamans dating back to at least 50,000 B.C. ritualistically contacted nonphysical entities. The Mystery Schools of Ancient Egypt, Greece, Persia, Rome, and India also dealt with contacting spirit guides. Every major religion acknowledges the reality of discarnate entities or spirits, whether they are called saints, angels, the Holy Spirit, and so on. One of the purposes of this book is to demystify this process. The media's depiction of spirit contact has led to the false assumption that anyone who establishes this contact must be in great danger. In reality, this communication is natural, relatively simple, and a wonderful

growth experience. Spirit communication removes the fear of death and bereavement, and results in a form of spiritual empowerment. Contacting your spirit guides can help us: • Develop your intuition and other psychic abilities. • Increase your ability to love yourself and others. • Become more aware of the workings of the universe. • Establish better contact with your own Masters and Guides and Higher Self to facilitate your own spiritual evolution. • Protect you from negative entities and/or other forces in the universe. • Access the wisdom of the ancients. • Establish and maintain your own physical, mental, emotional, and spiritual health. • Overcome bad habits and fears. • Eliminate the fear of death. • See into the future. • Master the art of out-of-body experiences. • Learn your true karmic purpose. Spirit Guide Contact Through Hypnosis includes free audio companion downloads.

**how to get in touch with spirit guides: Contacting Your Spirit Guide** Sylvia Browne, 2021-10-26 Meet your spirit guides with this book from internationally renowned medium Sylvia Browne, with exercises to increase your psychic abilities and bonus audio meditation download. Through good times and bad, spirit guides look out for those under their care. In *Contacting Your Spirit Guide*, Sylvia Browne teaches you all about these entities, who are designated by you and God to assist you with life and give you guidance. You will learn about the different types of guides, what they look like, and how they make themselves known. Sylvia leads you through the skills you'll need to know so you can tune in to your own guides, discern their names, and discover the messages they have for you. In the second part of the book ("A Day in the Life of a Spirit Guide"), Sylvia writes intimately about her personal relationships with her spirit guides, Francine and Raheim. Francine then tells her own story through Sylvia about what a "day" is like for her. Sylvia offers great insight into the workings of spirit guides, and in so doing, gives you the tools to understand your "unseen companions along the way." Includes a free "Spirit Guide Meditation" audio download!

**how to get in touch with spirit guides: Contacting Your Spirit Guides** Kelly Wallace, 2012-12-27 You are not alone! Your spirit guides are always with you. Now you can meet them and work with them so you can live the life you desire! We all have spirit guides in our lives who are ready, willing and able to help us ... if we can only learn to connect with them and ask for help. This is where *Contacting Your Spirit Guides* comes in. Whether you're seeking a soulmate, craving a new career, or frustrated with your finances, Kelly takes something that seems out of reach for so many and makes it fun, easy and doable. Once you finish reading this book and putting the exercises into action you'll be communicating with your spirit guides daily. These wise and powerful beings can guide you in the right direction, helping you avoid obstacles, and bringing new opportunities your way. Pursuing your dreams and goals has never been this easy!

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**how to get in touch with spirit guides: The Seven Types of Spirit Guide** Yamile Yemoonyah, 2020-11-10 Discover the different types of spirit guides, how to communicate and work with them and how they can help you in every facet of life. Connect with your personal team of spirit guides, and draw on their ancient wisdom and healing to overcome challenges, unlock success and achieve your dreams. *The Seven Types of Spirit Guide* is the first-ever exploration of the cosmic helpers who have communicated with everyday people across cultures and throughout human history. Spirit guides take many forms, and in this book spirit guide medium Yamile Yemoonyah will introduce you to each of the seven types: angels, ancestors, nature spirits, star beings, animal spirits, ascended masters and deities. Each has specific characteristics, gifts and challenges, and you'll learn the unique reasons your spirit guides are here to support you on your personal path. Featuring an extensive quiz to help you discover which types of spirit guide, or guides, you have, and practical advice on identifying and communicating with them, this refreshing and inclusive companion will help you to further your spiritual development, manifest your dreams and live your purpose.

**how to get in touch with spirit guides: The Illustrated Field Guide to DMT Entities** David Jay Brown, Sara Phinn Huntley, 2025-02-25 • Examines 25 of the most commonly encountered DMT

entities, from machine elves and fairies to insectoids, Reptilians, and divine beings such as Grandmother Ayahuasca • Discusses each entity in depth, including people's encounters with them from trip reports and scientific studies, descriptions of how the entities appear and behave, and communications or teachings they impart • Features visionary art by Sara Phinn Huntley and other artists, including Alex Grey, Andrew Jones, Luke Brown, Juliana Garces, Erial Ali, and Harry Pack One of the features consistently noted by visitors to the hyperspace realm invoked by DMT is the existence of many different entities. In this full-color illustrated handbook for understanding the intelligent alien species of hyperspace, psychedelic explorer David Jay Brown and visionary artist Sara Phinn Huntley explore 25 of the most commonly encountered DMT beings and ayahuasca spirits, from "self-transforming machine elves," ancestor spirits, tricksters, and metallic spheres to insectoid mantis beings, reptilians, gray aliens, nature spirits, and divine beings, such as the Virgin Mary, Gaia, angels, Grandmother Ayahuasca, and deities from Hindu, Egyptian, and South American spiritual traditions. Profiling the DMT entities in the style of a naturalistic field guide, complete with evocative illustrations by Huntley and other artists such as Alex Grey, Andrew Jones, Luke Brown, Juliana Garces, Erial Ali, and Harry Pack, the authors discuss the entities in depth, including people's encounters with them, descriptions of how they appear, and summaries of the communications they impart. They explore whether these beings are generated by our minds or if they exist independently of the DMT trip. Providing a comprehensive exploration of this world, this guide seeks to describe the alien residents of interdimensional space and help people who have encountered DMT beings integrate their experiences.

**how to get in touch with spirit guides:** *The Complete Idiot's Guide to Life After Death* Diane Ahlquist, 2007-07-03 Get an (after) life! A belief in the afterlife is common to almost every faith and culture around the world. Even people who don't consider themselves "spiritual" share a fascination in life after death. In this powerful guide, author and intuitive Diane Ahlquist shares her own knowledge of the subject, as well as the views of such religious and spiritual leaders as Edgar Cayce and the Dalai Lama.

**how to get in touch with spirit guides: Spirits Unveiled** Michelle Welch, 2022-06-08 Connect with the Spirits among Us From ancestors and animal spirits to elementals and extraterrestrials, *Spirits Unveiled* presents an impressive variety of energetic beings. Each chapter features a particular kind of spirit and teaches you how to sense its presence, identify and connect with it, and set any boundaries you may need. Spirits are all around us, whether we realize it or not. Michelle Welch demystifies concepts and debunks misconceptions about different entities, helping you interact with them in healthy ways. She introduces you to both inspirational spirits like angels and guides as well as scarier beings like ghosts and demons. You'll learn how to scry with elementals, connect with an ascended master, protect against psychic attacks, astral travel, and more. Providing meditations, visualizations, and inspiring stories, this book helps boost your intuition and spiritual experience.

**how to get in touch with spirit guides:** *Deliverance from Evil Spirits* Francis MacNutt, Judith MacNutt, 2024-03-19 The Most Trusted Resource on Healing and Deliverance, Now Revised and Updated Never has the need for inner healing and deliverance ministry been more critical than now. As culture glorifies sinful lifestyles and ideologies, people--both in and out of the Church--are falling prey to the enemy's lies, desperately wondering where their promised freedom is. Now revised and expanded for the times in which we live, this landmark book is based on over forty years of international ministry. Comprehensive and biblical, this foundational resource is full of prayers, practical application, and invaluable new content, answering key questions and equipping you to · understand the scriptural basis for deliverance and its relation to inner healing · discern between psychological problems and demonic oppression · minister in the power of your authority in Christ · listen, love and pray for those under the enemy's influence · empower people to step into their identity in Christ Here is everything you need to engage the enemy with boldness and wisdom, bringing the light and love of Christ that sets the captives free.

**how to get in touch with spirit guides: How to Become a Psychic and Do Your Own**

**Readings** J.D. Rockefeller, Are you looking to improve your psychic abilities? Do you want to know the best course for your life in areas such as career and relationships? Instead of going to another psychic for a reading, would you like to do your own reading by tuning in to your own intuition and getting in touch with your own spirit guides? Maybe you would also like to do readings for others and even make it a profession? Maybe you would like to develop your psychic abilities and help yourself and others find the best course of action for your lives? The aim of this book is to help beginners get started with the development of their psychic abilities. You will learn about the things you need to do center yourself. You will know how to connect to your spirit guides. Which tools should you be using - or should you not be using any? How do you go about choosing the tools of divination? You can do your own readings and resolve any confusion you may have about your career, finances, or relationships. You can help guide your loved ones, your friends, and your colleagues as well. You could make it a profession and become popular diviner in your neighborhood. So, let's just get started!

**how to get in touch with spirit guides: Book of Healing** Chris Comish, This book contains 60 distant healing sessions prepared for you. Each session is ready to receive. The healing sessions may be received forever and for an unlimited amount of times. The sessions have been programmed at Spirit levels to be received as many times as each recipient requests it. The healing sessions in the book include Heal Worry and Anxiety, Heal Repression, Heal Denial, Heal Shame, Heal Rejection, Heal Guilt, Heal Separation, Heal Gossip, Heal Blame, Heal Jealousy and Envy, Heal Lack, Heal Hate, Heal Anger, Heal Rage, Heal Addiction, Heal Arrogance, Heal Ignorance, Heal Fear, Heal Judgment, Heal Hypocrisy, Heal Selfishness, Heal Betrayal, Heal Narcissism, Heal Lust, Heal Violence, Heal Avoidance, Heal Apathy and Indifference, Heal Prejudice, Heal Lying, Heal Cheating, Heal Stealing, Heal Malice, Heal Revenge, Heal Pride, Heal Doubt, Heal Depression, Heal Powerlessness, Heal Victim-Victimizer, Heal Crossing Boundaries, Heal Intolerance, Heal Impatience, Heal Control, Heal Obsession, Heal Co-Dependence, Heal Root Chakra, Heal Sacral Chakra, Heal Solar Plexus Chakra, Heal Heart Chakra, Heal Throat Chakra, Heal Third Eye Chakra, Heal Crown Chakra, and much more. This book also contains an Invocation and Meditation for the Archangels, Prayers and Meditations, Wisdom Teachings, a Discussion of Divine Laws, and a Teaching about the Path of Dharma. The purpose of this book is to heal a mass audience using Reiki energies to assist the recipients to heal imbalances and to find Divinity within.

**how to get in touch with spirit guides: What You, Animal Lover - Need To Know Right Now** James Dazouloute, 2019-09-15 Think Like An Animal, because you must, in order for them to communicate with you, also because all the atrocious murders that take place along with all the animal abuse taking place in this world, are all because we refuse to think like the animals in our world, nor do we love them as we love ourselves. And so I wrote this book in order that you may get to know the many animals that you will encounter during your lifetime, whether at The Zoo, or in your National Park, or at your Local Animal Shelter and even in your house and backyard as your pets. So that the more you know about the Characteristics and lifestyle about a particular animal, the more likely you will take time to appreciate what it's doing, and will not have to call Animal Control to have that particular animal put down. So this is why this book: What You, Animal Lover - Need To Know Right Now was written with you in mind, since you love the animals that God placed in your world so much. - <https://www.JamesDazouloute.net/> - For More:

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