



# Spirit Guides Mastery Training

COMPLETE CERTIFICATION COURSE

IMAGINE SPIRIT™

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# Getting Tight with Your Spirit Guides

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## Hello? Is Anybody Out There?

According to recorded history, mankind has known about spirit guides for millennia. In ancient and indigenous cultures, priests and shamans have been known to go into a deep trance state and petition help from spirits. The ancient Greek philosopher Socrates (469–399 BC) wrote he had a unique guide named Daimon that he was in constant contact with and who protected him as well as offering sage advice.

In more modern times, an example of a helpful spirit guide comes from Bill Wilson, one of the co-founders for Alcoholics Anonymous, who would often meditate and connect with a guide while writing his book *The Twelve Steps and Twelve Traditions of AA* (July 17, 1952). Archived letters show that Wilson enthusiastically wrote to his Catholic priest friend, Father Ed Dowling, about the help and guidance he was receiving from a medieval monk named Boniface who provided the framework for much of the book's spiritual insights.

## What Are Spirit Guides?

Spirit guides are beings that come to us to assist in our life's journey. They are spirits of those who were once human and have attained a higher level of spiritual mastery. They retain an awareness of those living on Earth and volunteer to help individuals in all facets of life.

Unlike our guardian angels that protect us, spirit guides are primarily interested in our spiritual growth and are available to us when we are seeking advice. They act as mentors, in a sense, as they have already mastered many of life's painful lessons and in turn wish to help us as we struggle through similar experiences.

We all have spirit guides no matter who we are or where we come from. However, many people are either not aware of their existence or choose to ignore the idea of spirit guides, placing them in the category of New Age woo-woo. There are some who would like to believe in spirit guides, but the idea of spiritual guidance being readily available to them is beyond their capacity for understanding. Nevertheless, each person's guides are often present to provide help as the individual travels through life.

Spirits guides act as our trusted friends and confidants. They have a loving, compassionate, and supportive attitude toward humans. Spirit guides have our best interests at heart but can only help us if we allow them into our lives. They usually do not offer advice unless it is asked for although they will sometimes need to get an essential message to us regardless.

Spirit guides are nonjudgmental. They allow us to make mistakes, even after going against advice offered. They will not say, "I told you so." They will always be there the next time to assist, no matter how often we make the same mistakes. They understand the human condition and realize that sometimes errors need to be made to learn vital life lessons.

Often times, when a person is in dire straits, they will cry out to God for help. The help will come immediately from their guides, even if there is no conscious awareness of them. Sometimes the requested support may come in strange or even bizarre ways we would have never thought of on our own.

Spirit guides are not present 24/7. They keep tabs on their human charge but will come and go, as they have other humans in their custody. They will not tell someone what to do but will offer guidance and options. Your guides want you to be able to stand on your own feet and not rely on them for advice on every little thing.

Some individuals scoff at the idea of the existence of spirit guides and assert they are nothing more than one's higher self or conscience providing insight. This may be correct part of the time, but spirit guides do exist, and having them available to us is a tremendous spiritual resource that, if tapped into, can be invaluable!

## **How Many Guides Can We Have?**

We usually begin life with at least 5 spirit guides, but more come to us when they are needed. Our Inner Band of Guides remain with us for our entire lifetime and are the guides closest to us on a day-to-day basis. Our Outer Band of Guides can come and go. They are like personal trainers that mentor us. These specialist guides are only present for certain times in our lives for specific endeavors we take on. For example, learning how to play piano, learning a sport, working with computers, learning how to draw, going to school, writing a book, becoming a medium, and just about any other kind of creative, spiritual, or mental effort. They are also there for us if we go through trauma, grief, or illness. Some people find the number of guides to be between 1 and 8. However, this can fluctuate. For example, if we go through something new and unusual that entails just one afternoon, a new guide may be present for that time period and then leave when they are no longer needed.



**Short Exercise:** Get relaxed and tune in with your higher self by moving your awareness upwards. Ask the question, “How many spirit guides are with me right now?” The first number that comes to you is usually correct. It can be anywhere from 3 – 18 or more!

## What Do Our Guides Look Like?

It’s incredible to me what people often imagine when picturing a spirit guide. More often people do not imagine their spirit guides as modern-looking people but rather as exotic-looking individuals; however, this is usually how they will appear to us. Yes, there are times when a guide *might* look exotically dressed, like an Eastern guru or Native American Indian. For others, the guide could appear as a benevolent alien-type being or perhaps even a medieval Catholic monk or, in some cases, even animals. The point is, the guides you attract to you may not have the appearance you expect, but more importantly, their role is to help you in any way they can.

## How Do Guides Communicate with Us?

Spirit guides are known to provide insight or answer questions by way of dreams or meditation. We might also become aware of some kind of synchronicity that is too obvious to be ignored. This depends upon the awareness of the individual. Those who are aware of and connected with their guides will go into meditation to ask and receive answers. Some people use automatic writing as a way to communicate, some a pendulum by asking Yes/No questions, and some even verbally channel their guides. Your intuition will often signal that a spirit guide is trying to be noticed by you by that little voice that tells you, for example, to “slow down,” “get your oil checked,” or get a physical check-up!”

Sometimes a nudge might be felt when no one else is around, or a high buzzing sound is heard in one ear. Another way our spirit guides get our attention is by energetic little twinkling lights in the room. Other indicators might be slight pressure on the head, somewhere on the arms, or the back of the neck. There could be a sudden chill or

goosebumps when thinking about a particular issue or a slight jerk of the body like we often experience when falling asleep. More on this topic is covered later in this lesson.

## **Can We See Spirit Guides?**

Spirit guides are usually never seen with the physical eye. However, there are rare instances when a person *does* see one or more of their spirit guides while awake or in the state between sleep and wakefulness. But mostly, their presence is sensed or seen with inner vision.

Some individuals believe spirit guides will take on unusual forms to alert us of their presence like a beautiful butterfly or bird. There may be an intuitive feeling of a presence, and these things are a possible sign that a particular spirit guide needs attention. For example, whenever I see a hummingbird, I suspect my Master Guide is trying to get my attention. However, I could be just seeing a hummingbird with no significance attached to it whatsoever. How do I know the difference? Often, I don't. However, I will stop and tune in with my guides for a moment to see if some kind of important message is forthcoming.

## **Generally Accepted Guides We are All Born With**

(For the sake of consistency, I will refer to all guides as “he.”)

### **Master Teacher Guide(s)**

Master Teacher guides are self-realized, illumined beings. This is the primary type of guide we all have, and in some instances, a person may have two. This guide is in charge of all the other guides that make up our primary band of guides. His principal function is to assist the living in accomplishing the purpose of the incarnation and imparting inspirational information and guidance. He has access to the Akashic records (your soul lifetimes) and may arrange karmic situations for the learning experiences you need to accomplish your spiritual lifetime goals. Building a strong and loving connection with

this guide is crucial. He is your very own Master teacher and will come when you are earnest in learning about your spiritual lessons.

## **Spirit Teacher Guides – Most of Us have this Guide**

The purpose of a teacher guide is to instruct and guide you along a particular path you have chosen to follow before coming into this incarnation. Everyone has a teacher guide for their lifetime. Before we begin each incarnation, we choose one of seven roles that serve as the blueprint for all our characteristics, called archetypes. Your teacher guide will help you work with your archetype (types of people that stand as a symbol for a collection of traits) in your life's journey and help out with problem-solving, based upon your needs. A good book about archetypes is by Caroline Myss:

***Sacred Contracts: Awakening Your Divine Potential, 2003***

## **Doctor/Chemist/Nutritionist/Dentist/Basic Healer Guides**

This guide could be four in one or four different guides. This guide works with our health and well-being. The primary function of this guide is to keep watch over physical ailments trying to manifest themselves and to assist in maintaining a chemical balance in the physical body. This marvelous guide is also capable of boosting the pineal gland to help with one's psychic development as well as adding elements to the physical body for better physical health.

## **Joy Guides**

A joy guide is a highly intelligent spirit whose function it is to bring lightheartedness and laughter to you and remind you to have a balance between family, recreation, and work. They will monitor you to make sure you do not become so immersed in the material that other parts of your life may suffer. This wonderful guide usually manifests as a child or young person of either gender and is keen to serve when called upon. In my Mediumship circles, joy guides are the guides most commonly seen.

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