


Best crystals for connecting with spirit guides

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Crystals for Spirit Guide Connections We all have a spirit of guidance from angels, animals, ancestors, ascending masters and even our higher self, many of us much more than we have ever even realized. There are many ways to connect with these spiritual guides to hear their guidance and integrate their wisdom more easily, and crystals just so happens to be one of the best tools we can work with to tune ourselves in to their energy. Often, stones associated with the chakras of the Earth Star, Crown, and Soul Stars are most suitable for connecting to their conductors, such as clear, white, brown, or black. Leopard Jasper: Jasper's leopard skin is a powerful travel stone that is often used by shamans to facilitate spiritual travel; This stone helps connect with their animal spirit of guidance, totems and even their own personal animal spirit. Skolecite: Scolecite is an ascension stone that helps connect with the energy flow of their higher self. This stone is like a straight line to the spirit, which facilitates contact with ancestors, angels and the spirit of guides. Apophyllite: Apophyllite is a stone of pure light that brings peace and trust; this stone brings light to the places and spaces that need it most, and gently transmutes negative energy. Apophyllite promotes deep meditation as well as lucid dreaming and astral travel. Find your Spirit Guide. Finding your spirit guide the interests of many people, and perhaps as you read this, maybe you know that you also like to know more, is it because many of us know in a vaguely kind of way that we have a spirit of leadership, you may wonder if you had to find your spirit of leadership, can it improve your quality of life? You may be wondering what is the best way to go about it, the ability to connect with the spirit of the guide available to all of us, find your spirit of guidance or guidance possible, but you must first decide that you are going to do it. The seven laws of attraction are powerful tools that must be brought into play for this purpose, a strong desire to achieve this goal, to be able to connect with the spirit of leadership, is of paramount importance. Finding the Spirit Guide ... Talking to spirits connecting with spiritual guides can take many forms to help you find your spiritual guide; You have to perform daily meditations to raise your vibration. It is common to find that as you do this daily activity that you will begin to have a strong awareness of the presence of your guide, guides and angels, many people have one guide, some of them two, and sometimes your guides will change, just as you change teachers when you go from junior to high school or university. Many people have the feeling that there is there, and becoming fascinated by the whole idea of how to find their spirit guide, the idea of finding their spirit guide came to the interest of many of seeing someone known who was a psychic clairvoyant or spiritual medium on television, these people who spoke to spirits may have communicated with their spiritual guides who gave them information. They then passed this information on to those who asked them questions. Clairvoyance or mediumism are two words or terms regularly used to describe these people who talk to spirits, a term often used to refer to a person who looks like famous psychics we have seen on stage or television who are in contact with those on the other side. There is a significant difference between mediums that communicate with the spirit in the lower (4d) astral spheres, and people who guide beings from the higher (5, 6 and 7d) astral/etheric worlds. Clairvoyance: it is not just related to conversation with spirits, the actual meaning of the word clairvoyance is clearly seen. This refers to the ability to see psychic visions, there are different ways that these psychics or environments communicate with their guides. If they have the gift of clairaudience, this gift may be how they receive information, there are other psychic powers that can be used to facilitate talking to spirits, and many of those who are psychic have a combination of different mental gifts. Clairaudience or Mental Hearing: This is the ability to hear the voice of the spirit and those with this gift are usually able to actually hear the spirit or their guides. Choosing which stones to use there are a number of healing crystals for you to use that are especially useful for this purpose, using most high crystalline energy stones will help. Among this group, a few special come to mind and you will see them mentioned below, there are also a number of other crystals that have powerful properties to help the process, example Of Purple, during meditation, you can use purple Purple, since it is a great stone to make a connection with the guides. It can also allow you to hear that they communicate with you more distinctly, Petalite has a sweet high vibration that can put you in contact with angels and in particular your guardian angels, Lepidocrocite perfectly combines with it to strengthen the process as it will lead you high in spiritual realms it can help you with the search for your spirit guide. Another very interesting gem to consider is Atacamite, while some people believe that it has forceful energy, it can be a great fit for the development of your mental strength. Use anolite, also known as Green Soysite with Ruby, if you need extra help in the process of communication, since this crystal has a strong vibration in the third chakra of the eye, Herderite opens new ways in the brain and facilitates contact with the realm of the spirit, Herkimer Diamonds, used with any crystals, will help them lift you to a higher level Used only by Herkimer Diamonds have the ability to improve your communication and help with finding your spirit guide, Prehnite will help you communicate with creatures from the higher worlds, so this is an important crystal to help you in the process. Grounding and protection... Take note: if you do a lot of spiritual work you may become unreasonable, it is important to regularly perform spiritual grounding to make sure that you are not developing any health problems, it may benefit you to keep both grounding and mental protection stones on you as important. An important preventive measure is the regular performing of grounding meditation by grounding your energy into the earth's star acre. Mental protection is valuable when you open yourself to contact with the spiritual realm, so keep the protection of the stones on you, some protective crystals that you can use may be Moss Agat, Amber, Charoite, Sugilite, Black Tourmaline, Black Obsidian and Purple Amethyst, all of which are strongly recommended for this purpose. Connecting with the spirit of guides white crystal datolite is the perfect crystal to connect to your spirit guide by simply holding a piece of your favorite stone in your hand. The first part of finding your spirit guide decides that it is achievable if you expect it is likely for you to be able to achieve this, the gifts you want to receive will evolve with practice, you first have to take a few simple steps, it may take some time to make it happen and it will take a bit of commitment, but for most people it is possible. Step 1, to help you with your goal of connecting with your spirit guides, is to perform a specific meditation to contact the guides every day. Step 2 is to feel grateful, in advance, for what you want it to happen. If you have any of the stones or crystals to help contact the guides, use them during meditation, any of the third stone chakras eyes or any of the stones of the chakras crown marked for their ability to boost your mental gifts, so look through the list of chakra stones for these specific chakras to decide what to use. Who is my spirit guide? Finding your spiritual guidance is a matter of starting the process of connecting with your spirit guides. But once you know that you have made contact with your guide many of you may want to know if your guide is someone known or particularly special. You can often hear about people who tell us that they have ancient spiritual guides, some famous historical person or An Indian spiritual guide. It is common for many people

to say that they have an Indian spirit of guides, and one of the reasons for this is the culture of the Indian races have been very spiritual. They had a strong connection to both the land and the the world of the spirit. Thus, the information received in these lives remains with the spirits, and they use it to help those they have decided How to find out who your Spirit Guide is. The best way to find out... Who is my spirit of leadership? This is to ask your guide! Once you start working with your spirit guide, you naturally become aware of some of the attributes of them. If you are a clairvoyant ask them to show you what they look like. If you are clairsentient you may feel how they look and there is an awareness of their gender or race from your communication with them. Be sure to ask what you want to know and wait to be told when and what they want you to know. So if you're a clairvoyant, just ask them. Ultimately, it's up to them to tell you what they want you to know. Sometimes finding your spirit guide is easy, but for others you may have to work for a while before you get all the answers you may want, the seven laws of attraction will help you, so be sure to take care to use this powerful system to help you once you start working with your spirit guide you will be able to achieve more in your life. How to perform meditation to connect with Spirit guides So let's start meditation to connect with your spirits guides. First: Sitting with your feet firmly planted on the ground, you can be cross-legged or styling if you prefer. Take a deep breath, and as you exhale, visualize all the negative energies along with the stresses and stresses of daily life draining from the body and onto the Earth. You may have to do this several times to get all the old energy out of you. Then, when you are clear and clean, take one in and out of your breath; it's breathless. Now breathe deeply, pulling fresh clean, enlivening energy from the Earth and into your body, again you may need to do so several times until you are filled with new energy. Now look at the shiny, bright, blue/white star above you, there is a shaft of light coming down from the Star, it illuminates, penetrates and purifies you, raising the vibration of every part of your being. Feel drawn to the light until your feet are around on your shoulders, the shaft of light from the star disappears and you are left cocooned in a bubble of shiny, blue/white light. Feel composed of the body, leaving the physical world 3D under you as you rise, you will feel unfolding like the wings of a butterfly as it emerges from chrysalis, feel the expansion and becomes all that you are capable of being, feel the weightlessness of true being. Feel the extended state of consciousness; It is advisable to calm your mind in preparation as you begin the second phase of meditation to start by centering yourself. Be aware of your inner being and sit quietly, allowing yourself to delve and delve into relaxed, inner awareness. Allow any thoughts that come to mind just to free and swim away. Just let go and become Allow your goal to find your spirit guide to live in your mind, just floating lightly, without pressure for it to happen. Stay in this state of silence and harmony for a few minutes. If thoughts come, just let them swim away. Think welcoming thoughts as you wait for your guide to make contact, each day lengthen the period you sit in silent contemplation, ensure always be in regards to gratitude, and expectation that you will reach the goal of this particular meditation to find your spirit guide. Communicating with Spirit Guides During successful meditation, your brainwaves slow down as their rhythm changes from a beta wave of normal day-to-day activity to a slower alpha wave. Two specific areas of the brain, amigdal and anterior Cingulate Cortex, are said to be associated with the development of any mental abilities, including finding their own spirit of guidance. Using isochronic tones is effective for the development of psychic gifts, including your intuition; this is because it works by encouraging these areas of the brain to be entosy with the new rhythms that are introduced. As your mind chatter stops and you go deeper into a meditative state, you may find that these gifts develop more easily and you learn how to be psychic. Those communicating with the spirit of the guide may find that it is possible to communicate through different psychic abilities, not only clairaudience, some people think that in order to make this contact that they need to hear the voice of the spirit, but there are other ways to communicate with the spirit of guidance, if the psychic gift you develop is clairvoyance or clairvoyance, you can not actually hear the spirit guiding voice. Many people have a combination of psychic gifts, but one is usually more dominant, wisdom can only be acquired from an inquisitive mind if you don't ask questions that you don't get answers to. Answers.

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