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## Meeting your spirit guide stories

In this blog post, I share how to connect with your spiritual guides by following 10 steps. I believe that we all have spiritual guides, and when you cultivate a relationship with your spiritual guides, you will receive clear and wise advice to help you in all areas of your life. These steps work together to help you build a relationship with your spiritual guides! My experience with spiritual guides Since I was very young, I have felt a presence of spiritual guidance in me, around me and connected to me. In my book Super Attractor, I open up about spiritual guides in a way I've never had before. I had written about universal counsel and God, but until I sat down to write this book, I had always held back from sharing about the presence of my non-physical guides. For many years, I have always been afraid to freak people out or give someone the impression that they should share my beliefs. But in writing Super Attractor, I felt called to push the metaphysical boundaries and to speak openly and without excuses of the spiritual realm. I knew that the world was ready to open up to new forms of orientation. When we become willing to see a world beyond our physical view, then life becomes easier, we feel safer and we can access our true power. I have learned to rely on these non-physical guides in all areas of my life. Knowing that there is a presence that always supports me has given me unwavering faith and strength. There have been countless moments in my life when I have witnessed the divine intervention of my guides. We all have spiritual guides Here's what I believe: I believe that there are beings of the highest truth and the greatest compassion working on our behalf to guide our thoughts and energy towards love. They are not physical and are not bound by the natural laws of this world. They are spiritual beings. These beings come in many forms and they have different goals, but their common goal is to help us get back in alignment with the love of the Universe. When you are stuck in a thought or model based on fear, you can turn to your guides to help you return to love. When you want to receive their advice, all you have to do is be prepared to give up your fear and see with spiritual view. We all have our own spiritual guides. We have guides who are deceased ancestors and family members. Some spiritual guides may have names. In some cases, you may have a group of guides who all have the same name, as with Esther Hicks and Abraham. Tweet: Our guides are there to give us love and light. Just asking for help opens us up to divine guidance. @gabbybernstein #spiritjunkie If you haven't connected to your spiritual guides before, I welcome you to keep an open mind. These 10 simple and beautiful steps will help you cultivate a connection to your spiritual guides and deepen your relationship day after day. If all this sounds a bit trippy, let me reassure you that your guides are loving and wise. They are there to support you, and communicating with them is a comforting and joyful experience. How we experience our spiritual guides Once you start inviting into your spiritual guides, there are different ways you could experience their presence. Inner Knowledge You can experience a spiritual guide as an inner knowledge. You can feel or feel the presence of your guide, or hear a voice inside, such as a strong intuition or realization. Some people hear (or see) their guides audibly. Sparks of light Sparks are another indicator of the presence of a spiritual guide. Sometimes when I know my guides are with me, I see little sparks of light. It's so cool to see that light and to know that there's a presence with me right now! Books falling off the shelf When books fall off the shelf, your spiritual guides are the ones who kick them off for you! I can't tell you how many people have written to me or spoken to me at an event and said they discovered my book because it literally fell off the shelf in front of them. You can experience this kind of advice! It's at your disposal. Free writing after meditation Another way to experience the presence of a spiritual guide is through writing. You can call on your spiritual guides through meditation, and after your meditation, you can write freely and allow the voice of your guides to work through you. Connecting to your spiritual guides means learning to rely on the voice of love. The reason these guides are here is to constantly fill your thoughts from fear to faith, forgiveness, love and light. They present you with creative solutions and great opportunities. 10 Steps to Connect to Your Spiritual Guides If you are ready to invite in this voice of love, follow these 10 steps to connect with your spiritual guides. Step 1: Get into the habit of asking The first step to communicating with your spiritual guides is to get into the habit of asking. We often forget that we have advice in and around us. In the busy way of everyday life, it's really easy to forget about this connection. When we forget that we can appeal to the mind to get help, to appeal, we begin to rely on our strength. This is where the fear sets in. Therefore, the first step is to get into the habit of asking your spiritual guides for help. The more you ask, the more you receive — period. Think about all the things you need help with, that you need help conceiving, or making more money, or healing a relationship that is in trouble. Make a list of what you need the help of your spiritual guides to make a list of the 5 to 10 greatest things with which you need help. You can do it now, or you can return to this exercise after aligning yourself with your inner wisdom through prayer or meditation. Once you make this list, your next step is to offer everything you need help with and invite your spiritual guides to reveal reveal Say: Thank you, guides of the highest truth and compassion, for revealing the solutions to these problems. Then go through your list. A few examples... Thank you, guides of the highest truth and compassion, for offering solutions to my problem with my health. Thank you, guides of the highest truth and compassion, for revealing the solutions to the problems I have in my marriage. Thank you, guides you with the highest truth and compassion, for revealing the solutions to my struggle to find a career I love. Just go one by one asking the guides to help you. If you really want to focus on laser, you can choose only one and offer it every day for a while. Call only the guides of the highest truth and the greatest compassion Remember always to call the guides of the highest truth and the greatest compassion. You don't want to invite funky guides to the party! Be very specific and clear about the type of advice you call so you don't get a riff-raff coming through. As with the human world, there are many different characters, and we don't always want to invite each character for dinner. The same goes for spiritual relationships. We want to open our consciousness, our space and our energy only to the guides of the highest truth and the greatest compassion. Don't worry too much. It's up to you, so don't be afraid of these other beings. They can't come in without your permission. You can call on your guides whenever you don't have to wait for a problem to arise in order to call on your spiritual guides. Every time I give a lecture, the first thing I say to myself behind the scenes is: Thank you, guides to the highest truth and compassion, for speaking through me. Every time I say this silent prayer to appeal to my guides, I know that the words I need will come through me. Just asking is all that is necessary for advice to come forward. Step 2: Listen The second step to connecting to your spiritual guides is to listen. The way to do it is to meditate. As you meditate, you calm your mind so that you can hear the wisdom of the advice that is in and around you. We need to slow down our vibrations to align ourselves with the presence of these guides. When we ad join our energy with the frequency of love and peace, we can more easily connect to the vibratory messaging of our spiritual guides. Align your energy through prayer and meditation You can say a prayer such as: Thank you, guides to the highest truth and compassion. Thank you for showing me what I needed to know. Thank you for leads in the right direction. Thank you for everything I need. Then you can sit in meditation for 5, 10 or 20 minutes. This can be a very simple meditation. You can simply pay attention to your breath, becoming aware of the sounds and sensations around you. I also have a mind guiding meditation to help you Step 3: Write with your spiritual guides Once you have meditated, your next step is to write with your spiritual guides. Open your diary or just take a few sheets of paper. At the top, write them an invitation, such as: Thank you, guides of the highest truth and the greatest compassion, for revealing to me the solutions to these problems. Thank you, guides of the highest truth and compassion, for revealing to me everything you want me to know. Dear Guides of the highest truth and the greatest compassion, I welcome you to write through me now. Then just let your pen run. Just riff on the page, allowing everything that has to come through. Ideas, stories, subjects, inspired visions, things you may not have thought of for yourself, will begin to manifest. Don't guess or change a word. Just write. Your guides can speak to you directly You may find in this writing experience that your guides are starting to speak to you directly. Instead of writing in the first person, you can start writing in the second person. When I channel my guides, they often say, Dear sister... In some cases, your handwriting may even change. You might feel a presence of energy moving through you. This means that there is a presence that works through you to give you direction. Step 4: Ask for a sign Your guides can play fun games with you! They like to show you that they are present. So get into the fun of them and ask them for a sign. Have you ever asked for a sign before? Or did you ask, but don't know if you received it? Learn to ask for a sign and know when you have received clear advice. You'll be blown away when you start asking your guides to show you signs! It's going to rock your world. Step 5: Pay attention to the advice you receive It's one thing to ask for advice. It's another thing to witness it, to really take it and to enjoy it in the presence that sustains you. When you pay attention to the advice you receive, you leave yourself in fear and wonder of all the love that is around you. It's important. This beautiful feeling is available when you really let yourself be witnessed to the incredible support that is always with you. The practice of paying attention to orientation is not to demand. You don't go around the day and ask, Where are my advice? Where are my advice? Instead, you simply allow yourself to be open to the wonder of this orientation. Your advice may come in a cool and unexpected way, even in a way that I don't Here. Your tips may be like a song on the radio, a billboard on the highway or someone telling you exactly what you needed to hear. Our guides often work through other people. They work through doctors, friends, children and even strangers. Spiritual guides like to work through technology, too, which is something I talk about more in Super Attractor. Step 6: Stay Stay an energy of gratitude As I mentioned in Step 5, you want to thank your guides. Rather than being in a place of need, you want to be in a place of gratitude and appreciation for their advice and love. Move the way you talk to your guides. If you think of things like, Guides, why haven't you given me this yet? or Guides, I don't believe in you. Why didn't you introduce yourself to me faster? - you show your distrust of them. You tell them that you are not really open to their advice and that you want to have control. Your gratitude maintains your strong relationship Instead, you want to thank your guides, appreciate them and feel a deep love and gratitude for them. When you receive some form of guidance, thank them. Say in silence: Thank you, guides, for showing me this solution. Or, Thank you, guides, for this sign. And when your guides give you a spiritual mission, thank them for that too! Your gratitude maintains the relationship so strong and keeps these guides present with you all the time, because they know they are welcome. When you open your heart to offer your guides gratitude and appreciation, they boomerang this energy right back to you. It is difficult to describe what it is like to be in this place of constant love and gratitude with your guides. It's a huge and beautiful feeling. And it's at your disposal. Step 7: Publish the result and trust a better plan than yours Your guides have a better plan than yours. They are loving and wise, and they want to bring you to the right relationship, the right career, the doctor you need, the experience that will help you. We were indyng ourselves in that direction. I have often avoided divine advice by trying to control situations. I was obsessed with how things should go and tried to manipulate the results to get what I thought was best. Inevitably, this has only pushed my guides away. But... when we let go of our plans and trust in a plan that is much bigger than ours, we begin to really feel like we are headed. When we surrender, we can feel our guides lead us to the next good deed. We need to publish the results in order to be truly co-created with our spiritual guides. Step 8: Be more childish If you have young children in your life, you may know that many children can still see their guides. They can even talk about it. Usually, around the age of 7, the veil starts to close and we stop at this guidance system. To lift this veil and reconnect with your guides, be more childish! Do things bring you joy. Jumping on a trampoline. Go for a run. Painting. Swim. Cook. Every time I cook, I feel the presence of my guides around me. Do the things that bring you joy, and that the advice will come quickly. You'll feel it. Remember, joy is the most powerful vibration we can embody! Step 9: Ask Ask Spiritual guides for their names if you feel called to do so You don't have to do this step. But if you feel called upon to ask for the name of your guide (or the names of several guides), ask them to reveal it to you. The first name that comes to mind will be the name of your guide. Even if it sounds strange, you can trust that what you hear is correct. One of my guides is a guide called Lily, and she came to see me many years ago. I just knew her name was Lily. After several years of lily knowledge, I had a medium give me a reading. At the end of the reading, she said, Lily wants me to say thank you, because she enjoys working with you. I hadn't mentioned Lily in the medium or written on this guide. The psychic just knew she was there. Step 10: Trust your own psychic ability believe in yourself and in your ability to call upon that presence. Trust your ability to connect with these guides and feel that support. Know that you have an ever-present energy of love that is always in you and around you to support and guide you. The more you trust in your own psychic abilities, the more you will be able to hear and the more you will allow this divine orientation to lead you to the higher good. Allowing spiritual guides in your life is a great gift. Not only will they support you, but they will also help you help others. They will support you by being a light in the world. We need this presence of light to support us at this moment, in the chaos, drama and violence of these times. We need this presence to bring us back to love. Go further in this practice with Super Attractor! In Super Attractor, I lay down the essential methods to manifest a life beyond your wildest dreams. This book is a journey to remember where your true power lies. You will learn to co-create the life you want. You will accept that life can sink, that attraction is fun, and that you don't have to work so hard to get what you want. Most importantly, you'll feel good. And when you feel good, you give a presence of joy that lifts everyone around you. In Super Attractor, I push the metaphysical boundaries and speak of spiritual guides, angels and the spiritual realm in a greater and bolder way than I have ever done before. I break down different types of guides, share personal stories and offer more ways to communicate with them. When you order the book, you will also get my 2 hour jumpstart manifesto free workshop! The steps I teach in this have you set up for powerful methods in the book. Order Super Attractor and claim your gift! How to ground yourself after connecting with your spiritual guides When you tune into the realm of spirits, you can feel your energy change. It is important to take the time to ground yourself after connecting with your spiritual guides. You always want to remember that you have a human experience and that you are here on this planet in a To get back to the ground in your body, you can do a few simple things: trample your feet to ground yourself in the earth. Sit on a rock to feel connected to the earth. Take the time to sit in the quiet and drink a cup of tea or eat a snack. Do something that is consciously take care of yourself. You can also zip up your energy. Imagine there's a zipper at the bottom of your feet and you zip up all the way over your head and get back to your ankles. Follow one of these practices to get down to earth after you connect to your guides. Connect regularly with your spiritual guides The more you talk to your spiritual guides, the more you will rely on this ever-present guidance system. As you ask and abandon yourself to divine guidance, miracles will happen more and more often. (For more information, check out my blog about angels and archangels.) Your spiritual guides want to communicate with you. Follow these 10 simple steps to open the conversation. Conversation.

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