



CONTACT YOUR SPIRIT GUIDE

Dear Friend,

I will admit that the topic of Spirit Guides is one that is very close to my heart. I have known my own Spirit Guide Francine for many years. You may have heard me mention her over the years, and you will know quite well just how helpful she has been. I hope that you develop a close relationship with your Spirit Guide, just as I have with Francine.

Spirit Guides exist on a higher vibrational level than we do. But they still have to be humanized on some level. This is because at one time, Spirit Guides have led a life here on earth. We too will have the opportunity to become Spirit Guides once we go to The Other Side. Spirit Guides exhibit more human-like emotions than any other entities from The Other Side.

Your Spirit Guide wants to connect with you, just as my own Spirit Guides Francine and Raheim connected with me. Try this Spirit Guide meditation and discover your own special Spirit Guides!

Meditation to Connect with Your Spirit Guides

Begin by sitting up straight and place your feet flat on the floor. Put your hands in your lap with the palms facing upward. This is a way of receiving grace. Now put a white light of the Holy Spirit around you. Feel this light of peace, harmony and God-centeredness that is always with us. The Christ consciousness is always there for us. Mother and Father God's love together create the Holy Spirit, this light that is around you right now.

You can place anyone else in this light that you desire. You can put Buddha or anyone else you hold in high esteem. I call on all of them to attend you at this time. Feel yourself becoming very relaxed. Relax every part of your body, beginning with your toes and working your way up the body next to the calves. Then to the rest of your leg. Keep moving up your body, relaxing every part of your body. Continue this body relaxation until your entire body has been consciously relaxed this way. Relax your face, all the muscles in your face, your eyes, forehead and your ears.

Now visualize yourself in a meadow. If you have trouble seeing it in your mind, then try to sense it in other ways. The meadow is very green. Suddenly you realize that you are wearing loose-fitting clothing. If you are male, you realize you are wearing a long robe like our Lord used to wear. If you are female, you are wearing something free moving, perhaps a gossamer type of gown.

In front of you are brilliant white flagstone steps. They are leading across the meadow. You begin to take these steps that wind through the meadow. You can feel the warm sun on your face, the wind that brushes through your hair and you keep taking these steps.

Next, you see a beautiful gleaming gazebo right in front of you. There is something very familiar about this gazebo. As you run up to this gazebo, you stand there for a moment. A figure steps out of the shadows near the gazebo.

This entity let it come to you however it decides to come to you. It may be tall, short, medium, whatever it might be. It takes the steps closer to you. You can feel this strong feeling of love between the two of you. It feels so familiar.

You say to this entity “what is your name?” Let the entity answer you and hear what their name is. Now please don’t be discouraged if you happen to connect instead with a loved one. Sometimes a loved one can push the Spirit Guide out of the way. Don’t push this person away. Whoever you need might show up. Go with your first impression for their name. Even if the name is not spoken, so much of this connection is done telepathically.

Now the two of you walk back down the path from the gazebo. As you reach the middle of the path, you turn and ask them a question that is in your heart. This can be any type of question, perhaps about love, relationships, finance, career, spirituality or anything else you’d like to know. Your Spirit Guide answers you and you listen to their response.

After they answer, you say “goodbye” and hug them. Many people say that their Spirit Guide feels so familiar to them, even as they first meet them.

You continue to walk down the steps across the meadow until you come to where you first began. Back to where you entered the meadow. Gently bring yourself back to awareness and out of the meditation.

Repeat this meditation whenever you wish to connect with your Spirit Guide. Your Spirit Guide is always ready and open to making this connection with you.

If there is ever a time when you feel alone or isolated – please know that your Spirit Guide is always with you. You are never alone! Our Spirit Guides love, help and heal us all the time. You can call on your Spirit Guide at any time – day or night. Your Spirit Guide is more than happy to be of assistance to you.

Spirit Guides study your chart (this is the program that we select when we come into life) and they help us choose the lessons that we are placed here on earth to learn. Earth is very much like a school. You have made a contract with your Spirit Guide who watches over you throughout your life, guiding you and simply loving you.

A lot of Spirit Guides will study for a very long time to be your Spirit Guide, so they can get your chart right. The Spirit Guide will also approach the Council, a group of highly evolved Master

Teachers who are in charge of our charts, even before your birth and even after you come into life for advice and guidance with your life.

There are times that your Spirit Guide has lived a life with you. But keep in mind that this is fairly rare. A Spirit Guide cannot be a relative who died when you were very young because this would mean that there was a time when you went unattended. Your Spirit Guide is with you when you enter into this life and with you throughout your entire life.

You can see that your Spirit Guide is a trusted friend and a wise guide that you can always rely upon. We are fortunate to have Spirit Guides. Ask your Spirit Guide for help with anything that concerns you, or just talk to them – they always like to be with you!

Love always,

Sylvia

P.S. You have Spirit Guides are eager to meet you and provide information and inspiration. Learn more about your Spirit Guides with my book *Contacting Your Spirit Guide*. It includes a meditation CD.