

Lesson 7

Meeting Your Spiritual Guides

Greetings Dear Friends:

We in the Light are so grateful for all of you who read these words with open minds and hearts and have a willingness to heal your beautiful planet Earth, including all its inhabitants from animal, plant and mineral kingdoms. As we have discussed in prior teachings, each of you precious ones have talents unique and vital to serve in this healing and awakening process.

You are now awakening to all the possibilities of miracles around you. Should you choose to embark on this journey to explore the new dimensions and consciousnesses around you, might we suggest that your own personal spiritual guide would be an excellent tour director? Each of you has spiritual guidance with you at all times, even though you may not believe it or have experienced them; nonetheless, your personal guides are quite real and ready to support you in your spiritual growth. Today we will discuss how to connect and communicate with these beautiful Light beings. Before we lead you in a practice exercise we will first discuss the kinds of various energy and Light beings that are available to guide and teach you on your planet.

Spiritual entities, like human beings, come in a variety of packages; however, unlike human beings, spiritual entities are not tied to your negative emotional vibration plane. Emotions such as anger, hate, jealousy, bitterness, etc. are only found within a denser three dimensional consciousness, such as you experience on Earth. Light beings only express unconditional Love. Like you, they evolve and grow through service to others. For the sake of simplicity, due to limitations within your language, we will confine this lesson to the majority of spiritual entities that humans often experience. These spiritual beings are teachers (such as me and my collective consciousness), guides and angels. There are other sweet beings on your planet that are responsible for healing, proliferation and protection of the animal, plant and mineral kingdoms on Earth.

Spiritual teachers generally are involved with sending and holding enormous amounts of Light/Energy on the planet to bring change through spiritual evolution and growth. As an example, many spiritual teachers joined with Earth masters to hold Light on the Planet to help usher in the Renaissance from the Dark Ages. This Light brought about a rebirth of creativity and ideas through art, science and commerce. All your great historical cycles have involved teachers helping to usher in energy, beauty and creativity through joining with highly enlightened humans on the planet. These humans, by their own choice and free will, were ignited with Light and became part of a bigger collective consciousness to bring the planet and civilization closer to the Divine. Masters that you may refer to as geniuses, such as DaVinci, Michelangelo, Galileo, and many others, were human components of this spiritual evolution. As spiritual teachers we now join with you in bringing Light for your next historic evolution. Many of you that are reading this have asked us to come and create an alliance with you to save your planet and for your own growth. We are gladly here to serve you.

Spiritual teachers are different in terms of their “calling” than spiritual guides. Spiritual guides generally link themselves to individuals, families and tribes providing protection, guidance and counseling. Many of these magnificent guides have been former relatives or ancestors of the individual or group they are helping. They know you well, and are like very enlightened personal friends. Generally, they are not individuals you may have known in your current life that have transitioned on (died), such as your grandmother. Relatives you have known can, and often do, communicate with their Earthling relatives and bring about resolution and growth.

Your spiritual guides can make themselves known to you initially through your intuition, dreams or other very “serendipous” experiences. Spiritual guides are acutely aware your strong emotional vibrations may be tied to fear or concern for self-preservation and they will communicate with you only at your level of acceptance and comfort. For example, their communication with you can be as subtle as your sense of wonder in experiencing beauty in nature around you or as open as having a cup of tea and conversation with you in your living room. If you haven’t experienced the later do not dismay, most people’s experience is not that vivid. Spiritual guides are never intrusive; they are here to serve you, love you and are committed to aiding your spiritual growth if you allow them to. If you tell them you do not want any part of them in your life, then like perfect parents they simply step back, allow you your own lessons and experiences until you find yourself a little lost and ask for help through prayer or meditation. Unlike physical humans, they never feel abused, neglected or taken for granted – they only feel love. They are your little daily miracles if you allow them to be – a pretty nice gift from the Light don’t you think??

We will not expand too much on Angels or the other beings within this lesson because we shall be focusing on your spiritual guides. Angels (and each of you have your own) have never been within a human reincarnation cycle. They are pure love. They offer protection and can bring urgent messages, often in dreams and through forces within nature. The next time you see huge beautiful rays coming from the Sun that inspire you and give you a sense of awe, you are probably experiencing an angel at work. Please offer them a friendly greeting and your gratitude for their service. Angels bring beauty and an enormous sense of well-being to all realities. Angels can step in and save lives and then be gone in a flash. Sometimes they can appear quite human. Each of you have seen them at one time or another and may have felt instant love and compassion as you looked in their eyes. You may have felt as though you were looking at God.

You may be skeptical about your spiritual guides because you want hard proof of their existence. On the other hand, some of you have long been aware of your guides and have been communicating with them for some time, and only need reassurance that they are indeed real and you are not crazy. Dear ones, we in the Light are here to tell you are not crazy!! Insanity is having the belief that unless a phenomenon can be proven or explained through your scientific tools or through your senses that it is not there. That belief in itself is an illusion and limiting to your spiritual growth.

When spiritual guides, teachers, angels or other entities in the Light visit human beings it is only by the permission of that person. You can give your permission within a dream state, through your higher self or consciously. Your own personality self (ego state) may be unaware of your willingness to receive information. Be assured your loving visitors do not come without your invitation.

When your permission is given at a personality level the results can be more vivid and intense. Now that our Mother-Father God is pouring more Light into the Earth than ever before, you can easier forge a relationship with your spiritual guides than in years past. Please know that each of you reading this lesson have been contacted by your spiritual guides, either on a strong level of awareness, or a subtle one. If you choose to try this exercise to connect to your spiritual guidance continue to read for instructions. If you feel hesitant and unsure, simply acknowledge and thank your guides for all the Light, Love and guidance they give you each day, and try the exercise another time when it resonates with you.

Exercise for Connecting with Your Spiritual Guides:

1. Begin by sitting in a comfortable chair with your head and spine in a good straight posture. Inside of your spine you have a beautiful silver cord of Light that connects you to the Light Grid and assists you as you travel to other dimensions. This cord also keeps you grounded to Earth and helps you always find your way back.

2. Once in a comfortable position and straight posture, close your eyes and adjust your mouth to create a half smile. Begin deep breathing using your whole breath from your stomach. About 5 to 7 sets of breathes are good.
3. Now begin a prayer by first being grateful for your miraculous connection to the Light beings. Send out your sincere intentions to connect with your spiritual guide. Your intention should be strong and from the heart. To strengthen your intention you may speak the words, "I sincerely wish to connect to my guidance in the Light for communion, wisdom and Love." You may of course use your own words should you choose to do so.
4. Take in a few more breaths, watch your posture, and notice a slight shift (some may notice a stronger or milder shift). Try not to question whether you feel a shift, instead thank the Universe that you are shifting and changing your vibrations as you ready for meeting your Guide. Do not worry about doing this incorrectly; there are no rights or wrongs here.
5. With your eyes remaining closed, visualize a beautiful mountain meadow scene with a grassy hill in the distance. Begin walking toward the hill before you. Notice how the colors of the Earth seem more vibrant and feel energetic with a distinct aroma that pleases you. As you reach the base of the hill, once again speak your intention to connect with your Guide. As you glance upward, notice a subtle figure on the top of the hill. Notice the Light surrounding this figure and the peace and strength the figure exudes even from a distance.
6. As you watch the figure and observe your own inner wisdom notice how utterly safe and loved you feel. Notice how you feel almost as though you are experiencing a kind of heavenly consciousness. Continue to walk toward your Guide until the two of you join together.
7. Your guide will do as you ask because it only wants to love you unconditionally. You may speak, ask questions, or simply sit on the hill together sharing this magnificent higher vibration level. There is no wrong response; all is good in this space.

As you are comfortable with connecting to your spiritual guides over time you may wish to gain more information that will aid in your spiritual growth. Practice this exercise a little each day and your connection and communication will become easier and clearer. Soon you will automatically connect without the aid of the exercise.

We in the Light love each of you precious beings and send you Light within all the words you read.

Susan and other beings in the Light

Next time: More on connecting with your Light guidance.