

Meeting your Guides

If you have done any amount of reading or studying, you have probably heard something about your spirit guides. Everyone has guides and working with your guides in mediumship is very important—not only meeting them, but working with them, as they are the key to helping your mediumship unfold. I am going to explain the construct of your guides, as you have more than one—you have an entourage. Each guide has a specific purpose. They are the key to helping you learn to communicate with spirit. You learn, and there is an entire unfoldment that is occurring. They help change the energy, help you lift vibration, and bring forth the spirits that need to communicate with your clients. They are so important to your work. They even will help directly channel information in a trance for others to hear and experience. Your guides are part of your spiritual experience, journey, growth, and unfoldment. You must provide the willingness to drop your ego and trust them. For example, if you are confused about something in your life, and everything looks great to the human eye, but the energy around you is heavy, your gut is twisted, then this is your guide signaling this is not a good situation for you. Trust it and listen. If you are uncomfortable, then this is your guide signaling to you that this is not a good situation.

You have a wonderful opportunity to meet your guides in meditation. You have guides that have been assigned to you for all of your days on this earth. Your main guides are your protector guide and your joy guide. You also have a healer, and teachers, and guides that come in based on life situations to help us. As a medium, you have a runner or a gatekeeper, that runs to get loved ones of your clients. For example, if someone calls to set up time for a reading, or meets you randomly, your guides have set that up, and the runner helps the spirit communicator come

through for their loved one. In mediumship, they play an important role, and it is vital that we develop a wonderful relationship with them. Talk to them throughout your day, like they are your best friends. I constantly have dialogue with mine, and occasionally, I put chairs in a circle and hold a staff meeting. I will show you how to set your agreements and intentions with your guides. Give them thanks for all the wonderful work they do, and they will move mountains for you.

Spirit guides communicate with us, but most people are not aware of their presence or do not understand their influence in our lives. These guides love us and have so much respect for us. They exist to help us with our lives while we are on this earth. This was decided before you came to earth, and they exist to help you. All of humanity, including everything that is living, is being elevated in wisdom and truth.

Their wise guidance provides insight, as well as confirmation, while we work to learn our life lessons. Spirit guides have a voice within us and can be recognized best through the practice of meditation. These loving spirits speak deep inside us, communicating with our soul.

We will have more than one guide in our life, for different purposes, as they come in and leave based upon the lessons we are learning. Spirit guides can also assist by helping to guide us in a certain direction. For example, when someone is at a crossroads and needs to decide as to which path to choose, spirit guides will gently nudge us but will never make the decision for us. We always have free will. They are with us to shed light upon our situations, not to live our lives for us. Yet they too learn from our choices and life experiences. All of spirit is working to grow and elevate humanity. Spirit guides were at one time human and were as human as we are, but now

are in spirit. They are bound by universal and spiritual law. They have lessons to learn in their elevation, as well. Spirit guides have their own personality and uniqueness, just like all of us. Our main guides have not incarnated with us during our lifetime. While an aunt, for example, who passed over may offer some guidance, and she is part of your soul family, she is not your actual guide. These family members and friends that have passed are known as “honorary guides.”

Spirit guides remind us to focus our lives, and on spiritual truth. They do this in meditation. Once a teacher guide has fulfilled its purpose, a new teacher in spirit will come to guide us toward our next lesson. They all work together to help you. Whether we are aware of them or not, they are guiding us. It becomes a wonderful symbiotic relationship if we choose to start recognizing their presence in our lives.

Spirit guides help us with our spiritual truths, help us learn our lessons, develop, and refine our mediumship, and help us serve humanity. They also assist us by helping to free us from our worldly ideas and beliefs. Trust is the key, because they will never fail to guide you in the right direction, ever. This is what is meant when Paul wrote in his letter to the Corinthians in 2 Corinthians 5:7, “Walk by faith, and not by sight.” Don’t trust outer circumstances; trust spirit.

Spirit will never forsake you. Their wise counsel and guidance provide insight, as well as confirmation, while we work to see and learn life lessons. They cannot give us all the answers, as some of this comes down to free will, and sometimes the lesson is for you to make a decision. In this case, spirit is waiting for us to decide, so spirit can line up circumstances to support our decision. The key is allowing and being open to the way the universe and spirit responds, and trust that response—never think it is anything other than for your highest good.

Spirit guides have a voice within us and can be recognized best through the practice of meditation. These amazing and loving guides speak deep within us, communicating with our soul.

Our guides shed light upon on our personal life situations. They do not live our lives for us. Yet they too learn from our choices and life experiences. They also learn by guiding us in our lives.

All of spirit is working to grow and elevate the mind consciousness and humanity. When we learn, it uplifts people around us, and extends out to our family and to all of humanity. Spirit guides were once human and had human experiences. They are at the highest vibration of love.

They have lessons to learn, as well, and have the utmost and deepest respect that we chose to come to this earthly plane of existence to have this physical experience to learn and grow.

Some people find it easy to comprehend their guides, while others struggle to believe in their existence. energy which never dies, but only transforms when the body no longer functions. The body falls away, and we become pure spirit again. This is our soul—our pure soul, not our human self.

Construct of Your Spirit Guides

We are born with two main guides in our lives. These have been assigned and agreed to before we chose to incarnate. These chosen entities agree on the construct. You are the earthly spirit being incarnate. You have a main protector guide and a joy guide. These are teachers or messengers whom we have known before incarnating into the physical world. Our main guide is our guardian or protector, one who is with us in spirit from birth through to our physical passing. This guide most likely helps us with our life-path, providing direction, protection, and guidance,

much like the belief in the existence of a guardian angel. Psalms 91:11 refers to this in the Bible, mentioning an angel that is assigned to us for all of our days.

Protector Guide

Our protector is also known as main guide or sometimes called our gate guides. This guide is with us most of the time and loves us so dearly. They are not in a position of judgment, but of love and understanding. They know all our secrets, our inner workings, and help us deal with our everyday matters. Because they are so close to us, they serve as a link to all the guides, spirits, and energies in the spirit world. They protect us, knowing what is best for us, and even guard the gate between the two worlds by helping us to balance the activities of our higher selves with those of our earthly selves.

Joy Guide

Joy guides help us to keep the joy in our lives, to remember to play, to laugh and to keep our inner child alive. We feel the presence of this guide most strongly in the moments when our spirits are unfettered, and our souls are lighthearted. They can also provide situations in our life to make us laugh and be joyful, to remind us to lighten up and enjoy life. Joy guides may also nudge us in times of great sorrow, to get us to smile. This can happen when we are somber; you may see someone just start laughing and no one understands why. I believe it is our joy guide, telling us enjoy life and to lighten up. All will be well.

Healer and Teacher Guides

These beings are our spiritual physicians and teachers. They are often of a higher vibration and are highly evolved, and sometimes have to come down from a different plane of existence. They work with us to develop our talents and to maintain our emotional, mental, and physical health.

They assist us in balancing our hormonal and chemical makeup. If we are dealing with a health crisis, they will enter to help with the path of healing or guide us to the right practitioners on earth to help. They can bring forth healing messages that all will be well. They guide us to seek wisdom or inspire us to create or even help us make the right choices to heal ourselves. Unlike our protectors and joy guides, whose presence is lifelong, doctors and teachers may come and go throughout our lives, depending on the lessons and achievements.

Ascended and Universal Masters

These beings often have names that we are familiar with; many of us recognize them as figures from history. Usually these ascended masters were great spiritual teachers when they existed on this physical plane, and they continue to guide us and influence masses of people from their positions now in the spiritual realm, if we choose to listen. Jesus, Buddha, Mohammed, St. Germaine, Quan Yin, Mother Mary—all of these are ascended masters. All of them are available to us if we choose to work with them. You may think, "Why would Buddha or Jesus talk to me!? He's way too busy!" Let me assure you, we are all loved beyond that, and they can replicate themselves and are available to help anyone who just simply calls on them for help. These ascended masters are compassionate and understanding, with no judgment, and full of empathy.

Universal Masters

Universal Master guides are usually easy to recognize because their energy is much different from the energies of the other guides that are around us. They bring to us a sense of calm contentment, and sometimes it is hard to disengage from their energies simply because they are so beautiful and peaceful to experience. It can be extremely intoxicating. Universal Master guides concern themselves with teaching and guiding us on our path to enlightenment. Most of

the time, our master guide corresponds to the path that feels most comfortable to us on our spiritual journey. For instance, a person who follows Christianity and feels comfortable in that religion might have the disciple Peter or another saint, like St. Germaine or Jesus, as their Master guide. These guides understand that our lives on earth are filled with mundane events, and they support us in everything we do. They send love and help whenever we need it most. However, these guides do not give messages to us about our day-to-day lives. They give comfort, love, and understanding. We will feel comfort when they are around. They never waste their words on trivial things.

Having a loving relationship with your guides, you will realize you are never alone. I speak to my guides on a regular basis—when I’m driving, at the grocery store, and around the house. They will help you find things that you can’t find, lead you to things that are missing, and they will help you in your daily life. You will be amazed. Thank them for their help. Even at the gym, when I am working out hard, and I am trying to do that last push, I have asked them for help. I saw my guide with his hand on my shoulder, and I got through it.