

The Guide Connection Process

INTRODUCTION

Every one of us has at least three guides and access to angels at any given moment. The challenge is raising our frequencies high enough to be able to communicate with them directly. With practice and awareness, this process can bring you to a higher understanding and a connection point with the world above and around us. The conscious mind tends to override and judge during this process. But if you continue to take nice, full breaths and release that judgement with time and practice, you will be able to access the guides and angels in your life.

STEPS

1. Find a comfortable place to sit. Begin taking nice, full breath deep into the belly and releasing all of the energy on the exhale. As you breathe, tell yourself you're feeling lighter and calmer with every breath
2. Visualize yourself with your feet, firmly planted into the ground. And expand your head up into the higher levels
3. When you are ready, go to your Sacred Space, spend a few moments refuelling, recharging, and releasing any residual energy that may be weighing you down. As you breathe, you will continue to feel lighter and more expansive
4. Bring your awareness to the area around you and call in one of your guides or an angel. Energy is very much about frequency so your part is to focus on raising your awareness. Don't even try to look for them, simply sit in your Sacred Space and breathe feeling stronger, more loved, and more connected
5. Invite the guider angel forward, and begin to make note of what is happening. If you can see them make note of how they look or appear. Do they show as male? Female? Or maybe even an animal?
6. As you breathe, check in with how they make you feel
7. When you're able to make contact, ask them if they have a gift or a token for you. Make note of what it is
8. Ask them if they have a message or if they are able to show you something that's important to you
9. Go within yourself to see if they resonate at your Soul, have you seen them before?
10. If it's an angel, allow yourself to rise even higher, trusting this experience to be true and asking which angel this particular one might be
11. If you're able to do writing, this is the great opportunity to ask through automatic writing; Grab a pen and paper, simply ask them what their message is and begin writing what they have to say
12. Ask them if there's any colours, symbols, or tokens they have to share with you trusting this relationship is real
13. When you are ready to close, thank them with honour and love for coming to share this time with you
14. When you are finished, close off your space by making it yours once again. Release any guides, spirits or angels from the vicinity, so you can sit in your Sacred Space and breathe the experience in through the crown, through the third eye, down through the throat, expanding into the heart. strengthening through the solar plexus, releasing through the sacral and grounding through your root chakra
15. Bring your awareness back to the present with all of the conscious knowledge of what you've just experienced.
16. Take a moment to thank yourself knowing the more that you come into this place, the more connected you will become, and the calmer and more content, you will feel at the internal level of your soul

NOTES

- It's vital to stay grounded, keep your feet firmly planted and allow your consciousness to grow within your body
- With practice, you will start to notice, see, or an experience is shifting the energy and a full connection
- Guides and angels are always available to us. Our part is taking nice, full, deep breaths, releasing the fears and the judgements, and allowing to rise to a frequency where we can reach and communicate with them
- Remember to trust that you are a being of light, and that by accessing these higher planes, you will find the strength and love that you need