

# HOW TO TALK TO YOUR SPIRIT GUIDES

## All in One Sheet

Play with this - make it your own.

Get grounded, set a safe space, set your intention - and then be playful with it. It's magical when it works and flows all about you and throughout your day.

*I am that I am. I set my intention that I am in a safe and sacred space while I talk with my guides, and I invoke the presence and protection of Archangel Michael and Isis to create a safe space. I intend that I am grounded and centered and still within so that I may best perceive the presence and information from my guides.*

*I intend to work with only those guides of 100% light and love, and I call forth all of my spirit guides who meet that criteria to support me now. I am asking for help with \_\_\_\_\_ - or I would like to get guidance related to the follow questions \_\_\_\_\_ or I would like to play with you and get to know you better so I am asking for a clear sign that you are with me.*

*I ask that the guidance I receive be easily understood and clear. I ask for support in understanding the guidance and having clarity on next steps and actions that best support my highest and best good now.*

*I am so grateful to be able to interact with my guides in this manner to get the comfort and support I want, it is a blessing.*

*In particular, I've noticed that I have been inspired to ... or I have been nudged to do ... or I have felt the urge to go... or I have felt the need to stop ...*

*Are there more details for this? Am I perceiving correctly? Please continue giving signs and signals, it is very fun to look for clues from you and know that I am always supported and guided, even if I don't understand it all yet.*

*I have a big dream to do ....I'd love to receive guidance and support in how to start making that happen. I know you can't tell me exactly what to do and I don't want that - but it is such great fun knowing we can work together.*

*I trust that the guidance I am getting is in support of my intention and for my highest good. Thank you all, I am grateful. So be it and so it is.*

