

HOW TO TALK TO YOUR SPIRIT GUIDES, SESSION 6

What to say

The simplest way to start: 'Hi guides'.

You can also just say 'I want more guidance, I am open to getting more guidance, I'm ready for my guides to appear.' You can even say that you're ready for your guides to appear but you want it to be subtle and gentle (no blazing chariots of light landing in the front yard).

Ask for help - this is a huge deal - ask for help. When something is wrong and you don't know what to do, you can just say that - help me, I don't know what to do. Then wait, detach from everything for a few minutes and do what feels good next.

Talk to the Universe, it hears you.

Questions to Contemplate

Stay focused on what you want - and if it's not clear - envision yourself getting clarity and guidance and ask that it be so. What's the main thing you would like from this work?

How can you best state what you want? How do you really want them to help?