

# HOW TO TALK TO YOUR SPIRIT GUIDES, SESSION 1

## *Intention*

Set an intention that you receive guidance from only those guides of 100% love and light.

Set an intention to receive guidance in an easy and recognizable way and it will happen. Here's an example of what I mean by that (it is a means to access our inherent power, our free will, to focus on what we want):

'I intend to receive clear guidance; I ask that it be easy to understand and easy to follow; I ask that the guidance come through my dreams and while I'm awake as well. I intend for my interactions with my guides to be loving, playful, comforting and fun. I am grateful for this assistance. So be it and so it is.'

## *Questions to Contemplate*

What are your intentions - why did you want to take this class ?

What are your immediate goals of talking with your guides?

What are the longer term goals - how can this help make your dreams come true?