

HOW TO TALK TO YOUR SPIRIT GUIDES, SESSION 3

Safe and Sacred Space

Very important but easy:

I am that I am. I set my intention that I am always in a safe and protected space when I interact with my guides. I call upon Archangel Michael to shield and protect me before, during and after these communications. I intend to interact with only those guides of 100% light and love, and that each interaction with my guides be for my highest and best good. I am grateful for this support. So be it and so it is.

You can alter this wording to feel comfortable to you but I suggest you still call upon Michael (or you can call upon the Goddess Isis if that is best for you - but one of them should be called upon).

Getting Grounded

Three easy and quick ways to do this:

:: Imagine magnets on the bottom of your feet, connecting you to the earth.

:: Imagine tree roots coming out of the bottom of your feet, several feet into the earth.

:: Stand on the ground (barefoot if possible). You can also hold molding clay to get grounded.

:: I open my first chakra and anchor it into the crystalline core of the planet - that's a very strong anchor.

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