

HOW TO TALK TO YOUR SPIRIT GUIDES, SESSION 4

What to say

The simplest way to start: 'Hi guides. I'd love to talk with you, help me figure out how.'

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.

What are you wanting to say? What have you always wanted to say to them, or to ask? Now's the time.

Get out your notebook and write for a bit, or record a note on your phone with your rambling thoughts. Use this as a check list for your meetings with your guides. Come back to this later and see if it's changed.