

# HOW TO TALK TO YOUR SPIRIT GUIDES, SESSION 5

## How Your Guides Get Your Attention

*Which of these ways are your guides using to communicate with you now or in the past?*

- Billboards or bumper stickers
- Books or magazines falling in front of you
- Email or social media topics catching your eye
- Vivid dreams you remember
- Songs going through your head or you keep hearing
- Noticing the same time on the clock all the time: what is going on when that happens?
- Everyone you know suddenly talking about the same thing
- Tarot cards or runes
- Astrology
- What else have you noticed?

*What physical reactions have you had (if any)?*

- Goosebumps
- Seeing lights with your eyes closed
- Feeling warm or cold in parts of your body for no reason
- Feeling like someone is standing beside you
- Anything else?

## *How do you get inspiration?*

- In the shower or taking a bath
- Walking or working out
- Watching a movie or TV, especially something funny
- Synchronicities
- Playing with pets or children
- How did you find this class?
- Examples from your past?