

HOW TO TALK TO YOUR SPIRIT GUIDES, SESSION 2

Things to Consider

Which of these do you think would support or enrich your experience - none are required but some might be fun for you. Your choice.

- Candles or incense
- A notebook
- Background music or sound
- Tibetan chimes or crystal bowl
- Tea or a glass of water
- Chocolates
- Comfy blanket and pillows
- Something inspiring that's not listed

What location or setting inspires you to dream big and want to talk with your guides? You can 'talk' to your guides by writing or using tarot cards so it doesn't need to be a private place.

- Park or public garden
- Your bedroom
- Library
- Your office
- Commuting to work
- An old church or cathedral

- An art museum
- Forest
- The ocean or a lakeshore
- A secret garden

What activities help you relax and open your senses and intuition?

- Yoga or stretching
- Warm bath (I used to meditate in a bath a lot when I started working with my guides)
- Sauna or steam room
- Swimming
- Walking in a forest
- Cooking or baking
- In the shower
- Gardening
- Listening to music
- Writing
- Sitting in a coffee shop, watching people

Action Items

- Figure out what, if any, rituals, places or materials will be part of your process.
- Get a notebook - I highly recommend this. Any type of notebook will do.
- Talk to your guides in the same place each time (whatever helps you feel calm).
- Don't drive or be surfing the internet while talking with them, commit to the experience.
- Don't stress about this - play around as you go through class and try out different things.
- All of this can change over time and doesn't need to stay the same - it's whatever works for you and makes the process easy and fun.