



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Spirit guides, plus an exercise

I want to talk a little bit about spirit guides here. It's a little bit outside the scope of the course, but it's still connected, so I think it can be helpful to add it in here. I use the term "Spirit Guide" loosely to mean a general category of spiritual or non-physical beings who take an interest in our well-being and who wish to help us reach our full potential. Spirit guides, angels, guardian angels, animal spirit guides, these all go under this same general category. Sometimes, loved ones who have crossed over can act as spirit guides for you from the other side, but this is definitely not always the case. You don't have to believe in spirit guides in order to develop your intuition, but I find it a helpful addition to developing your abilities. It can be invaluable to know that there are benevolent beings out there who are rooting for us and who can help us out if we ever want them to. In fact, you can even call on your spirit guides and ask them to help you develop your intuitive abilities. You can even pick up on guidance from your spirit guides, through your abilities.

Spirit guides are only ever going to have your highest good at heart, and will also never force you to do anything against your will, and will also never push you in a direction without your consent. In order for you spirit guides to help you out in life, typically they need to be invited by you to help you out. You always have free will. If you are uncomfortable with the idea of spirit guides, that is totally fine, and you are free to decide to not work with your spirit guides.

A close-up photograph of vibrant pink azalea flowers with green leaves, set against a dark, blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

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We all have several spirit guides that help us throughout life, in various ways. Some watch over us from birth, some come into our lives for short periods to help us with a certain topic or phase, before they move on.

I want to share an exercise here with you that you can use to bring through guidance from your spirit guides. In this exercise, you will ask one of your spirit guides to connect to you and give you some guidance in the form of some kind of object that they place in your hand. The object they give you in this exercise will stand metaphorically for their guidance. For example, if I ask my guide to give me guidance in the form of an object that they place in my hand, I might all of a sudden see an image of a lamp in my mind's eye. When I feel into this lamp a little bit more, I am drawn to the metaphor of shining one's light, and maybe I've been at a place mentally lately where I am afraid of sharing with others who I really am and what I do for a living or something like that, and so maybe the guidance is around practicing sharing with others who I am and shining my light in the world. Or if you see a bicycle, the guidance might be encouragement to be physically active again if you've been feeling a little stagnant lately.



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The object might come through as an image of the object, or the sensation of holding the object, or as a word in your mind, or as a knowing of what the object is. For example, with the lamp, you might see it as a picture of a lamp in your mind's eye, or you might all of a sudden feel the sensation of holding a lamp, or you might hear the word "lamp" in your mind, or you might just know that the object that your guides give you is a lamp. It's fine whatever way it comes through to you.

Ok, so I want you to get comfortable in your chair, close your eyes and take a few deep breaths. Take a moment to bring your awareness to any pain or tension in your body, and just breathe into those areas. With each exhale, feel that tension release and your body relaxes deeper. I want you to see or feel yourself standing in a waterfall of divine light, and see or feel that light wash over you. Just allow that divine light to wash away any foreign energies, negative energies, fears or doubts about your abilities. See it all wash away. See or feel yourself going to sit down on a chair somewhere in the forest, where you feel completely safe and at peace, it can be a place completely made up in your mind, or a place you know about in real life. Just find a spot to go sit down, and relax, and place your hands out on your lap in front of you, with the palms of your hands facing up.

I want you to mentally call on your spirit guides now, to meet you there where you are at in this safe space. It's OK if you can't see them clearly at all. There is no need to focus on their appearances. You're going to ask one of them to give you



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some guidance. You can ask them to give you general guidance, or guidance on a specific area in your life that you feel like you're struggling. Ask them to give you the guidance in the form of an object placed in your hand. If they do something slightly different, that's OK, just go with however it comes through to you.

Now take a moment to feel into this object. Notice everything about it. Notice if it reminds you of something else or if it reminds you of a metaphor.

If it's still not clear what the meaning is, then try asking your spirit guide for clarification. Maybe they hand you a different object, or they might give you a word or feeling to help clarify what they mean.

When you feel ready, bring your awareness back to your body and the room, and open your eyes. Take a minute to write down your experience in your journal.