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What are Spirit Guides? Spirit Guides are souls that have agreed to help us through life. They've lived several lifetimes before, so they know what it's like to feel joy, sorrow, and deal with a snoring spouse. Spirit Guides also: Give us nudges to notice things; Bring people and things into our lives; Create serendipity for us

How To Connect And Work With Your Spirit Guides

5 Ways on How to Connect with Your Spirit Guide #1: Ask Them for Their Names While spirit guides are immaterial and do not necessarily have names, it becomes so much easier to call on and connect with your Spirit Guides if you have something to call them by.

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If you connect with spirit guides for a while and then decide that you're uncomfortable communicating with them, just tell them to be quiet and leave you alone. They have to comply. Again, to reiterate, it is universal law that they cannot violate free will.

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Write a letter to your guide. Another way to connect with your spirit guide through writing is to address a letter to it. Get yourself in the right mental and spiritual state through breathing exercises, meditation, or other means. Then, using paper and a pen, start drafting a letter to your spirit guide.

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This kindlebook that is Spirited: Connect To The Guides All Around You by Rebecca Rosen with Samantha Rose and James Van Praagh (foreword) appealed to me for multiple reasons one reason I do feel comfortable sharing relates to some mystical experiences I have been having related to some colorful and strange sleeptime dreams, the rest I prefer to be discreet/secretive about for now.

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Connect to the energy of what we call spirit guides. Learn practical techniques to connect with your guide and why this may be helpful. This should be an insightful workshop using meditation to enable a technique to connect to your guide.

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