



SPIRITUAL EXERCISE

CONNECTING WITH YOUR SPIRITUAL GUIDES



HOW TO CULTIVATE AN ATTITUDE TO ATTRACT YOUR SPIRITUAL GUIDES AND TEACHERS



During many situations in life, we may require the extra help of our Spiritual Guides. Here are some tips on how to get them closer to us.

1. Be grateful for what is already present in your life, even if it is something small, like a beautiful flower that has opened in your balcony or garden. Pass along the great blessings emotional, material and spiritual.
2. Try to keep an open mind: do not quit, do not "box", do not be rigid about what happens. Let yourself be surprised by an unusual ability to make choices.
3. Keep your home and workplace in order: clean and open spaces to circulate chi, without cluttering furniture. In these places place an image of a deity to whom you are devotee or an enlightened teacher with whom you have special bond. Create an altar (which may be in a closet) or a "corner" where you light your candles, say your prayers and connect with spirituality. Your home is your temple - invigorate the place where you live.
4. Meditate, do yoga, practice relaxation techniques and other activities that help to calm and quiet the mind always help to create the "environment" where communication with the spiritual plane is easier. Allow moments where time establishes itself in a more organic way. Create also an internal space to "hear" and "see."

Basic rule: self-development. When you make the path of the search and are having therapeutic help; when you are participating in pro-human development, learning important things and also performing the task of learning means that your guides and mentors are close by. Take time and invest in self-discovery, self-development and commit yourself to Evolve.

5. Keep close contact with nature - the divine breath can easily be found in nature. (And in you too!)
6. Make room for physical pleasure. Through pleasure, we generate energy through kundalini rising: an arrow of energy that is generated there in the first chakra and that at the moment of orgasm, goes through all the chakras and purifying them. We are talking about healthy sexuality as a Healing Generator. Relations of oppression, violence and abuse do not fall into this category.

Do not consider talking to a guide as "rocket science", which requires you to be in an altered state of consciousness almost trance or "alpha state". Probably, that voice that you "heard" in the car saying "I'd better take another path, here you get something wrong" was your guide who could see an accident ahead, with a huge repercussion. Communication happens well, the same way you



talk with your friends on the phone. Keep it simple.

7. Eating lighter foods without the presence of meat or without excess sugar can help in the early stages of the development of perception, but it makes no difference in the later stages. The issue is that when you arrive in the "advanced stages", sometimes there is no "tuning" with the use of certain types of food. When communication is established, it can be more or less clear, depending on our eating habits and sleep, but it never ceases.
8. Consciously avoid habits that may impair the quality of your energy body. The use of drugs and alcohol are changers of consciousness, when used outside a religious context (shamanism or religions that use altering beverages), bring total impossibility of confidence in communication. Because you are out of your mindful state, you are therefore the mercy of "false guides".

That does not prevent you from using these substances, if you like. Make sure, however, you only attempt to contact your guides when in full consciousness. It is good to note that the beings called guardian angels are dedicated to protect you and hardly depart from you. Even in the most adverse situations they tend to be on our side.

9. Stop whining. True guides walk away with a frown when you start to play the role of victim. "Poor me" is not a phrase that applies when your guide knows who you are. Remember that you have power and make choices.
10. Make time to be silent and listen. If there is an internal or external buzz, how will you hear the voice of your guide?
11. Write a simple "meditation contact." Stay in a quiet place, use a soft music and, if you like, use incense and light a white candle. Relax the body, through several deep breaths, identifying areas of tension and relaxing. Then imagine yourself in a place close to nature. Imagine the arrival of your guide. Once the display is set, ask your questions and listen to the answers that can come in the form of images, words or colors. Do not get discouraged if the first few times you cannot find anyone. On some level, your intention will be realized.

But most of all recognize that you already have communicated with your guides in many ways, and you "feel" when they are around and "understand" when they want to make you understand an important lesson related to something that is happening. Perhaps the most important thing to do is to say: keep doing what you do.

As Osho once said, "everything is in the belly": learn that what you need is



already within you. It only needs to be awakened.

HOW TO CONTACT AND WORK WITH YOUR SPIRITUAL GUIDE

Place yourself alone: at home or in the other quiet place where you feel comfortable. You can light a candle if you want: the candle light is a light of peace and harmony.

Breathe quietly through your nose until you feel completely relaxed - the shoulders, the neck, the jaw – until there is no tension.

Once you have reached this state of peace and tranquility you can then begin the ritual.

Say aloud:

*Across the Divine Plan I come to thee
my Spiritual Guide.*

*You who have come to me in Light and
Love.*

You know of my life plans.

*You are with me in my process of
evolution.*

You are my brother / sister of Light.

You are my Spirit.

*What is your name? What is the name
you want me to use?*

Take a break in your mind. A name you will appear. It may be a funny name or a name very common, whatever; the first to appear just takes it without question. After this happens, continue:

*(Proclaim the name given) _____,
I know this probably is not your real
name and, as I think it would not be
able to foreshadow your real name.
However, when I call this name I want
you to answer me. I want to work with
you and want you to work me, so that
we can each evolve to a new level.*

Know that I love you.

Important Note: If by any chance you receive no name, then write on four small pieces of paper four different names, male or female. Put them in a bag and say aloud: "I am going to hand in the bag and take a name. The name that will be name I will use to address you."

MEDITATION FOR LISTENING TO YOUR GUIDES

MEDITATION 1

- 1) In your mind, transport yourself to a beautiful seaside landscape and lean back to a palm tree.
- 2) Put your feet in the sand and feel the warm sun on your face, and the calm wind in your hair.
- 3) Look up at the clouds and breathe deeply three times, allowing the pain and negative energy to go through your body



and out through your toes, being led by the gentle waves that bathe your feet.

- 4) In the shadows of palm trees, ask your guide to come to you, calling him/her gently.
- 5) Make a simple question, such as his/her name.
- 6) As time goes by, do not be afraid to ask specific questions and let flow a mental dialogue.

Do not be afraid. You are you aware that this presence, it is a familiar presence, and you feel within your soul that you know this energy signature. Realize that it is your Spirit Guide who you love and trust.

- 10) Listen to the message that your Guide has to impart.

MEDITATION 2

- 1) Lie on your stomach.
- 2) Visualize the White Light of the Holy Spirit around you.
- 3) Call forth the 8th Ray of Creation, the Green Ray. Feel the Green Light surrounding the healing White Light.
- 4) Wrap the two Lights together, calmly. Call forth the 7th Ray of Creation, the Violet Light of spirituality and purification.
- 5) At this time, completely relaxed, feel any illness, negativity, stress and tension leave your body completely.
- 6) Your mind is clear and your body relaxed and rejuvenated.
- 7) Your soul expands with every beat of own heart.
- 8) Visualize that you are now in a beautiful room with lights that change color, changing from white, violet and green.
- 9) Suddenly realize that someone appears behind these lights or from these lights.

Note: Before you start any meditation, or connection, be sure to build mentally a Circle of Light and place yourself inside of it. *Also set the intention that you will only accept contact with Beings from the Realms of Light and Love, that work for the Greater Good and from Christ-consciousness. **This is very important.***