

CONNECTING WITH YOUR SPIRIT GUIDES

BY MELISSA G. WATTS

Spirit guides . . . what are they? Who are they? Are they real or just a figment of our vast imagination?

How many of us have asked those questions to ourselves or to others? In the world today, we are all so much closer to these beings and closer to seeing through the veil that hides their existence from us in the physical world.

Before I go on, let me first try to answer the questions above to the best of my ability.

What Is a Spirit Guide?

Spirit Guide: A being/entity or group of beings (discarnate) that help, heal, and teach (incarnates) through guiding and directing while on their physical path or journey in the physical world, ultimately leading to spiritual enlightenment.

Who are they? These beings have lived many, many lives and no longer have the need to incarnate. Their desire is to help incarnates through lessons they encounter on the physical plane. The spirit guides have mastered these lessons of the physical world and lovingly wait for us to ask for their help. They are sort of like a counselor; one that you can go to for information and guidance.

They can be viewed as tour guides, ones that know and understand the best routes on an unfamiliar terrain. They are like farmers who have learned the land and have become one with it. So much so that



Spirit guides can be viewed as tour guides, ones that know and understand the best routes on an unfamiliar terrain.

each seed planted they have harvested again and again and have the understanding of what is needed to yield the best crops.

They understand the terrain

of physical life and now desire to help each of us navigate through this heavy terrain called life. We all come into our lives with a specific purpose and charted course and their jobs are to help us navigate as best as possible. More over, they are not to live our lives for us but to help us live our lives to the best of our abilities.

Who Are Our Spirit Guides?

These souls have been with us for many lifetimes and some even from the very beginning of our existence. They are highly evolved benevolent beings with great wisdom. Typically most of us have more than one, but there is generally a dominant one. The dominant one has a more familiar feeling than the others, and has been with us the longest.

As we grow in our lessons and in our awareness, we sometimes will gain new guides and the others will pull their energy back to allow for the more experienced ones to help guide and direct us as we move forward in our growth and awareness. As we gain a better understanding of who we are, our guides will match the level of our advancement. Some guides will be with us for a few days, coming in to help with a specific

task, and others a few years and/or for lifetimes.

In some cases, there are times that we may find that our guide may be a family member. Although entities that become spirit guides have mastered the physical realm, they do have the choice to incarnate again, and will do so if they feel this will help you significantly on your path.

Spirit Guides Across Cultures

Spirit guides have been a significant part of many different cultures for ages. If you look at cultures such as Egyptian, Native American, and Chinese, you will find that these cultures speak distinctively about connecting with the ancestors and respecting those who have passed on. These cultures practice looking to the spirits for help, guidance, and even protection.

Looking back in history, it is clear that spirit guides, or the idea of wise and helpful discarnate entities, have always been in existence. The choice to accept or negate their existence has been the mindset or the awareness of the individual incarnate or culture.

Through their pure desire to guide and mediate between the physical and the spirit worlds, the ultimate plan is to help us realize we are truly as they are in that we are spirits having a physical experience, not the other way around.

The Physical World Awakens

As mentioned above, this is a time in our world where we are closet to these entities. There is true awakening happening in the physical world. The physical perspective is beginning to shift, and the world appears to be crying and in pain.

So many things are going on around us with job losses, economy crises, and global distress, that it seems fear and suffering are on the



In her upcoming book, *Lessons of Many Lives*, Melissa Watts details her communications with her spirit guide, as well as the lessons she's learned from past-life regression hypnotherapy sessions.

rise with so many. These things are only taking place in order help us remember who we really are. In doing so we must turn from our old ways and seek guidance and answers that are not of this world but are of our true being.

Our guides stand by, watching and waiting for us to ask for help, guidance, and for a true and better understanding of what our lives and the circumstances surrounding many of us are all about. Our spirit guides are on standby to step in upon our asking.

Many times we can strongly feel our spirit guides in times of life-threatening events or during times of great creativity when we feel as though what we are doing is effortless and wonderfully blissful, so much so that we become one with the activity.

Writers, musicians, athletes, and others tend to feel this more often or have a heightened awareness of it. They may not call it a spirit guide but surely feel the help or assistance of something.

Communicating With Your Guides

This is two-fold. We must first acknowledge and accept that they are real and then learn how to communicate with them. The spirit realm is very different from the dense physical world, and communication is usually done in symbols.

You will have to learn the language of your guide, and in the beginning, it will be like speaking a new language. You have to learn how to communicate with them, and just like any language, when you practice and become proficient, you will see that they have always been with you and, in their own way, have always guided you.

Each soul/person is different, and the communication is very personal and unique to each individual. What works for one may not work for another, and what may work for one guide may differ from another.

There can be several different ways that spirit guides communicate to us; however, in general, the communication is telepathic. One way is clairvoyance, the ability to see without using your eyes, gaining information without using the five sense. Your guides may give you moving pictures like a movie or a still frame that you see with your inner or third eye, and this will give you the answers that you seek.

Clairaudience is the ability to hear without using the ears. This is that little voice inside that you hear sometimes, and then you make the decision to listen or not. Claircognition is the ability to know something with out any physical explanation of why you know it. Your guide can surely give you answers and information in this way too.

They are many ways communication can be developed between you and your guides; some may use music through songs on the radio.

You may be asking for resolution about a condition and turn on the radio, walk into a store, or pass by a car that is playing a song that resonates with and gives the answer you've been seeking.

Sometimes your guide may simply send an actual person to tell you exactly what is needed for you to know in order to help or guide you in the right direction.

Whatever way you discover to communicate with your guide, there is one thing that is certain — you must cultivate the relationship and allow your awareness to open up and expand. They exist, and you have your very own guide working to help and guide you on your very personal and wonderful journey.

Connecting With Your Spirit Guide

Now let's discuss ways that you can begin to meet and connect with your spirit guides.

First, you will need to find time to dedicate to this exercise. You will need to find a quiet space where you are comfortable and can be very relaxed without distractions. Clear your mind and allow the thoughts of the day to disseminate to the background of your mind. Focus on connecting with your guide, on clearing away any preconceived notions, and on allowing your guide to come through.

At this time, ask your guide to please come forward. At this point, it is good to state your intention. For example, you wish to communicate with them and are seeking a relationship for the highest good to ensure a higher level of understanding and growth of your life's purpose. Or, you may just want to say hello and feel or know that they are around. This is completely your choice and the decision is up to you.

After stating your intention, then send a thought, a greeting possibly (a hello), or a closed-ended yes or no question. Are you there? Will you communicate with me? Is this 2009? Is today's date the 20th?

Ask one question at a time, and then relax and allow the answer to manifest to you naturally. It may be a feeling, a word, or both. Continue doing this with simple closed-ended



Our spirit guides stand by, watching and waiting for us to ask for help, guidance, and for a true and better understanding of what our lives and the circumstances surrounding many of us are all about.

questions until you are comfortable and feel or sense the presence of your guide. Continue until you have the comfort level that you are truly communicating and can recognize your guide's presence.

This practice has no time limit and can be done for as long as you feel you need too. In the spirit realm, there are no time limits; nothing is based on time as we know it here in the physical realm. The only timetable is our own, and that is when we are ready.

Establishing a Deeper Connection With Your Spirit Guide

Once you've reached a comfort level of communication, you can now begin a level of more complex questions, and then full dialogue with your guide, and the relationship and trust will begin to grow. You can ask your guide's name and how long he/she has been with you. You can ask about specific help you are seeking in the present situations in your current life; you may even want to ask about past lives and the purpose you bring to this life today.

This is your opportunity to learn more about who you are and why you are here in this physical realm. What are your lessons, and what are the gifts you bring in order to be of service to others in this present life? This is an opportunity to gain self-discovery and self-mastery. It is a great gift to find our true selves in these times of challenges, but an even greater gift to find that no matter what, we are not alone.

I speak from experience, having met my guide personally through a hypnotherapy experience some years ago. I've always sensed his presence and, in some cases, have known (claircognizant) that he was always around, somehow guiding me in my silence.

When we reconnected, soul-to-soul, my life was changed instantly forever. I hope that you will find the same joy and exuberance in life that I have through an unyielding trust and love in knowing that I am not alone. I never have been alone, and neither are you. ■

*Melissa G. Watts is a past-life regression hypnotherapist and the author of the upcoming book *Lessons of Many Lives*, in which she details her communications with her spirit guide as well as the lessons she's learned from past-life regression hypnotherapy sessions.*