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Meeting your spirit guide meditation sleep

As promising for our gold patrons, we took the Countdown to Calm and combined it and Met your spirits session guide to create an extra session and relax combo for you to enjoy! Get ready to relax and fall as you open your mind and mind to the strengths that are guided outside of physical self. In this magical sleep meditation you will have the opportunity to become aware of your scripture guide and strengthen your connection to the resources and abilities to help you when anything in your life needs guidance and guidance. We guide the influence of the minds we feel in the feelings of our guts and communication our inner voices and now you'll get to know your spirit guide even more as you drive into a deep sleep.... To play this guided sleep meditation, you'll need to be patron at the \$10 level. Click on the button below to become a patron! Bronze (\$2), Silver (\$5) and Gold (\$10) membership levels are available. Get ready to relax and fall as you open your mind and mind to the strengths that are guided outside of physical self. In this magical sleep meditation you will have the opportunity to become aware of your scripture guide and strengthen your connection to the resources and abilities to help you when anything in your life needs guidance and guidance. We guide the influence of the minds we feel in the feelings of our guts and communication our inner voices and now you'll get to know your spirit guide even more as you drive into a deep sleep.... To play this guided sleep meditation, you'll need to be patron at the \$5 level. Click on the button below to become a patron! Bronze (\$2), Silver (\$5) and Gold (\$10) membership levels are available. You have a spirit guide team waiting to support you. The only step is that they can't help you unless you ask them first. Carefully choosing and recruiting just for you, spirit guides are that they are completely devoted to your growth. Many have lives here on Earth and just like you have your own electric gift packages, wisship, and experiences. Perfectly adapted to your highest calling, only the tasks are to support you with your guide as much or as little as you want. In my client sessions, I found that most people have about six guidelines in their inner circle, called in new ones, as they need them. Here are simple ways you can develop the relationship you and mind you possess now: 1. Ask clearly our guided minds can guide us with nothing in finding a broken pact that misses, from experiencing more joy to finding the right job, from satisfying the future partner you get into when your bold, from finding courage to step into your highest call to letting go of the past. No demand is too big or too small, too specific or too age. But because we live in a voluntary free world, in order to step in, first we have to ask. 2. Be careful to the result When I started working with my mind guide I spent a long time waiting for them to appear in black and white before I took them seriously. I wanted a personal relationship, to see and feel like I'd be a friend or family member. I wanted to know their age, their background, their personality, and the color of their hair. The moment I let go of what I thought the experience should look like (like (e.g. that they would be a vs. monk uddhist vs. a heavy metal song, I should see them or hear them, should I receive their guidance in my mind or from someone else), my further relationship with my guide deepened. Let go of how your mind thinks they should and open yourself up to getting their tips in ways beyond your expectation. 3. Have a 'Meet your spirit meditation' meditation spirit guides are always at the ready to connect with us, however the tune of frequency is sometimes as easy as switching on the TV (at least not at first). Putting dedicated time aside by doing a meditation or spirit guide as this one is a good way to make initial connections with your guides. 4. Create a Spirit Guide box to find yourself a special box to communicate with your witty guides. On a small piece of paper, write a question or something specific that you'd like to help with them. Fold the piece of paper up and put it in the box. 5. Ask for a select a particular object that you want to receive as a way to interact with your guides. It could be anything from a symbol like a star or a red lift. The first time I did that I chose a perches pen. At 60 minutes I found a perches pen on waiting for me on my front door. 6. Create a Sacrament Space Create a Sacrament Space for You to Connect to Your Guide Every Day. It could be a window ledge, your bed table, a pinterest table or the whole edge of a room. Put some time on each day to connect to your guides. Just like any relationship in our lives, in order for it to grow, we have to invest quality time in it.7. Intuitive writing One of my favorite ways to connect with higher real is through intuitive writing. Start by cleaning a sarcast space by adequate a candle and sitting with your headline and two colored feathers. And the pen first writes your question. Then, take pen in second color color, ask your guide to respond and let the color of reply from you to the page. 8. Call in your team If you are undertaking a particular effort, don't be afraid to call in the best guide for the job! For example, if you're writing your first book you could recruit a guide who wrote books or poets of their own. If you go through a particularly difficult time you might call on a wise teacher guide to help you work out what situation is trying to teach you. For example, when I write I call in my favorite poet Sufi and my divine mom. When I worked in advertising, before a great presentation I would scream at one of old old men to help me sell in my concept, and it worked every time! 9. By micromanage them Just as in the workplace, the best ideas are the ones that are clearly on the job at hand and then trust that the team has the skills to get the job done. Your team guides their minds is the same. Be clear about what you would like to guide you and then trust that the job will be done. No micro managing, no doubt, just putting trust that the job is doing. 10.Keep a direct spirit guide Keep notes of any tips, visions, dreams or intuitive searches you receive. Connecting with your minds guide requires you to notice and trust intuitive guidance when you receive it. Writing things down it gives you a black record and writes about what is often intangible. 11.Sweet dreams sleep is a wonderful way to connect with your witty guides. Before you go to bed ask your guide to come to you as you sleep. When you wake up in the morning grab your journal and start writing the messages that you received in your dreams. Regardless of whether you have a mindful memory of it, be open to the idea that the information will come when you put pen to paper. Jot down anything that pops into your head, regardless of how much sense it makes. Editor's Note: Connect with your guide by downloading Rebecca's Meet Your Spirit Tour Guides and Attitudes' or receiving it free online course based on its Amazon Best Light Sale Book is The New Black here. In this blog post I shared how to connect to your witty guide by following step 10, I believe we all have spirit guides, and when we cultivate a relationship with our spirit guides we will receive clear guidance, wise guidance to help us in every area of our lives. The following steps work together to help you establish a relationship and guide your minds! My experiences and spirit guides since I was very young, I felt a presence in spiritual advice from me, around me and connecting me. In my book Super Attraction, I opened up about spirit guides in a way I've never had before. I would write about universal guides and God, but until I sat down to write this book, I would always hold myself back out of shaming about the presence of my nonphysical guide. For many years I've always worried I might freak people out or make someone feel like they've had to share my beliefs. But when writing Super Attractor, I felt called to push the mcly envelope and talk openly and unapologetically about the spiritual shaving. I knew the world was getting ready to open up to new forms of guidance. When we become willing to see a world beyond our physical eyes, then our lives become easier, we feel safer and can our real power. I grew up counting on these nonphysic guides in every area of my life. Knowing that having a presence always supported me has given me unshakable faith and strength. There were evident moments in my life when I witnessed the divine intervention in my guide. We all have guided spirits here in what I believe: I believe there are beings who have the highest truth and compassion working on our behalf to guide our thoughts and energy back to love. They are not physical and not bound by the natural laws of this world. They will be spiritual beings. These beings come in many forms and have different reasons, but their common goal is to help guide us back into alignment with the likes of the Universe. When you get stuck in a thought-based fear or pattern you can turn to your guide to helping you back to love. When we want to receive their guidance, all we have to do is willing to render ourselves afraid and see with spiritual eyes. We all have our own witty guides. We have guides that are ancestors and family members of the deceased. Some witty guides may have names. In some cases you may have a group of guides that all have the same name, such as with Esser Hicks and Abraham. Tweet: Our minds will guide you to love and light. Simple law requires help to help us until they receive divine guidance. @gabbyberstein #spiritjunkie If you haven't been connected to your witty guide, I welcome you to keep an open mind. These 10 simple, beautiful steps will help you cultivate a connection to your spirit guide and deepen your relationships day by day. If this all sounds a little trip to you, let me reassure you that your guides are loved and wise. They're here supporting you, and connecting with them is a comfort and happy experience. How we experience our spirit guides once we start being invited to spirit guides, there are different ways we can experience their presence. Interior knows you can experience a witty guide as an inner knowledge. You may feel or feel the presence of your guide, or hear a voice inside, such as strong intuitiveness or accomplishments. Some audiences hear (or see) their guide. The spark of light sparks in light is another indicator of the presence of a spirit guide. Sometimes when I know my guides with me, I see little spark in light. It's so cool to see that light and know there is a presence with me at the moment! Book fall off the shelf When books fall off the shelves, your spirit guides are the ones cutting them off for you! I can't tell you how many people wrote me or talked to me at an event and said to discover my book because literally fell off the shelf in front of them. You can experience this kind of guidance! It's available to you. Free-writing after meditation Another way you can experience the presence of a spirit guide through writing. You can call on your witty guide through meditation, and follow your meditation you can free-write and enable the voice of your guide to work through you. Connecting to your witty guide is about learning to rely on the voice of love. The reason these guides are here is constantly bringing your thoughts out of fear back to faith, forgiveness, love and light. They present you with creative solutions and wonderful opportunities. 10 steps to connect to your witty guide if you are ready to invite in this voice of love, follow these 10 steps to connect to your witty guide. Step 1: Get into the habit of asking the first step to connect and guide your minds is to get into the habit of asking. We often forget that we have guidance inside and around us. At the busy of day-to-day life, it's really easy to forget this connection. When we forget that we can call on spirits to help, to shout, we begin to rely on our strengths. That's when pairs lie in. Therefore, the first step is to get into the habit of asking your spirit guides for help. The more you ask, the more you receive – period. Think about everything that you need to help with. Perhaps you need help preserving, or making more money, or healing a struggling relationship. The way to do this is by encouraging. When you ponder, you quiet your mind so that you can hear the wisestness of the guidance that is in you and around you. We must slow our vibrations to become aligned with the presence of these guidelines. As we attract our energy to the frequency of love and peace, we can more easily connect with the vibrational disruption of our spirit guides. Align your energy through prayer and meditation You can say a prayer like: Thank you, guided to the highest truth and compassion. Thank you for showing me what I need to know. Thank you for leading me in the right direction. Thanks for whatever it is necessary. Then you can sit in meditation for 5, 10 or 20 minutes. This can be a very simple meditation. You can simply pay attention to your breath, becoming sound spirits and sensations around you. I have a spirit meditation to help you connect. Step 3: Write and guide your minds once you've pondered, your next step is to write and guide your minds. Open your journal or just grab a few sheets. At the top, write an invitation to, such as: Thank you, guide the highest truth and compassion, to reveal me the solutions to these problems. Thank you, guide the highest truth and compassion, for revealing me whatever you want me to know. Dear higher and compassionate truth guide, I welcome you to write through me now. Then simply leave your pen color. Just riffs on the page, allowing whatever needs to come across. Ideas, stories, topics, inspiring visions, things that you may not have to think about your own, will start coming forward. Do not second-guess yourself or edit a word. Just write. Your guides can speak directly to you can get from this written experience that your guide starts talking to you directly. Instead of writing to the first person you can start writing in the second person. When I channel my guides often say, Dear se... In some cases, your scriptures may even change. You can feel a moving energy presence in you. This means that a working presence in you to give you directions. Step 4: Ask for a sign of guide you can play fun games with you! They love to show you that they're present. So get to play with them and ask them for a sign. Have you ever asked for a sign before? Or did you ask, but it wasn't it if you received it? Learn how to ask for a sign and know when you received clear guidance. You'll be ringing away when you start asking your guide to show you signs! It will rock your world. Step 5: Pay attention to the guidance you receive is one thing to ask for guidance. It is another thing to witness it, really take it in and relish in the presence that of your supporters. When you pay attention to the guidance you receive, you will let yourself be of wonderfulness to the entire love that is around you. It's a great deal. This beautiful feeling is available when you truly let witness the amazing support that is always with you. Practical pay attention to guidance is not about asking. You aren't around all day asking: Where is my guidance? Where is my guidance? Instead, you simply allow yourself to be open to the typing in this guide. Your advice can show up in cool and unexpected ways, even in the way I haven't been mentioned here. Your advice can show up as a song on the radio, a painting about the pointless or someone who tells you exactly what you need to hear. Our guides often work through others. They work through doctors, friends, children and even strangers. The guided mind loves working in tech, too, which is something I talk more about in Super Attractor. Step 6: Stay in a gratitude energy while I mention in step 5, you want to thank your guides. Rather than being in a place of need, you want to be in a place of recognition and appreciation for their advice and love. Change the way you talk to your guides. If you find yourself thinking things like, Guide, why don't you give me this yet? or Guide, I don't believe in you. Why haven't you showed up for me faster? - you're showing your defense of them. You're telling them you're not really open to their guidance and that you want to be in control. Your gratitude keeps your relationship strong instead, you want to thank your guides, appreciate them and feel deep love and gratitude for them. When you receive any form of guidance, thank them. Just say silently, Thank you guide, for showing me this solution. Or, Thank you, guide, for this sign. And when your guides give you a spiritual assignment, thank them for that too! Your recognition keeps the relationship so strong and keeps these guidelines presented with you all the time, because they know they are welcome. When you open your heart to offer your recognition guide and appreciation, they boomerang that energy return to you. It's hard to describe what it feels like to be in this place of constant love and recognition with your guide. It is a formidable and beautiful feeling. And it's available to you. Step 7: Drop the result with confidence in a plan better than your own guide to having a plan that is better than that you. They're loving and wisely, and they want to bring you to the right relationship, the right career, the doctor you need, the experience that will help you. We get in this way of guidance. I often avoided divine guidance by trying to control their situations. I was obsessed about how things should go and try to manipulate results to get what I thought was better. Inevitably, this only pushed my guide away, there you go... when we let go of our plans and trust in a plan that is much older than us, we start to really feel like we're leading. When we render ourselves, we can feel our guide that will lead us to the next right action. We must release the results in order to really be in co-creation and guide our minds. Step 8: Have more young children if you have little children in your life, you may know that

many children can still see their guide. They may even speak of them. Usually around the age of 7 the veil starts to close and we shut down this guidance system. To lift this veil and reap your guide, make more kids alike! Do the things that bring us joy. Go on a trampoline. Go for a run. Paintings. Swim. Cook. Every time I cook, I feel the presence of my guide around me. Do the things that bring you joy, and that guidance will just show up fast. You'll feel it. Remember, joy is the most powerful hum we can ode to! Step 9: Ask your minds guide for their names if you feel called to do so you don't have to do this step. But if you feel called to ask for the name of your guide (or multiple guide name), ask them to reveal it to you. The first name that comes to mind will be the name of your guide. Even if it sounds weird, you can be confident that what you hear is correct. One of my guides is a guide called Lily, and she came to me many years ago. I just knew her name was Lily. After several years when I knew Lily, I had a means to give me a reading. At the end of reading, she said: 'Lily wants me to thank you, because she loves working with you. I haven't said the medium about Lily or writing about this guide. The average just knew he was there. Step 10: Trust in your own psychic ability to believe in yourself and in your ability to call in that presence. Trust in your ability to connect to these guidelines and to feel that support. Know that you have an ever-present energy of love that is always inside you and around to support you and guide you. The more that you trust in your own psychic abilities, the more you'll be able to hear and the more you'll allow this divine guidance to lead you to the highest good. Our guided spirit in our lives is a great gift. Not only will they support you, but they will also help you to others. They will support you in being a light to the world. We need the presence of that light to support us now, in the mess, drama and violence of these times. We need that presence to bring us back to love. Take this practice further with Super Attractor! At Super Attraction, I set out essential methods to manifest a life beyond your wild dreams. This book is a journey to remember where your true power lies. You'll learn how to co-create the life you want. You'll accept that life can flow, that attractive is fun, and that you don't have to work so hard to find what you want. More importantly, you'll feel good. And when you feel good, you provide a presence in the joy of raising everyone around you. In the Super Attraction I push the mtric envelope and talk about spirit guides, angels and spermicide in a bigger and greater way than I've ever done before. I broke the different qualities of guidelines, shared personal stories and offered up more ways to connect with them. When you order the book you will also get 2-hour Demonstrators Jumpstart Workshop free! The steps I teach in this workshop set you up for the powerful methods in the workbook. Order Super Attractions and Claim Your Gift! How to mind after you connect with your witty guide when you tune in to the mind shaving can feel your energy changes. It's important to take time in mind after connecting with your witty guide. You want to always remember that you have a human experience and you're here on this planet of a body. To head back to your body, you can do some simple things: Stomp your feet to your head in the ground. Sitting on a rock are feeling connected to the ground. Take time to sit in crack and drink a cup of tea or eat a small town. Do something that consciously cares for yourself. You can also zip up your energy. Imagine having a zipper at the bottom of your feet and zip yourself up all the way up your head and back down to your ankle. Follow any of these practice finds that were founded after connecting to your guides. Connect with your witty guides regularly the more you speak to your wits guide, the more you'll rely on this ever-present system. If you ask and render yourself in divine guidance, miracles will occur more often. (For more, check out my blog post on Angel and Archangel.) Our minds want to connect with us. Follow these 10 simple steps to open up the Conversation.Conversation.

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