

Contacting Your Spirit Guides – 101

By Slade Roberson | [Shift Your Spirits](#)

A special report for Beginners to Spirit Guide Communication

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Contents

- Introduction – Yes, you are a little bit psychic
- Who [What] are Spirit Guides?
- Basic Process for Contacting Your Guides

Bonus Audio Resources

- [Spirit Guide Attunement](#) - a free preview of the complete guided meditation portion of the class *Talking to Your Spirit Guides* from *Automatic Intuition*.
- [Meet a Guide](#) - an original guided meditation produced and contributed by Jeff Lilly of *DruidJournal.net*

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Yes, you are a little bit psychic.

Your exploration of the topic of spirit guides, your discovering [Shift Your Spirits](#), and the fact that you are reading this report confirms that you are indeed receiving information from your spirit guides. They want to communicate with you – the virtual on-line world is deeply powered by the collective energy of souls – web sites are one of the ways that your guides can lead you toward more of the information you are seeking.

You are here because you are already aware – on some level – that there's *more going on here* – in this experience you call your life. The purpose of this report is not to convince you that spirit guides exist – you already sense the presence of your spirit guides, guardian angels, and ascended master teachers. You want to investigate, explore, or develop your understanding of these powerful relationships.

Skepticism is fine; curiosity is wonderful. I'm working here to speak to the inklings of *what you already believe to be true*. Finding faith is your job – I can only offer you my personal experiences and a place to read about and share similar experiences with others.

Some skepticism is probably healthy, but your motivation is to *affirm* your intuition about spirit guides, not to disprove it. Your faith is required; doubt and skepticism will hinder your psychic development. The role of a professional intuitive, a psychic, or a medium is not to invent faith for you; we can only affirm your experience. The best readings will contain truth that you recognize – you'll nod your head, or realize "So that's what that is... So that's what this is called... So that's why this is happening to me..."

The posts on [Shift Your Spirits](#) tend to be intermediate level or even advanced conversations about intuition and psychic experience. Most of the people who approach me for readings are already deeply invested in their personal spiritual development and familiar with what *Communicating with Spirit Guides* is all about...

Our intentions are certainly not to leave anyone behind. I receive tons of email every week from people who are new to this subject and have no idea where to start.

This report is by no means comprehensive – the scope of this subject is enormous – I'm two years into an on-going blog, with no shortage of topics to write about. I'm chasing after this subject – learning as much as I'm teaching, while I'm teaching, with literally no end in sight...

You are a spiritual being having a human experience. You know, deep down, in your heart, at a soul level, that you are never alone.

Who [What] are Spirit Guides?

The population of disincarnate souls and spirit entities is disproportionately enormous compared to the numbers of living – incarnate – human beings. Your personal team of guides and guardians, collectively, is actually made up of a variety of types – or species – of entities. The word *angel* means *messenger*; to some degree all your guides and guardians are divine messengers – but they are not all angels.

You may have any number of positive and/or negative spiritual entities attached to your energy – some (usually, most) are helpful; some are not. Some are more communicative than others, although not all of them are worth communicating with.

Ghosts, earthbound spirits, poltergeists, shadow people, etc may manifest in some material way. You may be able to see, hear, or feel their presence, but these types of entities don't really qualify as spirit guides and are not reliable sources for the kind of conscious, wise, supportive, divine information you are seeking.

Ancestor spirits (loved ones who've recently crossed over) and animal familiars (deceased pets that were intensely bonded to you) may visit you from time to time, watch over you, or even deliver messages, but they are not technically spirit guides, either, in the context we are discussing here.

Ascended Masters, named angels and archangels do play a role and often function within our teams of spirit guides through *Emissaries* – representatives of special agendas, mystery schools, and courses of spiritual learning – but these entities and their surrogates manage enormous populations of souls and are generally concerned with the evolution of humanity on a greater scale. These presences are shared by and accessible to all of us, to varying degrees and in different combinations, but we do not technically communicate with them as individuals with any regularity.

Your Personal Guides & Guardians

Each and every one of us has a team of benevolent spirit entities who attend us on our life's mission. These entities, as separate individuals, are unique to you and you alone. Before you chose to incarnate in this life time, in this physical body, you contracted an entire network or crew of beings to assist you. I refer to this group collectively as your *God Posse* or your *Chorus*.

Who's Who in Your God Posse?

Depending on a lot of factors and circumstances, you have a personal panel of guides and guardians working for you. You may call them a god posse, spiritual chorus, guide team, guardian council – any conceptual name that works for you.

When you communicate with this group yourself – or when a professional intuitive does a spirit guide reading for you – we are connecting generally looking at a profile that consists of:

- **4 to 10 spirit guides** – most of the people I conduct readings for have an average of 5 or 6 spirit guides in this category

- **6 angelics** – these include your personal guardian angels as well as other higher dimensional beings. Generally, this group is not very communicative; they are not likely to present with gender, humanoid appearances, individual names, or use human language.

Spirit Guides are...

Spirit guides are human souls who, although not incarnate at the present time, have chosen to assist those who have as part of their own continuing spiritual development.

- They've previously incarnated as human beings
- They've lived and learned in the earthly experience, just as you are, right now
- They've worn physical bodies
- They have human gender
- They have decidedly human personalities

As all human beings, they have known free will – the ultimate *complicated power* in the Universe.

Angels are pure spirit.

- They have never officially incarnated or lived as human beings (in some circumstances, they may physically manifest, assume a temporary, humanoid form, or take illusory bodies)
- They technically have no gender (human history and lore surrounding angels often gives them predominantly male names and characteristics; many works of art and contemporary illustrations depict angels as decidedly female or male)
- Their free will is not tested in the human context and experience
- They exist at a different spiritual frequency, on a higher dimension of reality, closer to the Source energy of the Creator

Ascended Masters are human beings who have ascended – or transcended—the human experience. These souls have "graduated" for lack of a better word, but have chosen to continue working for the ascension of the entire human race.

Ascended Masters are sometimes called Master Teachers. Many, if not all, of history's most well-known prophets, martyrs, and saints are among this group.

A simplification of the basic ways these entities affect our lives:

- Spirit guides counsel, advise, and retrieve information
- Angels physically guard, protect, deliver prayers, and perform interventions and miracles
- Ascended Masters are human souls who manage campaigns; they organize the Bigger Pictures; they direct larger groups of spirit guides, guardian angels, and living human beings within the context of their special agendas

- Archangels hold similar positions of influence and power as Ascended Masters, but they are not, nor have they ever been human

Human souls may ascend to the role of spirit guides or master teachers, but they do not *become* angels.

Spirit Guides Are Not...

- They are not angels
- They are not ghosts or earthbound spirits
- They are not anyone you have known in this lifetime who has recently crossed over

Spirit guides are the least likely type of spirit entity to manifest physically. Phenomena such as full-body apparitions or orbs—balls of light or energy that are visible to the eye and sometimes able to be captured with photography and other sensitive equipment—are probably manifested by either ghosts or angels, depending on the context or circumstances.

Miracles or other Physical Interventions

Angels have the power to manifest physically to intervene, to heal, or to protect you in extreme scenarios like life-threatening situations or emergencies.

Consider the example of avoiding a potentially fatal car crash:

A spirit guide may be the source of the intuition, gut instinct, or vibe that tells you to change lanes, to slow down, or to take a different route entirely; a guardian angel may physically move a car out of the way, shove you onto the sidewalk out of danger, wrap you in protective energy, cushion an impact, or orchestrate miraculous close calls or other last minute feats of timing.

Consider the example of healing:

A spirit guide may be responsible for arranging for you to meet a specific doctor, discover a book, web site, course of therapy, or other resource that will aid in your knowledge; an angel may speed the healing of body tissue or cause remissions of disease.

Please hear this—spiritual assistance is not a substitute for medical or other professional treatment. One of the most overlooked and most powerful ways in which our spirit guides and guardian angels assist us is through other people.

Living, breathing, wise, and helpful human beings—other people are your #1 spiritual resource.

If you require medical treatment, here in the material, physical plane, you require physical solutions. The most likely way that your prayers for physical miracles will be

answered is in the form of physical opportunities, created and offered by medical professionals.

Now that you have a general idea of what spirit guides are, what they aren't, and some idea of how and why they may interact with you, let's dive in to the basics of contacting and communicating with them.

Summary – Basic Process for Communicating with Spirit

Do you want to contact your spirit guides, develop your intuitive connection to divine resources but consider yourself a beginner? Where do you start?

- Open your channel
- Ground your energy
- Cloak your energy
- Invoke your guides
- Tune your channel
- Set the agenda
- Identify your guides
- Ask the right kinds of questions
- Receive, process, and interpret the responses
- Log off with gratitude
- Keep an on-going record of sessions

I know this is a greatly simplified and generalized breakdown of a very complex topic. I wouldn't call it *in-depth* or *comprehensive*. What I hope to accomplish with this report is provide you with some understanding of the basic process of communicating with spirit guides. Some of it is "popular," mainstream consensus from a variety of research sources on the topic; much of it is spiced with my personal experience and observations gleaned from performing hundreds of spirit guide readings as a professional intuitive.

By providing you with some general understanding, my hope and highest intentions are that you will *get it*, experiment and practice on your own... I fully expect that you will take this process, adapt it, customize it to suit your own belief system and unique spiritual experience, and run with it!

There is no *Absolute* / *Correct* / *Right* / *Perfect* way to communicate with your spirit guides – feel free to adopt whatever resonates with you, throw out what doesn't, and customize to your heart's content.

Get creative – your creativity is your link to divinity.

Open your channel | Ground your energy

Choose a special place where you can practice without interruption or distraction. Some people have a special room, corner, or altar space set up in their home just for spiritual practice.

I have special magical spots both indoors and outdoors. I encourage you, weather permitting, to find both.

In my house, I have a special chair I sit in. I don't watch TV in that chair – I reserve it only for meditating, spiritual study, and performing intuitive readings for my clients. I've moved around a lot, but my chair goes with me. Even in a new home, the familiarity of the chair is powerful.

The most important component of any effective ritual practice is repetition—programming your body, mind, and spirit with the associations of what you do when you're "in your spot." Over time, the familiarity and the repetition will take root on a deep subconscious level -- this is called *charging*.

You can charge—or program—objects and physical places with specific intentions and energy. This is why psychics and mediums are able to read the energy of personal objects (*psychometry*) and the residual spiritual energy associated with buildings and locations.

Rituals, Spells, Prayers, Meditations, Visualization Techniques

Please adapt any form of personal ritual or existing systems of faith that work for you to the process of communicating with your guides. The overall goal is one of centering your energy, concentrating your thought processes, accessing your intuition or Higher Self, and ultimately logging in to or connecting with that Deeper, timeless, infinite aspect of your Soul-level awareness.

- If you are familiar with Wicca, or any other neo-pagan system or practice, I recommend you cast a protective circle, employ Grounding and Centering exercises, or Call the Corners.
- If you already practice a specific meditation technique, contact your guides in the context of one of these sessions.
- If you regularly pray in a traditional sense, incorporate contacting your guides as a part of your prayers.
- If you are unfamiliar or uncomfortable with any specific technique, then do a little research on the above to find a practice that feels right to you.

There is no "right way" to pray. There are *better* ways to pray and numerous meditation techniques out there which are outside the scope of this report.

The important thing is that you find a way to access a prayerful or meditative state that feels right to you and supports your existing faith. Communicating with spirit guides and

guardian angels and ascended masters is a universal spiritual concept – it is not exclusive to any one particular belief system or religion.

Undertake your spiritual development with the Highest Intentions for all involved. Do what you will, so long as it harms no one. Believe in everything a little bit. Don't be afraid to borrow what works from multiple faiths, keep what works for you, and throw out the parts that don't.

If you still aren't sure where to begin, deep, cleansing "yoga breaths" are always a good basic exercise anyone can use to calm the mind and connect to a clearer conscious awareness.

Basic deep breathing

I call these "yoga breaths" - I don't know that this is the "official" name for the technique, but it's one that you may encounter any number of places. Even medical doctors and clinical psychologists recommend a form of deep, cleansing breath as a way to manage anxiety, panic attacks, or overwhelming episodes of fear, anger, etc.

It's really simple:

Breathe in to the count of four; hold for the count of four; breathe out to the count of eight. (For me, personally, it works better with counts of 5/5/10.)

Repeat this breath at least three full times:

In: 4; Hold: 4; Out 8...

In: 4; Hold: 4; Out 8...

In: 4; Hold: 4; Out 8...

Ground your energy

Grounding your energy basically amounts to visualizing the column of energy points in the body (chakras) linking up and extending into the earth beneath you. You will find many meditation techniques that walk you through this in greater detail, but essentially imagine your spine growing a tail, a silver cord or golden cable of energy, that grows beneath you and "plugs in" to the center of the earth.

Imagine yourself to be a tree, with roots growing down into the ground from the base of your spine.

You can also extend this energy into an antenna-like structure that reaches high above you—visualize a cord or cable of light/energy that starts at the heart and follows your spine up through your throat and brain and sprouts out of the top of your head.

Cloak your energy

Visualize yourself wrapped in white light. After your breathing pattern is established, you may wish to close your eyes and picture yourself wrapped in a dome or bubble of white, protective light. You may hear this called "Wrapped in the White Light of the Holy Spirit."

I've found that doing this outside, in the sunshine is a great way to visualize and feel this light protection in a very real, physical way. With your eyes closed, facing into the sun, the sensations of bright light and color coming from above, combined with the warmth on your skin, is a powerful way to access this visualization. Once you've "logged" that experience, you can recall it with creative visualization (your imagination)—simply remember what that feels like—even when it's nighttime or you're indoors.

Visualizing yourself wrapped, cloaked, drenched, or enclosed with light is the most effective and general form of spiritual or psychic protection.

Hail (invoke) your guides

Call your guides to attention. Ask your spirit guides and guardian angels to gather around you.

I recommend physically speaking out loud. You ideally want to perform this type of spiritual communication and prayer in private, anyway. Even if you must speak quietly so that your roommate doesn't think you're nuts, use your vocal chords.

You want to employ or *turn on* energy points (chakras) that correspond with organs in the physical body. Again, chakras are a subject you may wish to research elsewhere because it's an enormous topic, beyond the scope of this document.

Speaking out loud affects clairaudience—psychic hearing—much like a kind of human sonar or *pinging* capability. This is not unlike the way dolphins and bats use *echo location*—seeing with sound—throwing your voice and reading the sound waves that return or bounce back to your mind on multiple, other levels.

Invocations

Invocations are invitations to spirit, often in the form of prayers, verses, mantras, or incantations. Invocations abound in all faiths, belief systems, and traditions—the variety of exact wording—the options—approach infinity.

Just like vows in a wedding ceremony, you may use "canned," traditional vows (existing lines written by someone else and used by a lot of people) or you may opt to write your own. Many people struggle with "finding the right words," and the prescription is generally the same as the bottom-line goal—to speak from the heart.

Invocations can range from the formal, theatrical, or grandiose, to simple conversational language. How do you pray? What is your name for God? You see right away how many

options there may be... Some people find great power in using traditional invocations, other people may find vocalizing the same words "a bit hokey."

I don't want to prescribe a specific invocation, incantation, prayer, or spell and tell you that you absolutely must "say" the right "magic words" or it won't work.

Can I be totally blunt here for a minute? In the past two decades, I've attended countless ritual gatherings, services, and circles in a variety of traditions where I've found the words spoken original, creative, beautiful, reverent, sacred... But, in some circumstances, the words did not resonate with me at all—they were distracting, silly, corny, and over-the-top (like I'd just landed on the set of a badly written or badly-acted fantasy movie). You know what I'm saying?

The only thing that will "screw up" your invocation is the way you feel about it. Be open-minded, be creative, be adaptive—try different ways of calling on your guides. You may wish to research affirmations, prayers, mantras, and invocations to find the style and substance that suits you.

If you "feel stupid" saying a certain set of words, then try another mantra, prayer, or verse. Don't get hung up on words—speak from the heart, say what you mean, and mean what you say.

What are *doing* when you invoke your guides? You're calling them to attention; you're requesting that they gather around you for a group meeting, with a high level of respect, reverence, gratitude, and the best possible intentions.

"God (Goddess | Divine Creator | Source of All that Is), Ascended Masters, Archangels, my Spirit Guides, my Guardian Angels, my Higher Self

This my will to be:

I ask that you help me to manifest, to communicate, and to access Divine Wisdom and Divine Guidance on all levels of consciousness. I require the absolute highest level of integrity, intention, clarity, and accuracy, at all times.

I need you to exceed my best intentions, to always provide me with information that aligns with my highest purpose and with my true path.

I intend that my will be carried out for the highest good of all involved. Thank you."

Another possible formal invocation that you might try reads more like a letter:

"I ask that all communication with my spirit guides, teachers, and guardians be specific and accurate, and that messages and answers to my questions be delivered in the forms* I am most likely to understand.

Please help me to remain aligned with my Higher Self and to receive Divine Wisdom in accordance with the best intentions, not only for myself, but for the good of all involved. Assist me to understand, trust, and take positive action on the information I receive. Thank you."

*Here, you may specify a certain form you prefer, such as more clairvoyant imagery, or clairaudient language. BUT, beware that you do not place limits on the ways in which your guides may communicate with you. If you're just beginning to engage them in this way, you may not realize that you have an aptitude for a particular form of psychic perception—you may not know yet what your natural intuitive talents may be. Wait until you see what kind of information tends to come through for you strongest, and then choose to expand that ability, or to develop another, weaker meta-sensory faculty.

Repetition

You may encounter many authors who suggest that when you call on spirit guides and angels, you should repeat their names three times. This seems to be particularly common in angelic literature.

"Spirit guides, spirit guides, spirit guides... ascended masters, ascended masters, ascended masters..."

This may feel more comfortable when invoking a specific entity by name:

"Archangel Gabriel, Archangel Gabriel, Archangel Gabriel, I ask that you..."

What's up with this "say everything three times"?

My understanding is that the musical qualities of rhythm and repetition augment the multi-dimensional vibration of spoken words, elevating plain language. There may also be elements that correspond to hypnotic suggestion, neurolinguistic programming, or the simple ecstatic mental states achieved through rhythmic dance, drumming, or chanting.

I'm not going to pass any absolute judgment on employing this technique or not employing it, since it seems to be so popular and wide-spread among the prevailing literature on the subject. I would suggest that if you employ repetition, *really go for it*—if you're going to say everything in 3's, make a lengthier mantra out of it. Invoke the name over and over and over again through a full breath, or until the name seems to expand and reverberate in the mind.

I feel the key component in repetition and mantra chanting is to increase the power of the word or name with each utterance. Say it stronger, louder, with greater focus:

"michael, Michael, MICHAEL!" from a whisper to a full-throated roar.

You know how little kids recite the Pledge of Allegiance to the Flag, entirely by rote and mimicry, without really seeming to understand what the words mean? Or how many times have you heard someone at the head of the dinner table say Grace over a meal that's mumbled, spoken so quickly, without enunciation, to the point that the words would be completely incoherent to someone who was hearing a meal blessing for the first time? That's exactly what you want to avoid.

Begin with a strong element of formality and theatrics, but customize any ritual, invocation, prayer, or meditation to one that makes you feel more powerful or more comfortable.

If you feel "silly," just go with it at first; give it a chance. Push past the shyness, hesitation, or doubt, and proceed with faith. If you just can't shake the "silly"-factor of any particular word, mantra, prayer, or invocation... Well, ditch it – silly is not what you're going for (but know that you're going to have to get creative).

Your spirit guides and angels are listening to the energy and intentions *behind* your words. The magic is in your emotional investment, dedication, and faith.

When in doubt, speak with your true, authentic voice.

Tune the channel

You are a little bit psychic, but meta-sensory information may take a variety of forms. You potentially have the ability to perceive information in multiple extra-sensory modes, but (depending on a lot of factors) you will find that you are more skilled in one or two meta-senses or ESP faculties.

Extra Senses

Emotional—the most common form of intuitive information. More people describe emotional experiences as a result of communicating with their spirit guides than any other. Gut instincts and vibes fall in this category.

Visual—*clairvoyance*. You perceive intuitive information in some form of imagery. These may be dreams (during both deep sleep cycles or waking, day-dreams). Miniature "movie" sequences that play out on the inner screen of the mind's eye.

Auditory—*clairaudience*. You perceive voices, whispers, keywords and phrases, snatches of music, or "shining sentences"—like verses of poetry, mantras, or dense philosophical statements. Clairaudient information is perhaps some of the most difficult to perceive as separate from your own thoughts.

Just Knowing—*claircognizance*. You discover that you simply "know" things, as if the wisdom was beamed straight into your mind, or you "downloaded" it. This is a more powerful form of a hunch—complete with details that you can't explain.

Other Physical Senses—extensions of the senses of touch, taste, or smell. The most well-known form of this is the sense of being watched, or the hairs standing up from your skin... Ghosts and earthbound spirits tend to manifest these as well as guides—odors of perfume or flowers or tobacco smoke. But don't discount scent as an impulse used by Guides, Angels, or Ascended Masters. Many Marian visionaries report the accompanying smell of roses.

This is a complex topic with many determining factors—medical, physical, psychological, as well as spiritual. For now, just know that the intuitive impulses you receive as a result of communicating with your guides may take any form or combination of forms. Most people will have **two dominant meta-sensory tendencies**—one that is impossible to miss—a primary form of psychic impulses—with a close secondary sense that complements or fills in the gaps.

If this is your first time contacting your guides, or if you are still relatively new to working with your psychic senses, you may not know what form of information to expect.

This is an intermediate step you may wish to practice with recurring sessions.

Again, while you may certainly feel shy or a little silly doing this, I recommend physically speaking out loud. Without going into a lot of detail here about the mechanics of extra-sensory perception, psychic ability, and how the meta-senses interface with the body chakras and the mind, just know that your voice physically activates energy points (chakras) in the body—the throat chakra acts as the center of the "satellite dish" of the body and turns on everything you need to enhance intuitive reception from the heart chakra up through to the third eye, the brain, and the divine crown.

Set the agenda

You're the boss and you called this meeting to order for a reason. Tell your guides why you've called on them—what's the overall goal of this session? What are your intentions for talking to them at this moment? If this is your first time communicating with your guides, your agenda is to establish a new mode of contact. You'd like to meet them. You want your guides to introduce themselves to you or simply affirm for you that they are present.

Your Primary Spirit Guide

Your intuition and what we call "psychic" abilities are greatly augmented by this entity. Your primary spirit guide is with you from birth and never leaves you. Your primary spirit guide acts as a kind of spokesperson for all the others, and is the one with whom you are most likely able to communicate.

You should prioritize contacting your primary spirit guide, as this entity will be the most likely to respond to you on a regular, on-going basis. You may find it much more challenging to receive direct, individual responses from other guides without your primary spirit guide speaking for them, on behalf of the entire group by consensus, or acting as a kind of translator or interpreter for entities that don't communicate so well.

But, there are some reasons why your Primary Spirit Guide can also be the most difficult for you to contact:

- Because this guide has been with you since birth, you're so familiar with his/her presence that you mistake the guide's energy as part of your own.
- You may mistake your primary spirit guide's voice for your own thoughts.

Transit and Specialist Guides

When you first begin communicating with your guides, it is highly probable that you will get the most noticeable response from a transit or specialist guide.

A *transit* guide is an entity contracted to assist you through a particular series of events, intense transition, period of learning, or some other temporary circumstance.

Temporary can define any linear time frame that is briefer than your entire life time—from a few months to many years. (Technically, nearly all your personal spirit guides other than your primary guide are transit guides.)

A *specialist* guide is contracted to help you with a specific issue or learning experience—it may be a recurring pattern of behavior or on-going area of personal and spiritual development.

You may typically call on your guides during times of crisis or major transformation. Your guides may also work harder to break through to you under these circumstances.

If you're working to communicate with your guides under stressful conditions—if you are consciously or unconsciously broadcasting a cry for help regarding a specific area of your life—it is **highly likely the "loudest" voice in the chorus of your spirit guides at a given time will be the entity assigned to assist you with that issue or area of your life.**

Because these specialists come in and out in association with obvious events, circumstances, challenges, problems, or opportunities for change and growth, you will

perceive their presence as somehow different from the norm. Your reality feels like it has shifted. Significant Change—good or bad, happy or sad—is hard to miss.

***A word about “asking”:**

We are trained socially as children to "ask politely" when we order someone to do something for us. When working with your spirit guides, this is unnecessary, and can even subconsciously lead to being too passive or indirect.

If I advise you to "Ask your guides to this" or "Ask your guides to that" assume that what is really meant by "ask" is really "tell." You are the authority; they work for you. They can't assist you or help you without your orders. Your free will is critical.

Tell your primary spirit guide to acknowledge you, to present—to step forward, and to confirm his or her presence. Request that your guides give you a sign of their presence, one which you may use to identify them.

What you can expect as a confirmation that they are there, listening and responding to you? The overwhelming majority of people I do readings for report an *emotional experience* of some kind—this is a strong "rush" of feeling that may be accompanied by physical sensations. Many describe this as a sudden wave of joy or a sense of well-being and comfort.

This varies slightly from one person to the next, but it is generally more of a feeling than any thing else—undoubtedly positive. It may be a little thrilling or spooky to some people at first, like the sudden undeniable feeling that you're being watched or that someone else is in the room with you. It is very hard to describe in a general way – it's one of those experiences you will immediately recognize when it happens to you.

In the beginning, release your expectations of how your guides may respond to you until you have multiple experiences to evaluate.

How can you sense their presence or know when they're responding?

Call on them by name, ask questions, and pay attention to the way you **feel** immediately or soon after. The form that the messages and answers may take can vary so greatly, and can "look" like a coincidence. The best way to tell the difference is ask yourself about the feeling it gives you and the timing. Does it feel like you just received an answer to your question?

Release your attachment to expectations

Try to put what you think is *supposed* to happen to the side. I use "try" because this is not easy to do. It's hard to walk the line between making suggestions of what you can expect, while telling you to let go of these associations. A lot of people do report similar experiences—there are some general patterns—but don't start with these. Start with a clean slate and approach communicating with your guides as a kind of delicious mystery you're going to solve—you know there will be clues, but you don't know what those clues may be.

The most important thing to keep in mind is that this is an intensely personal, individual, dynamic relationship—always unfolding or developing in a creative collaboration. The only way to get to know someone is to start talking to her and grow to know her over time. Relationships are defined as much by the quirks each soul brings to the table as they are by expected, socially-recognized labels.

I.D. your guides

Until you become very comfortable with identifying your guides and recognizing the patterns that confirm their identity or presence, use the *prime directive* for communicating with spirit entities.

Interrogation

I sometimes think of this as "checking their ID" or "the secret handshake"—it's a truth that is used across many cultures and in every spiritualist tradition I've ever encountered:

Any entity that is in alignment with the white light of the divine, of perfect truth, of love, of the highest intentions must affirm this for you when directly asked.

"Are you a spirit of light, love, and truth?"

Benevolent spirits will immediately acknowledge this as true. They will say yes.

Remember that the form of the answer may not be a voice or recognizable language—it may be an emotion or a sensation—but it will be undeniably positive and affirmative.

Although my intuition is overwhelmingly of the clairaudient variety, rather than hearing a "yes" I've noted that my guides affirm for me with a clairvoyant flash of them nodding their heads in the unmistakable *body language of yes*. This is a quick, brief image in my mind's eye—a *sense* of someone nodding yes.

No if's, and's, but's or maybe's

If you experience silence—or a lack of response to the prime interrogation—this is a **No**. An entity that is *just messing with you*, or not one of your benevolent guides, will not necessarily tell you "No."

Like a little kid that just got *busted*, they will turn red and avert their eyes, look down at the floor, or grow uncomfortably silent.

Listen—don't overdo it on the psychic security. If you believe in the presence of spirit entities and your ability to communicate with them, then by default you believe in the good as well as the shady. If you feel that dark entities are present, then be reassured that the light entities are with you as well—and they are stronger. They have more energy and power, because their source is divine love, light, and truth. They are sustained by a direct connection to the Creator or Source. Dark entities, by contrast,

have no direct source to sustain them—they require attention in order to operate—specifically the attention that comes from fear.

You deny them attention by not fearing them. Dismiss them and rely on your guardians and guides to handle them *for* you. The more you engage and communicate with your guides, the greater your protection. Regular positive attention grows like a bubble of spiritual armor around you.

Ask the right kinds of questions

Who's Who? Which is What?

How can you tell if you're speaking with your Primary Spirit Guide or a Transit/Specialist? Ask them!

Let's say you ask for a name and you receive one. Assuming that the entity has passed the Prime Interrogation and you feel comfortable that this is a benevolent member of your personal group of spirit guides, proceed in faith. Address this entity by name and ask for confirmation of his/her specific role or relationship to you:

- **Are you my primary spirit guide?**
- Can you show me what area of my life you're here to help me with?
- What do you most wish to help me with?

Yes/No

Simple affirmations are perhaps the easiest messages to receive and to interpret. Format your communication with "close-ended" questions—questions that can be answered with a yes or no.

For example, play a "Hotter/Colder/Twenty Questions" game with them—instead of asking open-ended questions, present your questions in such a way that they can be answered with yes or no:

Instead of asking:

- "Who are you?" Ask "Are you my primary spirit guide?"
- "What's your name?" If you have some idea of what a guide's name may be from a previous communication, a meditation exercise, or as the result of a reading with a psychic, try to get *confirmation* of a specific name "Is your name Mary?" or "Should I call you Michael?"
- "What issue are you here to help me with?" Try "Are you here to help me find a new career?"

Yes/ No is a Universal component of language—even people who don't speak the same language understand a smile, a nodding head, or a *thumb's up*. We generally have no problem interpreting Yes/No from any entity that communicates with us—think about the body language of our pets, or how easy it is to understand an excited, happy bark and a tail-wag when you ask a dog if it wants to go outside...

Spirit guides often use a limited or overly-expansive general vocabulary very different from our own. They may communicate the *energy* of a circumstance, regardless of how the details manifest here on the physical plane.

Receive, process, interpret and observe incoming responses

The vast majority of responses you receive from your guides will come in the form of synchronicities, serendipities, epiphanies, opportunities—things that are *seemingly* random but so timely and meaningful as to be downright spooky.

Other people are also the most overlooked source of divine guidance we have. We act as one another's guides more than you may realize. By paying more attention, with this consciously held in mind, you'll begin to see evidence of the phenomena everywhere. You'll begin to find people you know—even strangers—relaying information to you that would seem to be directly in response to something you've asked your guides to assist you with...

The most important things to look for are patterns of responses. The possibilities are endless. Look at your everyday reality with a new set of eyes, as if you are wandering through an enormous "video game," manifesting everything you need. Approach your life with a magical world view—this is somewhat like an Easter Egg Hunt—where gems of valuable information and spiritual treasures are hidden in plain sight, if you just know where to look.

Repetition is an important cue. Examples include sequences or seeing certain numbers, graphic letters, shapes, and symbols on a regular basis. You know when this is happening because it's like "There's that number again!" Hard to miss and not wonder about...

Suggestions made to you multiple times in quick succession should get your attention:

"You're the third person this week to tell me I should read that book!"

While many meaningful forms of guidance are quite common to a lot of people, again, release your expectations based on what another person claims to have experienced.

Follow your intuitive hunches, impulses, serendipitous information like clues in a Mystery Novel—take action and see where those actions lead you. What unfolds as a result of following an impulse? There's no such thing as a *wrong turn*—you may discover a priceless piece of information on a detour.

Say Thank You

Be sure to thank your guides after each question and response, even if you're not entirely sure (yet) what the answer means, or the full context of its meaning. By saying "Thank You," you signal to your guides that you received or noted their response.

This is especially important if you're asking multiple questions or changing topic. Saying "Thank You" is kind of like saying "Over" when you're communicating via walkie-talkie—it lets your guides know that you can all move on. Sometimes, they may keep sending you additional responses to your initial question, not realizing that you've moved on to another question entirely.

Something else I've noticed is that I may not be consciously aware of the deep underlying connections between my questions. What feels to me like completely different questions or topics may indeed be tied energetically to the same issue.

If you feel that your guides are answering different questions with strikingly similar responses, explore the possible connection between your issues. For example, how might your struggles with co-workers or your boss manifest from the same source issue as an argument with your spouse? How might your financial struggles and problems in your personal relationships be different manifestations of the same energetic weakness or spiritual block?

How many questions should you ask? How long involved should a single session be? I personally dedicate each daily conversation with my spirit guides to **3 major topics or questions**. Do vary the way you present your requests and questions a bit, but avoid asking the same question over and over and over in a single session.

Ask and move on; save recurring issues for recurring communication sessions. It's most likely that your challenges will continue to be challenges; your spiritual development is on-going; your issues will keep re-presenting themselves in new forms.

Don't expect to have miraculous, single sessions communicating with your guides resulting in grand, life-changing epiphanies that change your life from that moment forward, forever. This does happen, but it's rare. Spiritual development, intuitive development, and your relationship with divine guidance are much, much more subtle than that.

Release yourself from dramatic expectations.

Amen & Thank you – log off with gratitude

Always be sure to end your communication sessions with your guides with a formal ending. Thank them. Say a little prayer of closure. Dismiss or release them from your immediate, conscious presence.

Failing to close a session is like leaving programs running in the background on your computer when you're not using them – it drains your energy resources. It's also like leaving your back door wide open when you go to sleep at night.

Let your guides know that you've finished talking to them at the moment. Ask them to continue to gather information, opportunities, and arrange for you to discover the resources you require, throughout your day.

Keep a Journal

Record information about your dreams or any details that result from prayer and meditation sessions. Make a point to journal about possible scenarios and possible solutions, as well as just whining about what's wrong.

Journaling and automatic writing are, in themselves, magical practices; they grow and develop with repetitive action. Patterns emerge over time.

Patterns & Repetition (I'm repeating this *repetition thing* for a reason)

All spiritual practice requires an on-going, repetitive approach. Your ultimate goal is to incorporate spiritual communication and personal growth into your daily life.

Miracles, milestones, and epiphanies may be few or far between. Or the puzzle pieces may be gathered over time, a little piece one day, another piece the next. Collect these fragments and keep looking for the big pictures that emerge.

The Best Time for a Spirit Guide Reading

The best time for you to [request a reading](#) is whenever you feel the impulse. These things have a way of working out according to their own perfect time.

You may benefit from having a reading as an introduction to your guides – a beginning to your on-going working relationships with them.

You may benefit most from trying some of what I've suggested – listen to [the lectures and the guided meditation](#) of the workshops I teach on intuitive development. The classes are modestly priced and can give us a great jumping off point when we work together one-on-one.

There is no clear "authority" in these matters – the experience is ultimately personal and, above all, these types of spiritual matters are *Mysteries* – they are intended to be questioned, explored, experienced—not absolute answers handed over to you as rules on a stone tablet.

If and when you seek a spirit guide reading (from myself, or another professional intuitive) don't hesitate to share what you've tried. The more pieces of the puzzle you can give me, the more the reading can be focused to your unique situation. If you've tried but experienced blocks or difficulties, we can address those as part of your reading. If you have particular successes or receive information that you're not sure of, please share it with me so that I can confirm it for you and help reinforce your confidence.

The goal of providing private spirit guide readings is not to make you dependent on my assistance – I'm more like a personal trainer or fitness coach, helping to encourage and inspire you and make sure you do the right exercises, with the right mindset, with energy and focus. But it's about you – about your working with your guides and incorporating

conscious spiritual practice into your daily life. Even if I wanted to, I can't do a reading for you everyday. I aspire to give you the tools, fill in the gaps, help you identify how and where you can improve and keep moving forward.

This is a big topic – I could go on for pages and pages and still feel that I'm only scratching the surface. Indeed, I do hope you'll stay tuned for more advanced learning resources, lessons, and coaching programs.

In the meantime, scheduling [a private spirit guide reading](#) will allow me to tailor this practice to your personal experience. Wherever you are on your journey, I can meet you and your guides at that place and work from there.

And please know that I am always incredibly honored to be invited into your life in this way.

Seek Wisdom – Practice Love

A handwritten signature in black ink that reads "Slade". The signature is written in a cursive, flowing style.

Slade Roberson
Professional Intuitive Consultant
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Short Version

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Long Version

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