Our Spirit Guides are one of the greatest resources we can draw upon! Unfortunately, there exists a lot of confusion as to who they are, what their job really is, and how they help us. This free report is designed to clear up some of this confusion!

**The Structure of Your Spiritual Committee**

The Spirit Guides that are assigned to you currently for this lifetime are divided into two groups: the Inner Circle and the Outer Circle of Guides. Your Inner Circle of Guides are your very own personal Spirit Guides, exclusively assigned to assist you on your journey in this lifetime. Usually, there are four to six Guides present in your Inner Circle. These guides are usually just a little bit more spiritually advanced than you are, and have most likely incarnated into the Earth plane previously and fairly recently. Your Inner Circle of Guides is around you all the time. One or
two of them have probably been with you from birth. You will have “hired” the others as you have progressed through adolescence into early adulthood. These loving helpers are around you to assist you in every day life and work exclusively on your behalf. They are the guides you will work with and talk to the most. Each Guide has their own area of expertise that they bring to your team. Departed loved ones, while they may assist us from time to time, are not assigned to our Inner Circle. While we may have shared past lives with our Spirit Guides, they are not usually Souls that we have known during this incarnation.

Your Outer Circle of Guides is very busy - they have more than one “client” at a time. There are seven guides present in your outer circle, each in charge of a specific area of your life. Your Outer Circle is made up of much older souls, usually far more spiritually advanced than us, with many, many times our spiritual life experience to draw upon. They are therefore less involved in the small details of our everyday lives. Addressing the Outer Circle directly is often unnecessary - I equate it with calling the CEO of the company when you really need a customer service representative! Your Inner Circle interacts with your Outer Circle of Guides on your behalf as necessary. You will therefore only infrequently need to communicate with your Outer Circle of Guides directly.

Your Chief Guide coordinates your Inner and Outer Circles, as well as our spiritual masters, teachers and “special assignment” guides. He's the manager in charge of your spiritual committee, so to speak.

Your Gatekeeper is in charge of opening your memories at the appropriate times. He is in charge of the collection of your experiences and knowledge over lifetimes, and on presenting you with the path appropriate with your purpose and mission for this current lifetime.

Your Timing Guide works closely with the gatekeeper and is in charge of creating the timing of the most appropriate experiences for you.

Your Karmic Technician is responsible for helping you resolve unfinished business and completing karma accumulated in past and present lifetimes.
Meet Your Spirit Guides

Your Creative One facilitates talents and connects you to beauty and aesthetics. The area of specialty of this guide can give us clues as to your creative talent.

Your Asher is your bodyguard, and is best left alone! This is one Guide we do not try to contact. Since this Guide is responsible for your personal physical safety, he is best not distracted.

Your Astral Guide accompanies and guides you during your astral (sleep) time and helps you travel safely when you dream.

Working with Your Spirit Guides

As I mentioned earlier, our Spirit Guides are often not well utilized! Not only are we rarely open to their guidance, we don't put them to work for us as much as we could. When I conduct a Spirit Guide reading, most of my clients' Guides are very excited to finally be noticed and communicate a great deal. Some Spirit Guides have larger than life personalities and a great sense of humor. Others prefer to communicate more energetically than verbally. Guides will present themselves as male, female, or androgynous, some taking human or humanoid shape, others taking on the appearance of animals, geometric shapes or even blobs of color. While they are not actually embodied while they are on our spiritual committee, they often choose some sort of physicality to give us a frame of reference and make themselves more identifiable.

Our Guides know our Soul's plan for this lifetime. They will try and help us recognize our life lessons. Our Guides are incredibly helpful to us in several ways. They assist us in transmitting the energy of our prayers and intentions outward. They are integral helpers in the process of manifesting our intentions. They also constantly offer us their guidance and perspective. Our Guides know our Soul's plan, our highest path and purpose for this lifetime. They will try and help us recognize our life lessons. They will nudge us to seize opportunities that may be coming our way. They often help us recognize the open doors that will lead us in our desired direction in life.

This process is going on constantly, but most of us are hardly aware of it! Guides act on our behalf, however we tell them to - that's why it's so counterproductive telling yourself you're NEVER going to get that new job - your Guides will be compelled to send that energy out into the Universe,
The main principle for working with your Guides is: Ask and you shall receive! Your Guides are powerless to help you with something unless you ASK. Your Guides can only do what you tell them to do. Be as specific as possible with your requests, without limiting how what you’ve requested comes into your life. Then, be open to receiving. This is where a lot of us miss the boat! We miss opportunities and open doors because they seem superficially unrelated to what we’ve asked for. And yet, when we walk through the doors that open for us, we find all kinds of coincidences and synchronicities that propel us towards our stated desire.

Receiving Information from your Guides

Have you ever had a nagging feeling in the back of your head that you probably should give a certain person a call? Have you ever spontaneously taken a different way home, for no apparent good reason, only to find out that there was a major traffic jam along your usual route? Has an idea for a project ever just leapt into your head - an idea that keeps coming back to you, and won't let you go?

Most likely, those subtle communications are your Guides talking to you! Frequently, these little messages are so subtle that we ignore them. It’s a good idea to start cultivating consciousness of the little nagging feelings in our gut, or in the back of our minds. We’ve all had these experiences. However, we usually don’t control when we receive information of this kind, or what this information will pertain to. There are more direct ways to receive information from your Spirit Guides which put you in the driver’s seat. You can learn to have very real conversations with your Guides, and to receive direct information about questions you may have.

Opening up a Clear Channel of Communication with your Guides

We become very familiar with the energetic signatures of our Guides. After all, they are around us all the time. You communicate with your Guides many times every single day! This is why conscious communication with your Guides can feel so familiar that you may think it is happening in your imagination.

Here is a process you may try:
Sit down in a quiet space and close your eyes. Create a surcharge of energy by inhaling to the count of four, holding the breath to the count of four, and exhaling to the count of eight. Do this three times.

Now set your intention for how you would like the channel of communication to function between you and your Guides. Are you a highly auditory person? You may wish to hear your Guides speak to you. Are you highly visually oriented? You may wish your Guides to take distinct shape in your mind’s eye. If you are more kinesthetic, you may wish to receive a distinct feel for your Guides’ presence. Often, we experience a degree of all three, but you need to decide here what will work for you best. You may wish to imagine an energetic connection of communication from your Guide team into your third eye opening up. Or create in your mind’s eye a very special room or place into which you can go to meet your Guide team, a virtual meeting place, so to speak. In any case, you should control this process!

Now ask your Inner Circle of Guides to step forward, one at a time. Be specific in asking for your Inner Circle of Guides. They are much easier to communicate with than the Outer Circle. Ask the Number One Guide of your Inner Circle to step forward and make him/her/itself known. When you feel a presence as having presented itself, you need to take some steps to ensure that you are, indeed, talking to the right entity!

Ask if the entity is aligned with Divine Truth, Love, and Light. You should get an immediate and positive response. If there is no response, or an unclear response, you are talking to a negative entity and should immediately cease communication. This is an important step! You want to be careful about what entities you open communication with. There are lots of disembodied souls out there, some harmless, and some very negative. Many would be happy to have a chat with you. Believe me, when you start opening up to speaking with beings in Spirit, all kinds will come calling. Be highly discerning. Some conversations, even with positive entities, can be unproductive or even full of misinformation. Just because an entity is not in body does not make them wise, all-knowing, or benevolent.

Once your apparent Spirit Guide has affirmed that they are aligned with Divine Truth, Love and Light, make sure that they are indeed part of your Inner
Circle. Again - ask! Entities have to answer truthfully. If they try to dodge an answer, cease communication. Your Guides won't take offense at this. They understand that you need to be sure who you are talking to! Once this has been established, get a distinct impression of this Guide. What does their energy feel like? Is there an appearance, a distinct voice, an energetic imprint that you can remember them by? Ask them about themselves. What is their particular role on your spiritual committee? One by one, you can get to know your Guide team in this way.

**WHAT GUIDES DON’T KNOW**

Your Guides are not omnipotent. They know you from the perspective of your Highest Self, your Soul. They are not always connected to the practicalities of this lifetime (depending on the last time they were in body themselves). Sometimes they don't understand concepts like money, marriage, or jobs. If you want their help on practical matters such as receiving a raise or finding a new job, be sure to determine whether they understand these third-dimensional concepts. If you’re not sure whether your frame of reference is understood by your Guides, explain matters to them. They won’t mind!

I had one client who very actively worked with his Guides on manifesting abundance. While he always received the essence of what he was asking for, actual financial abundance - the kind that manifests itself into our bank accounts! - remained elusive. Upon speaking with his Guide team, I realized that they had no frame of reference for money as the way we exchange energy here in the physical plane. Once his Guides understood what he was asking for, my client began improving his financial situation with the help of his spiritual committee.

Imagine your Guides to be like unconditionally loving aunts and uncles - four to six of them! They are with you to advise and guide you. They are not, however, able to make your decisions for you. All of your Guides have their own experiences, perspectives, areas of specialty, and Soul-level gifts. They know your Soul intimately. They know what is in alignment with your highest path and purpose. Their guidance is based on this perspective. So, at Soul-level, it may be great for your spiritual development to switch careers, leave a relationship, or have a baby. In your actual lifetime, however, your financial situation may not be stable, you may have contractual obligations that limit you right now, or your health may not be the greatest. Your Spirit Guides may not always be in touch with these third-dimensional concepts.
This is, however, where you can put your Guides to work. Let’s say you feel like a career change is imperative, but your financial situation makes quitting your job difficult, if not impossible. This is where you explain to your Guides what you need to switch careers. Ask them to help you create the circumstances that will make a career change possible. Tell them how much money you need in your bank account to feel comfortable quitting your job. Explain money to them, if you need to! Don’t be so specific as to be limiting, but let them know what you need to feel comfortable making such a change in your life. Your Guides will have a much better idea of how to help you.

Remember that, when all is said and done, you alone are responsible for the choices you make. Your Guides are just that - guides only, not decision makers! Beware of asking questions that start with “Should I ... ?” You are about to abdicate responsibility!

Your Guides will also answer all questions about the future from the perspective of the present moment. At any given point in time, there are probable outcomes to any given situation. But the future is decided by many, many people's choices, all made independently of each other. We live in a free will and free choice zone, which means that everyone is constantly making choices and decisions that influence probable outcomes to any given situation. The future is always shifting. The fact is, your Guides just can’t know for sure what it will hold. Here are some far more useful questions to pose to your Guides:

“What is the probable outcome of this current situation, in this moment?”
“Are there any blocks and/or restrictions that may prevent me from the desired outcome?”
“What can I do to most align myself with the desired outcome?”

NEGATIVE GUIDES

I often find that my clients have negative entities as Guides within their Inner Circle, or Guides that are simply not working in their best interests. I always check for negative Guides in my basic Soul Profile reading, because this situation can cause my clients to receive all sorts of misinformation and mixed messages. Eventually, these clients learn to mistrust their intuition because of the pres-
ence of negative Guides.

How does this situation come about? All kinds of scams exist in the spiritual world, just like in this one! Negative entities will present themselves very lovingly as a candidate for Spirit Guide to an unwitting Soul. We may “hire” such a negative entity, having no idea that they are not alignment with Divine Truth, Love and Light.

Once hired, these Guides usually stick around for good, unless we dismiss them - which means that we have to be aware of them, first. I often find myself firing and restructuring Guide teams that are not working in my clients’ best interests. Negative Guides also make the work of positive Guides much harder, sometimes rendering the whole team ineffective.

MISSING GUIDES

Some people create rather extreme energetic mechanisms of protection about themselves - and they do such a good job of hiding, their own Guide team can't find them! This is just one example of why some clients present with no Spirit Guides. I have also encountered clients that have, in Spirit, managed to “fire” their whole team in an act of self-sabotage. In rare cases, Spirit Guides themselves will quit the team because their charge is allowing so much negativity that it is too damaging to the Guides themselves to be on this committee.

When I first received a Spirit Guide reading, I presented with no Astral Guide. He had simply fallen by the wayside in exhaustion, because at Soul level, I insisted on traveling to negative astrals. This explained the many unpleasant nightmares I suffered from for years!

I hope this report has given you some useful information about your spiritual committee, and how to start working with your own Guide team. If you would like to learn how to access your intuition and your Spirit Guides reliably and accurately, my book “Unlock Your Intuition” is available on Amazon.com. If you would like to experience your own Spirit Guides coaching you in your intuitive development, please check out the Divinely Guided Life Coaching Program on my website.

I wish you many blessing on your path of intuitive and spiritual development.

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