



SPIRIT GUIDES

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ANGEL'S FRIENDLY COACHING





SPIRIT GUIDES

Let's talk about spirit guides... We start with breathing..

4-7-8 breathing

Roll breathing

Morning breathing

4-7-8 breathing

This exercise also uses belly breathing to help you relax. You can do this exercise either sitting or lying down.

- *To start, put one hand on your belly and the other on your chest as in the belly breathing exercise.*
- *Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.*
- *Hold your breath, and silently count from 1 to 7.*
- *Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8.*
- *Repeat 3 to 7 times or until you feel calm.*
- *Notice how you feel at the end of the exercise.*

The lasting relationships I've formed over the years enriched my life in so many ways. In addition to friends, family, students, and colleagues, I have a close, personal connection with my spirit guide team. My guides aren't far-off figures I call upon once in a while when I need help. In fact, rarely does a day pass when I don't speak to them and feel their loving presence.

I understand that, while my connection to my guides benefits me, it also helps them. Remember Clarence, the angel-in-training in the holiday classic *It's a Wonderful Life*? Helping George allowed Clarence to receive his wings, just like supporting and protecting you allows your guides to evolve to their next level.

How can you open yourself up to feel the presence of your guides every day? You don't have to be a medium or a psychic to make this happen. With focus, mindfulness, and gratitude you can set your intention and invite your guides in.

Here's how:

Five Steps to Deepen Your Relationship with Your Spirit Guide

1. Create a sacred space. The earth dimension is a heavy and not particularly comfortable place for Spirit. By raising your own energy, you will make it easier for the guides to meet you halfway. In my book *Wisdom From Your Spirit Guides*, I explain in detail how to ground yourself, open your heart space and run your energy through your chakra points. All of these techniques will create a "guide-friendly environment."



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2. Invite your guides to join you. The guides won't interfere with your free will unless it's an emergency, but they're always there, willing and happy to provide what you need. The exercise below will help you to make them feel welcome.

- **The Invitation**

Relax and clear your mind. Take a few deep breaths, create a space in your mind, and invite your guide to come close. You can telepathically say:

"Welcome, Spirit Guide, please come to mind. Let me know that you are here with me."

You will get a sign that your guide is present. Don't force it; put aside your ego and surrender to the impressions, feelings, and visions you are about to receive. You have to be as open-minded as you can. Immediately you will feel the space changing. It will feel illuminated. Invite your guide into your space. Merge your energies into one.

When you are ready, you can say:

"I am in need of your assistance. Share any information that you have for me."

As you sit with your guide in your space, you may sense some thoughts being projected into your mind. Let the guide download into your mind any feelings, thoughts, or symbols.

Sit with your guide and listen to his or her teaching and philosophy. When it is time to stop, you can say:

"Dear Spirit Guide, I bless you and thank you for joining me and sharing your advice."

Take some deep breaths and slowly come back into your body. Become aware of your feet, then your legs, and upward to your head. Inhale and exhale a few more times.

Raise your arms and center yourself.

Slowly open your eyes.

3. Learn about your guides. The more you know about them, the easier it will be to feel close. When you feel the presence of your guides, ask them some questions.

- *What name shall I call you?*
- *Have you ever incarnated on Earth?*
- *How will I know when you are near?*



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- *Why have we agreed for you to be my guide?*
- *Do you have a particular mission to help me with?*

4. Record what you learn in a journal. Understanding your guides is an ongoing process. Jot down thoughts and impressions that come through from and about your guides in a journal. Record your dreams, visions, times when you feel that your guide intervened for you. If you have multiple guides, give each one a section of their own. You might even want to sketch what you think your guides look like.

5. Remain mindful and aware. When you're busy with daily life, it's easy to miss the divine wisdom and guidance that comes your way. If you stay aware and in the moment, you'll catch the changes in the energy, notice when your guides are coming through, and be able to benefit from the messages they have for you.

Even when you feel as though you are completely alone, there are Divine Companions who are always with you. Before your incarnation, they chose to accompany you through your lifetime- from the moment of your first breath- until your last. Spirit Guides are highly evolved beings that have completed the cycle of birth and death in the physical plane and are now serving as teachers and guides to further elevate their vibrations. They are as "real" as you are- they are just vibrating at another level and reside in another plane of existence.

They work to guide you by working through your dreams and intuition. That quiet voice you hear is often the voice of your teachers and guides. They may also make themselves known to you through signs and symbols. For me, when I am at a crossroads in my life or journeying through a personal or emotional challenge- I find feathers everywhere. I also see feather tattoos, hawks and hear certain songs. It is a reminder for me to be still and listen to the guidance of my own personal guides. The feathers are representative of the energy of my guides- one being a powerful Shaman and the others are from the Angelic Realm.

Some individuals have one guide and others have multitudes- much of this depends on the path and purpose of your life. For instance, a teacher/professor may have several guides- one to guide them through the academic nature of their profession and others to assist them with the great emotional requirements of performing such an important task. A policeman, fireman, or soldier will often have a "team" of warriors guiding and protecting them. Much of who your guides are indicative of your own personal journey through life.

Spirit guides are almost never a loved one who has passed away. Although our loved ones stay with us in spirit and we can contact them, they do not serve the same role as a "spirit guide". Some individuals have Archangels and Angels as spirit guides who are always with them. Yet, the presence of Angels does not always mean they are your spirit guides. Angels can be called in times of distress to assist you for a short time. If you have an Archangel or Angel as a guide, chances are your mission in life is a complex one. Through my experience with being a psychic reader and spiritual teacher- I have found that individuals with a challenging life path often have Angels as spirit guides.



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Your spirit guide is always with you, whether you acknowledge their presence or not. You cannot call them to you or send them away- they are part of you and your journey. However, you can choose to gain knowledge of who they are and their role in your life. You can interact with your spirit guides more proactively. If you want to know who your guides are, just ask. Get in a quiet and meditative space and ask that they reveal themselves to you. Do not get discouraged if you do not figure it out right away. Beings from the spiritual realm often communicate through signs and symbols. Once you ask- you must trust your own wisdom. Pay attention to the pictures that appear in your mind. If you see a man in a suit- stay with that- it could be he is a philosopher or scientist. You may see a Native American Indian, a Buddhist Monk or you may see nothing at all. Keep your mind and intuition open. Pay attention to things that keep coming up after you have asked that they reveal who they are. If you are having a challenge discovering who they are you can also contact a professional psychic/intuitive to assist you.

Working with your spirit guides can be an incredible tool for your own personal and spiritual growth. Unlike beings in the physical world, their wisdom and advice are not influenced by the "world". They dwell in a higher vibrational plane and the mundane particulars of your situation are not relevant. For example, if you seek guidance from your spirit guide regarding a relationship, they will focus on what you are learning, what you need to learn, what you are teaching your partner and the true meaning of your relationship. The fact that they leave the toilet seat up or are terrible at budgeting the household finances will be irrelevant. The information that you will be provided with- will be actions that YOU can take to gain more understanding. You can also ask your Spirit Guides to assist you in physical healing. Before you go to sleep, ask that as you are sleeping- you receive healing.

You are never alone. Never. Take faith in knowing and understanding that there is so much magic and mystery in this life. Just for a moment let the "world" disappear. Raise your vibration and allow the beautiful gifts of the spirit to wash over you. Life is so much more than what we see. Open your spiritual eyes and hearts and you will discover a world of wisdom, beauty, and peace that you never knew existed. Of course, you can always choose to not believe. It is always your choice. But, why not? Why not step into another level of existence? Why not believe in magic?

You do not have to announce it to the office, but you can embrace the wonders of spirit in your own heart. It will envelop you in a light of love and understanding- and will mysteriously transform you into a more connected and loving being. Oh, what would they say at the water cooler then?

The spiritual realm exists at a higher frequency than we do here on the physical plane of Planet Earth. In order to access the spiritual realm, we need to know how to raise our "frequency".

One way to understand "frequency" is to imagine a room filled with people who are sharing love and joy with each other. This room has a feeling of lightness--a high frequency--whereas a room filled with angry, tense people has a feeling of heaviness--a low frequency.



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So, how do we raise our frequency? There are numerous things you can do to help yourself raise your frequency, but none of them will work unless you have the intent to learn with Spirit about loving yourself and others.

Our intent is the most powerful tool we have for raising our frequency. There are only two possible intents in any given moment: to learn with God/Spirit about loving yourself and others, or to protect against your pain and avoid responsibility for your feelings. When our intent is to protect and avoid we seek to control - through our various addictions - our feelings, others' feelings and behavior, and the outcome of things. When our intent is to learn, we seek to take responsibility for our own feelings and behavior by discovering what we may be thinking or doing that is unloving to ourselves and others, and what would be loving.

You can try many methods of raising your frequency, from prayer to meditation to chanting, but if your intent is to protect instead of learning, none of these will do any good at all. The reason is that when the intent is to protect against pain, we close our hearts so as not to feel whatever we are feeling. God cannot come through a closed heart.

We are each given free will when we come to this planet. This means that we get to choose our intent - to be open or closed, loving or unloving, protected against pain, or taking responsibility for our feelings. While the love that is God is all-powerful, it cannot come into a closed heart. Just as the air you breathe cannot come into your lungs until you take a breath, the love, power, and wisdom that is God cannot enter you're being until you choose the intent to learn about love.

When you have a true, pure intent to learn, your frequency automatically raises. None of the actions I suggest below will raise your frequency without this intent. However, once you have this intent, the following actions can help to further raise your frequency.

- **Move into your imagination.** Your imagination is a gift from God. When you move into your imagination, you raise your frequency and tap into the source of your creativity and inspiration. Our willingness to move into and trust our imagination is essential to being able to connect with our personal spiritual Guidance. When you first begin to utilize your imagination to increase your frequency and connect with God, you might feel as if you are just using your imagination to make things up. However, as you take the risk of trusting what you think you are "making up," you will discover that it really is coming through you from God rather than from you.
- **Keep your body clear.** Your body is an energy system. If your body's energy is clogged with drugs, alcohol, nicotine, caffeine, sugar, heavy foods, lots of food or foods contaminated with pesticides, preservatives, artificial sweeteners, or any of the thousands of chemicals that are added to foods, your frequency is lowered.
- **Pray.** Sincere prayers of gratitude and asking God for help in healing all blocks to loving can raise your frequency.



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- **Chant.** Repetitive prayers, chants, and mantras can open you to higher frequencies, as can singing in general.
- **Dance.** Rapid repetitive movement, such as Native American drumming dances, may open you to higher frequencies.
- **Spend time in nature.** The frequency of a city is far lower than the frequency of nature. Being among trees and flowers, near a river, creek, or lake, at the ocean, in the desert, or on a mountain can all raise your frequency.
- **Listen to classical or spiritual music.**
- **Do creative, artistic activities.** Moving into your creative imagination raises the frequency.
- **Use incense or do "smudging."** Incense has been used for centuries to raise the frequency and invite spiritual connection. "Smudging" is using the smoke from various dried plants such as sage, pine, cedar, and lavender to clear the energies in a room and raise the frequency. Smudging has been used for thousands of years by indigenous peoples throughout the world.
- **Lighting candles.** Candlelight, too, has been used for thousands of years to clear the air and raise the frequency.

If you get into the habit of asking yourself throughout the day, *"What is my intent? Am I trying to control something, or is my deepest desire at the moment to learn about loving myself and others?"*, you will begin to understand intent. This will eventually lead you into the hearing, feeling, and seeing your personal spiritual Guidance.

There are beings of the highest truth and compassion working on our behalf to guide our thoughts and energy back to love. They're not physical and aren't bound by the natural laws of this world. They're spiritual beings.

These beings come in many forms and they have different purposes, but their common goal is to help guide us back into alignment with the love of the Universe.

When you get stuck in a fear-based thought or pattern you can turn to your guides to help lead you back to love. When you want to receive their guidance, all you have to do is be willing to surrender your fear and see with spiritual sight.

We all have our own spirit guides. We have guides that are ancestors and deceased family members. Some spirit guides may have names. In some cases, you may have a group of guides that all have the same name, like Esther Hicks and Abraham.



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How we experience our spirit guides?

Once you begin inviting in your spirit guides, there are different ways you might experience their presence.

INNER KNOWING

You can experience a spirit guide as an inner knowing. You may feel or sense your guide's presence, or "hear" a voice within, like a strong intuition or realization. Some people audibly hear (or see) their guides.

SPARKS OF LIGHT

Sparks of light are another indicator of a spirit guide's presence. Sometimes when I know my guides are with me, I see little sparks of light. It's so cool to see that light and know there's a presence with me at that moment!

BOOKS FALLING OFF THE SHELF

When books fall off the shelf, your spirit guides are the ones who are kicking them off for you! I can't tell you how many people have written to me or spoken to me at an event and said they discovered my book because it literally fell off the shelf in front of them. You can experience this kind of guidance! It is available to you.

FREE-WRITING AFTER MEDITATION

Another way you can experience the presence of a spirit guide is through writing. You can call on your spirit guides through meditation, and following your meditation, you can free-write and allow the voice of your guides to work through you.

Connecting to your spirit guides is about learning to rely on the voice of love. The reason these guides are here is to constantly bridge your thoughts from fear back to faith, forgiveness, love, and light. They present you with creative solutions and beautiful opportunities. (I do this a lot).

More tips for you to remember:

Step 1: Get into the habit of asking.

The first step to connecting with your spirit guides is to get into the habit of asking.

Connect with your spirit guides, step 1: Get into the habit of asking. We often forget that we have guidance within us and around us. In the busyness of day-to-day life, it's really easy to forget this connection.

When we forget that we can call on the spirit for help, call on, we start to rely on our strength. That's when fear sets 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 all the things that you need help with. Maybe you need help conceiving, or making more money, or healing a relationship that's struggling.



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MAKE A LIST OF WHAT YOU NEED YOUR SPIRIT GUIDES' HELP WITH

Make a list of the 5 to 10 biggest things you need help with. You can do this now, or you can come back to this exercise after aligning with your inner wisdom through prayer or meditation.

Once you make this list, your next step is to offer up everything you need help with and invite your spirit guides to reveal solutions.

Say, *"Thank you, guides of the highest truth and compassion, for revealing the solutions to these problems."*

Then go through your list. Some examples...

- *"Thank you, guides of the highest truth and compassion, for offering solutions to my issue with my health."*
- *"Thank you, guides of the highest truth and compassion, for revealing the solutions to the problems I'm having in my marriage."*
- *"Thank, you guides of the highest truth and compassion, for revealing the solutions to my struggle with finding a career I love."*

Just go one by one asking the guides to help you. If you want to get really laser-focused, you can choose just one and offer it up daily for a while.

ONLY CALL IN THE GUIDES OF THE HIGHEST TRUTH AND COMPASSION

Remember always to call in the guides of the highest truth and compassion. You don't want to invite the funky guides to the party! Be very specific and clear about what kind of guidance you're calling in so you don't get any riff-raff coming through.

As with the human world, there are lots of different characters, and we don't always want to invite every character over for dinner. The same goes for spiritual relationships. We want to open up our consciousness, space, and energy only to the guides of the highest truth and compassion.

Don't worry about this too much. You call the shots, so don't fear those other beings. They can't come in without your permission.

YOU CAN CALL ON YOUR GUIDES ANYTIME

You don't have to wait for a problem to crop up in order to call on your spirit guides. Every time I give a talk, the first thing I say backstage to myself is, "Thank you, guides of the highest truth and compassion, for speaking through me."

Whenever I say this silent prayer to call on my guides, I know the words that I need will come through me. The simple act of asking is all that's required for the guidance to show up.



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Step 2: Listen

Connect with your spirit guides step 2: Listen The second step in connecting to your spirit guides is to listen. The way to do this is by meditating. When you meditate, you quiet your mind so that you can hear the wisdom of the guidance that's within you and around you.

ALIGN YOUR ENERGY THROUGH PRAYER AND MEDITATION

You can say a prayer such as, "Thank you, guides of the highest truth and compassion. Thank you for showing me what I need to know. Thank you for leading me in the right direction. Thank you for whatever it is that I need."

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 mindful of the sounds and sensations around you. I also have a spirit guide meditation to help you connect.

Step 3: Write with your spirit guides

Once you've meditated, your next step is to write with your spirit guides. Open your journal or just grab a few sheets of paper. At the top, write an invitation to them, such as:

Connect with your spirit guides step 3: Write with your spirit guides "Thank you, guides of the highest truth and compassion, for revealing to me the solutions to these issues."

"Thank you, guides of the highest truth and compassion, for revealing to me whatever you want me to know."

"Dear guides of the highest truth and compassion, I welcome you to write through me now."

Then simply let your pen flow.

Just riff onto the page, allowing whatever needs to come through. Ideas, stories, topics, inspired visions, things that you may not have thought of on your own, will begin to come forward. Don't second-guess yourself or edit a word. Just write.

YOUR GUIDES MAY SPEAK DIRECTLY TO YOU

You may find in this writing experience that your guides begin speaking to you directly. Instead of writing in the first person, you may begin writing in the second person. When I am channeling my guides they often say, "Dear sister..."

In some cases, your handwriting might even change. You might feel a presence of energy moving through you. That means that there's a presence that's working through you to give you direction.

Step 4: Ask for a sign

Connect with your spirit guides step 4: Ask for a sign. Your guides can play fun games with you! They like to show you that they're present. So get playful with them and ask them for a sign.



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Have you never asked for a sign before? Or have you asked but not known whether you received it? Learn how to ask for a sign and know when you've received clear guidance.

You'll be blown away when you start to ask your guides to show you signs! It will rock your world.

Step 5: Pay attention to the guidance you receive

It's one thing to ask for guidance. It's another thing to witness it, to really take it in and relish in the presence that's supporting you.

Connect with your spirit guides step 5: Pay attention to the guidance you receive. When you pay attention to the guidance you receive, you're letting yourself be in the awe and wonder of all the love that is around you. It's a big deal. This beautiful feeling is available when you truly let yourself witness the amazing support that is always with you.

The practice of paying attention to guidance isn't about demanding. You don't go around all day asking, "Where's my guidance? Where's my guidance?" Instead, you simply allow yourself to be open to the wonder of that guidance.

Your guidance may show up in cool and unexpected ways, even in ways I haven't mentioned here. Your guidance can show up as a song on the radio, a billboard on the freeway, or somebody saying to you exactly what you needed to hear.

Our guides often work through other people. They work through doctors, friends, children, and even strangers. Spirit guides love to work through technology, too. They come through on my phone or TV a lot...

Step 6: Stay in an energy of gratitude

Connect with your spirit guides step 6: Stay in an energy of gratitude As I mentioned in step 5, you want to thank your guides. Rather than being in a place of neediness, you want to be in a place of gratitude and appreciation for their guidance and love.

Shift the way you talk to your guides. If you find yourself thinking things like, "Guides, why haven't you given me this yet?" or "Guides, I don't believe in you. Why haven't you shown up for me faster?" — you're showing your distrust 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 be thanking your guides, appreciating them and feeling deep love and gratitude for them. When you receive any form of guidance, thank them. Just say silently, "Thank, you guides, for showing me this solution." Or, "Thank you, guides, for this sign." And when your guides give you a spiritual assignment, thank them for that as well!



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Your gratitude keeps the relationship so strong and keeps those guides present with you all the time, because they know they're welcome.

When you open your heart to offer your guides gratitude and appreciation, they boomerang that energy right back to you. It's hard to describe what it feels like to be in this place of constant love and gratitude with your guides. It's a tremendous and beautiful feeling. And it's available to you.

Step 7: Release the outcome and trust in a plan better than your own

Connect with your spirit guides step 7: Release the outcome and trust in a plan better than your own. Your guides have a plan that's better than yours. They're loving and wise, 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 the way of that guidance. I've often avoided divine guidance by trying to control situations. I've obsessed over how things should go and tried to manipulate outcomes to get what I thought was best. Inevitably, this only pushed my guides away.

But... when we let go of our plans and trust in a plan that's much greater than ours, we start to truly feel like we're being led. When we surrender, we can feel our guides leading us to the next right action.

We must release outcomes in order to truly be in co-creation with our spirit guides.

Step 8: Be more childlike

Connect with your spirit guides step 8: Be more childlike. If you have young kids in your life, you may be aware that many children can still see their guides. They may even speak about them. Usually, around the age of 7, the veil starts to close and we shut down to this guidance system.

To lift that veil and reconnect with your guides, be more childlike! Do things that bring you joy. Jump on a trampoline. Go for a run. Paint. Swim. Cook. Whenever I'm cooking, I feel the presence of my guides 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 vibration we can embody!

Step 9: Ask your spirit guides for their names if you feel called to do so

Connect with your spirit guides step 9: Ask your spirit guides for their names. You don't have to do this step. But if you feel called to ask your guide's name (or multiple guides' names), 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 strange, you can trust that what you hear is correct.



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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 of knowing Lily, I had a medium give me a reading. At the end of the reading, she said, "Lily wants me to tell you to thank you because she loves working with you." I hadn't told the medium about Lily or written about this guide. The medium just knew she was there.

Step 10: Trust in your own psychic ability

Connect with your spirit guides step 10: Trust in your own psychic ability. Believe in yourself and in your capacity to call on this presence. Trust in your ability to connect to these guides and to feel that support. Know that you have the ever-present energy of love that is always within you and around you supporting you and guiding you.

The more that you trust in your own psychic ability, the more you'll be able to hear, and the more you'll allow this divine guidance to lead you to the highest good.

Allowing spirit guides into your life is a great gift. Not only will they support you, but they'll also help you help others. They'll support you in being a light in the world.

We need this presence of light to support us right now, in the chaos, drama, and violence of these times. We need this presence to bring us back to love.

How To Ground Yourself After Connecting With Your Spirit Guides

When I cultivate a spiritual connection, I can trust the Universe no matter what | Super Attractor card deck. When you tune in to the spirit realm you may feel your energy shift. It's important to take time to ground yourself after connecting with your spirit guides.

You want to always remember that you are having a human experience and you're here on this planet in a body. To ground yourself back into your body you can do a few simple things:

- *Stomp your feet to ground yourself into the earth.*
- *Sit on a rock to feel connected to the earth.*
- *Take time to sit in stillness and drink a cup of tea or eat a snack. Do something that is consciously caring for yourself.*
- *You can also zip up your energy. Imagine there's a zipper at the bottom of your feet and zip yourself up to all the way over your head and back down to your ankles.*
- *Follow any one of these practices to get grounded after connecting to your guides.*

Connect with your spirit guides regularly

The more you talk to your spirit guides, the more you'll rely on this ever-present guidance system. As you ask for and surrender to divine guidance, miracles will occur more and more often. (For more, check out my blog post on angels and archangels.)



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Your spirit guides want to connect with you. Follow these 10 simple steps to open up the conversation.

Let the Universe show you signs as well!!

How To Ask For A Sign From The Universe

Asking for a sign means that you're willing to collaborate with the Universe. It means that you're committed to releasing structure and control to instead be led by a power greater than you. If you don't get your sign, that's a sign too!

Asking for clear guidance is an exercise in receiving a good, orderly direction that is unrelated to what you think is right. Remember and trust that the Universe has a better plan than you do.

You can ask for a sign to guide you toward anything you desire. If you're unsure about a decision or you simply want to know you're on the right track, ask for a sign. And don't get hung up about what your sign should be. Just choose the first thing that comes to your mind.

Maybe you think of an animal, a song, or a book title. Often people receive signs as numbers in sequence like 1111 or 444. Or maybe your sign is a song, a fragrance, or a name.

Just let whatever comes to your mind become your signs. Allow it to come to you naturally and commit to what you hear.

Once you ask for your sign, the next step is crucial. You must turn over your desire to the Universe with a prayer. Say this prayer: *"Thank you, Universe, for offering me clarity. Show me my sign if I'm moving in the right direction."*

Then be patient.

What to do when you receive a clear sign

The greatest way to stay connected with what your sign means and the guidance it offers is to tune into how you feel when you receive it.

If you receive a sign that makes you feel connected and aligned, and you feel that you're receiving an intuitive message to move forward, don't second-guess it. Trust that guidance.

The guidance truly is limitless! You might be a little psyched out when you first start receiving signs and noticing lots of synchronicities.

The signs and synchronicities might seem a little too good to be true, but they're not. This is simply the miraculous way of life that's available to you when you surrender to the Universe and have faith in the guidance you receive.



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Be patient and trust in the Universe's plan

Some signs come quickly and some take time. If you don't get your sign right away don't worry. You may need to clear some fears or strengthen your faith before you can get it.

IF YOU DON'T GET YOUR SIGN, THAT'S A SIGN, TOO

Trust the universe gabby Bernstein card deck. Not receiving your sign is guidance, too. If you asked the Universe to confirm you're in the right romantic relationship and you don't receive your sign, that's a sign! Take this direction seriously.

I'm not saying to break up with your partner overnight. But I am suggesting that you look more closely at the fundamental issues that need to be resolved.

You'll always exercise free will, but consider the signs from the Universe (or lack thereof) as supportive direction on your path.

Your True Power Is The Love And Peace Within You

Do you tend to feel impatient after asking for a sign? Consider that your impatience may be blocking the sign!

Often when we find ourselves impatient, it's really because we don't trust in the outcome. We're afraid that something won't happen the exact way we want it or exactly when we want it to happen. (Try this tip to practice patience.)

Anytime you place your happiness and safety in the outcome, you lose sight of a plan beyond your own. You cut off communication with the Universe and disconnect from all of the infinite possibilities that could occur.

The key to releasing this control is to surrender all your outside needs and obsessions and remember that nothing can take away your true power: the love and peace within you.

No matter the outcome of a situation, your true power is the love and peace within you. This inner sense of love and peace comes from being connected to the love and peace of the Universe and trusting that it always has your back.

So remember: Anytime you want to ask for a sign, tune in to your energy first. If your energy is ego-driven, the responses will be muddy. If the energy is aligned with love, you will always get clear direction. Be very conscious of the energy you're putting forth when you ask for guidance and make sure that it's clear, connected, and aligned.

4-7-8 breathing

Roll breathing

Morning breathing

4-7-8 breathing



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This exercise also uses belly breathing to help you relax. You can do this exercise either sitting or lying down.

- *To start, put one hand on your belly and the other on your chest as in the belly breathing exercise.*
- *Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.*
- *Hold your breath, and silently count from 1 to 7.*
- *Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8.*
- *Repeat 3 to 7 times or until you feel calm.*
- *Notice how you feel at the end of the exercise.*