Connecting with your Spirit Guide

By Ken Mason
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Introduction:

Welcome to the Spirit Guide course. I am pleased that you have taken the time to let me discuss with you one of my passions and I hope that this course will allow you to meet or at least understand what your Spirit Guide does for you.

All the information in this course is based on research on ascended teachings that have been given to us over the years, through talented mediums and channelers. Some of this information is also from my own Spirit Guide who gives me information on the Spirit world as well as our existence and purpose.

This information is strictly my belief and my opinion and I do not represent this information as the absolute truth. Please take this information and take what you will, and discard what does not feel right to you.

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What are Spirit Guides

Spirit Guides can be defined as our omnipresent friends on our path in life. They are always with us, to guide us and to offer support in our journey. When we decide to come on to the earth plane we pick a guide and go over our lesson plan before we are born. As we grow in life and face our challenges, our guides look over the lesson plan and make sure that we follow the plan.

They are also in charge of our spiritual development, as well as our psychic gifts and opening us to messages and spirit contact. They often appear in our dreams and are our conscious and guardian angels. But to understand how they work, its important to understand how the spirit world works.
**Spirit World**

The Spirit World is a highly complex world that is beyond our imaginations or beliefs. What is described to me by my guide and by my research is the following:

In the spirit world, there are different levels of training or vibrations if you want to look at it that way. There are Seven main levels:

- **Ultimate Level (Gods level)**
- **Angel Realm**
- **Ascended Masters**
- **Teachers**
- **Spirit Guides and Helpers**
- **Earth Plane - Souls in training**
- **UnderWorld (as we know - Hell)**

As can be seen this is a very basic look at the Spirit World and it is only to give an idea of where Spirit Guides come from in relation to us. Within each block, there are multiple levels as well and each block is a different vibration than the one below it.

This would explain why angels do not talk to us directly, but must go through the levels to talk to us. In each level, the energy is more powerful than the previous one, so they must use spirits on each level to get down to our level.
The **Underworld**

Each level that we see in this picture has a specific purpose to it in training or learning. The underworld is where souls who have been rejecting the lessons or need help reside. They are commonly called the Dark souls as they have very little light in them.

**Earth Plane:**

This is where we are right now. Though it is called the Earth plane, this does not refer to earth or the physical lives. This only refers to the area of the spirit world that we live in before we move to the physical plane.

In this plane we choose our lessons and come to earth to learn insight and meet our challenges. Within this plane, there are multiple levels of frequencies and we see this in our use of the terms “old souls”. The more trips that you make and the more lessons learned, the higher the frequency of the soul and it travels upwards toward the next level. Once all levels are learned, then the souls moves into the Spirit Guide level, for new challenges and lessons. Then they will never return to earth.

You can tell on earth who is an old soul, by they way people move to them and how wise they are. Even though we are physical in nature, our spirits still recognize who is an old soul and who is a young soul. Young souls tend to be more reckless and ignore people advice.

**Spirit Guide Plane**

When a soul matures to this plane, they now have other planes to move up into before achieving the Teachers plane. In this plane it is said that a Spirit Guide, if the soul choses to be one, must train for a long period of time before achieving this goal. This is why family can never be Spirit guides.
Role of the Spirit Guide

As already stated, the Spirit Guide is chosen by the soul to accompany them on their life’s journey. The process is fairly simple:

1) The soul chooses his Spirit Guide
2) The life plan is created and reviewed.
3) The life plan is approved by elders
4) The spirit guide holds onto the life plan as the soul comes back to earth

As the soul starts its journey, the Spirit Guide keeps close watch to make sure that everything is followed accordingly to the plan. Though the guide is omnipresent, he will not interfere with the Soul on earth or change things to help the soul.

If the soul asks for help, the guide will give advice but will not divulge the answer, as the soul needs to learn on their own.

A guide will often warn the soul of a dangerous situation, or provide information if the soul is doing something wrong (i.e. butterflies or sense of guilt), but otherwise will not interfere with the soul.

If a soul wants to develop its psychic gifts, the guide will work with the soul to bring forth teachers to help the soul learn. The guild will also bring in helpers if needed. Helpers are often family members who decide to join in on the souls travels for aide and support.

A guide is also the only authority to manipulate or open chakras for the soul. Chakras are complex spiritual energy wheels located in specific parts of the body and are very delicate and important. The guide will open chakras as needed for the soul either upon request or as the guide sees its needed.

At night, when the soul sleeps, the guide will pull the spirit from the body so that it can purge and refresh itself. In a complex arraignment, all the memories and feeling that are felt during the day are sorted and filed, or played back in the form of a dream. Also, old issues the need to be dealt with before advancing are played in a dream format. The guide may also take the spirit and take it on a journey, called astral travelling to learn new things that could only be learnt in the spirit world.
**Spiritual Development**

The main purpose of a Spiritual guide is to help with spiritual development. When we decide to develop our spiritual side, they will step in and start to work with us. However, they will only do it if we are sincere and dedicated to it.

Spirit Guides know us more than we will ever know so they know when we are serious and ready to go forth, there is no fooling them. Once we decide to move forward, then they will start to open you up. When our life plan dictates that it is time to start to work with the guide in this area, we will get the sensation of being driven or pushed in this direction.

We may also get signs, such as ads in the paper or radio, or we will notice a book in a bookstore that is about spirituality. We may also face a crisis in our existing beliefs that will make use look towards spirituality as an option. This not only applies to spirituality but virtually anything in life that we are supposed to do in our life lessons. I am sure we have all felt that sudden desire to do something and it is almost overwhelming. In any case, the guide is pushing you to follow your path as you set forward.

When we decide to come to earth, we also decide what gift we will be developing this time. We all have the gifts, everyone of them, but in each lifetime, we concentrate on one of them, so that we can learn the maximum of that gift. The guide will know which gift it is and will signal that to you in a form of desire.

Once we start on our development, the Spirit Guide will now take on a different role. They becomes the go between for you and ascended teachers, or masters and delivers their messages. They will now become the gateway and protect you from harm as long as you want to be protected. They may even become visible and be your companion in life, but this is not always the case.

Guides do not have to be visible to be effective. Many well known psychics and even the little old ladies in dark rooms, never know they have a Spirit Guide. The need to meet your spirit Guide is a new phenomenon and is the work of the Spirit World coming closer to us.
Meeting Your Spirit Guide

There are only two ways to know who your Spirit Guide:

1) Find a medium who can connect to your guide. Very few mediums can do this and it seems to be a specialized field amongst psychics.
2) Train with your guide to establish contact. This is the one we will be looking at.

Establishing contact with your guide takes a lot of patience and dedication. Often you will have to establish your psychic gifts first before anything happens. You will need clairvoyance to see them, and clairaudience to hear them. But that doesn’t mean they are not communicating now. Here are a few ways that they communicate with us:

1) **Through feelings** - Ever had a strange feeling come over you when you are relaxed or are suddenly aware of danger though you don’t see or hear it? Spirit guide will often use our bodies and emotions to let us know things.

2) **Through Thoughts** - Ever had a strange thought pop into your head and wonder where that came from? Often these are answers to a burning question or situations that we are trying to deal with.

3) **Dreams** - Often guides will come in dreams in forms other than their own, to help us find an answer or give us a message. They also help lost loved ones come to us in dreams.

4) **Touching us** - People have often talked about someone touching them or being poked, perhaps their hair is moved or they get tickled. This is often your Spirit Guide trying to get through to you.

Once we establish a link with our guides, they are often in our psychic vision giving us directions or just talking to us. I am very fortunate that my guide is an omnipresent force in my life that has help me through a lot of things that I would have been lost in.
Here are some ways to establish a link to your guide:

1) **Give them a name** - Give your guide a name so that there is a physical sense to them. As humans we tend to need a physical thing to grasp on to. The Spirit Guides have no names, so they do not care what you call them, but by giving them a name, you are telling them that you want open communications with them.

2) **Talk to them** - Constantly talk to your guide inside of your head(talking to nobody generally is frowned upon). This will help them adapt to your vibrations and re-enforces the fact that you want to communicate with them.

3) **Do visualizations** - by doing visualizations or meditations, you move yourself closer to the astral plane where they exist and makes it easier to connect. In our world we are inundated with noise and physical distractions. By being quiet and doing meditations we are removing a lot of barriers that separate us.
Here are three meditations that will help you:

Before we start, please ask your guide to meet you in your meditation

First, I want you to sit as comfortably as possible, and relax your body.

Take a deep breath, breathing in as best as you can, then hold it slightly, then breath out.
Again, take a deep breath, breathing in as best as you can, then hold it slightly, then breath out.

Let the tension leave your shoulders and arms, and feel your body sinking into the chair.

Now imagine you are on a dirt road, which is in the middle of a farmers field. The sun is directly overhead and you can feel the warmth of the sun on your shoulders and fills your heart and soul with peace and joy

To the left of you is a corn field, bordered by a wooden fence. You reach out and touch the fence, feeling its rough texture on your finger tips. You can see birds sitting on the fence, singing your favourite song, and as they do, you start to hum it with them.

Looking to the right you see a patch of trees, swaying gently in the wind. A gentle breeze comes up from behind and gently pushes you towards the woods. You start to walk towards the trees and as you do, the grass caresses your feet, sending waves of energy up and down your legs.

You see an opening in the trees and enter the forest, feeling nothing but joy and love. You find a path and walk on it, while the branches gently rub your shoulders in loving fashion. Leaves fall down and cover your path, marking where you are going with a green color of healing.

As you walk down the path, you see animals coming out from the trees to greet you and follow you down the path. Your heart and soul is filled with joy and wonderment as you feel love the animals are giving you. The animals gently nudge you forward and walk with you on your path. Remember these animals for these are your animals totems.

You walk around a bend in the path and suddenly see people standing in the path waiting for you. You know instinctively who they are and walk forward to greet them. They give you a big hug and you thank them for coming today.

I will leave you here to talk to your guides and family.
Welcome to the Spirit Guide Meditation part 2

First, I want you to sit as comfortably as possible, and relax your body.

Take a deep breath, breathing in as best as you can, then hold it slightly, then breath out. Again, take a deep breath, breathing in as best as you can, then hold it slightly, then breath out.

Let the tension leave your shoulders and arms, and feel your body sinking into the chair.

Now imagine you are standing on a beach, with the sound of the waves all around you. You start to walk down the beach feeling the sand between your toes and the warm breeze coming off the water.

You can hear the birds in the air, calling your name as you walk along the shore.

You slowly walk into the water, letting the waves wash away the sand from your feet. As you do you feel a warm sensation entering your feet, and feel it moving up your legs... then up through the pelvic area.......up your body.... over your shoulders and down your arms..... then up your neck and into your head.

A sense of peace and joy fills you as you look across the water and notice a pinpoint of light.

As you watch the light you notice it getting brighter and brighter...it is moving across the top of the water straight for you.... you feel no fear as it approaches you

You watch it come onto shore near you. Suddenly, the ball of light turns into a person and you see them walking towards you. Your feel a sudden rush of love and happiness as they come forward and hug you. You say thank you for coming and start to walk down the beach with them, listening to what they have to say.... I will leave you hear to be with your guide
Welcome to the Trust Meditation

When we work with guides, one of the main things that we have to get used to is trusting them with our paths and with the messages we receive from them. We often question them and that is a good thing, but to ignore the messages or have distrust in them only leads to a dissatisfied relationship.

This meditation is a very short one, but is good to set the tone for meeting your guide. In the meditations I am going to ask you to leap off a cliff, and do nothing at all as you fall. Most people find that they start to fly, others feel hands on them slowing them down. In either case, you need to have trust that you will not be hurt and your guides will be there to help you.

Before we start, please ask you guide to meet you in your meditation

First, I want you to sit as comfortably as possible, and relax your body.

Take a deep breath, breathing in as best as you can, then hold it slightly, then breath out. Again, take a deep breath, breathing in as best as you can, then hold it slightly, then breath out.

Let the tension leave your shoulders and arms, and feel your body sinking into the chair.

Now imagine yourself walking up a steep road, it is very dusty and is filled with rocks. The road is leading you up a side of a mountain towards a house that sits on the edge. As you make your way, you can hear the wind whispering your name and feel the coolness of the air around you.

You turn a corner and see the house standing right in front of you. It has white walls and a golden roof which shines brightly in the sunshine.

You walk up to the front door and open it, and notice that there is only a gaping hole in the floor. Without fear or hesitation, you jump into the hole and fall into the darkness.