



Communicating with Spirit

This technique may be used to communicate with Spirit Guides, Unseen Friends or those who have passed into the Spirit world.

1. Sit in a quiet environment with no interruptions.
2. Light a candle, preferably white or ivory.
3. Surround yourself with the protection and white light of Universal Love.
4. Align with your Higher Self. This is your soul-level self that communes most directly with Spirit and is always available to you. "I now align with my Higher Self" - puts you there, anytime anywhere.
3. Request, either silently or out loud, for the guidance of your wise and loving Spirit Guides. (There are a lot of spirits about, you want to make sure to request guidance from those of wise and loving intent).
4. In writing, ask a question.
5. Skip a line and begin writing whatever comes into your head. Do not read, think, edit or seek to understand, just write whatever comes up. This is their communication.
6. Once you have completed your Question & Answer session, thank your Spirit Guides for their guidance.
7. Now you can read the content of their communication.

Soul-level connection and wisdom are always available - all you need do is ask. But ask you must, for Spirit only interacts when invited, otherwise they patiently watch and wait, respecting the bounds of the "free will" zone in which we live.

