

Your guide to Guides!!!



Some say 'guides' are parts of our unconscious to which we give form. Others say that these guides are separate entities assigned to us for our protection and growth. It doesn't really matter, as long as you 'grow' from their guidance.

Your needs and expectations determine the type of guides you attract. (An explanation for the numerous Guides that appear as Native American Indians?) As you grow your guides will change to reflect your new needs. Previously, my key guide was an ancient Oriental wizard with a long grey beard. My guides now appear to me in their luminous bodies of Light.

Most guides won't interfere with your life unless you are on a destructive life course. It is up to you to ask for their help and guidance. You can totally block our guides! And we often do!! If you choose not to accept their support, there is little your guides can do. As with all spiritual growth, you always have free will!! People who have trouble accepting help from others on the physical plane will almost certainly have trouble accepting it from other planes.

Everyone can learn to channel! Channelling involves achieving an expanded state of consciousness that allows you to connect with a high-level guide, your higher self or even an Ascended Master. You don't need to be spiritually evolved or have been psychic all your life – but you do need patience, perseverance and a strong desire to make the connection.

I have taught many, many people to channel and they all reported that the experience has touched their lives for the better. They are able to see the bigger picture; to perceive the world in more positive ways. Students say they find more compassion for themselves and others. Gradually they find their lives taking on more meaning and a sense of purpose. Channelling is a major step towards, and a vehicle, to enlightenment!

This simple exercise which will assist you awaken your guide connection.

Centre yourself and perform a progressive relaxation exercises. Visualise yourself in place special to you. It may be a real locale or an imaginary one. Experience this special place with all your five senses and gradually allow yourself to feel peaceful and safe. Bring to your mind questions to which you need guidance.

Begin to project a strong desire to connect with your Guide. Feel this desire with all your heart! Now, look in the distance and see a tiny dot of blue light. It is glowing brightly as It slowly moves towards you. As It comes closer, It is getting bigger and more luminous. As the luminous mass get closer, It begins to take the shape of a person. Finally, the shape is close enough for you to see who It is. Invite It to sit down next to you.

Notice how comfortable you feel with this Being. Ask the name by which he or she wishes to be known. Tell It your problems and ask for advice. Spend some time together enjoying the inspiring energy. Let your guide know you wish It to be close at hand and that you are willing to listen to It's advice.

Slowly see yourself arising and walking away from your special place. Bring yourself very slowly back to consciousness, feel the floor beneath you and become aware once again of your breath.

You may visit your Guide whenever you choose! Know that your guide is now close to you, whether you 'saw' It or not! Continue to strengthen the connection by meditating upon Its presence and your desire to channel.



Channelling holds loads of potential for your spiritual growth and healing.

Kaz Thorpe (Ph.D. Metaph, Dip. EH, Dip. PH, AHHA, ARC Inc), presents regular workshops such as **“Channelling: Guides & Masters”** at the Asclepius College of Healing. Why not ring now for your curriculum and brochures? **49562 263.**