



11 STEPS TO
CONNECT WITH
YOUR GUIDES

(AND YOUR
DIVINE PURPOSE)



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Please, I'd like an answer!

You, like many others I have worked with, **want so badly to see and talk with your Guides**, but what's a question without an answer?

Over the past 13 years working with my Guides, I have discovered that **there is always an answer, we just tend to miss it or not trust** that what we experience might be our Guides giving us that answer. Could that butterfly that just landed on the yellow flower I've been staring at really be my Guide?

Just like getting a six pack in the gym or learning a new language, daily practice is necessary for reaching the goal. In your case, speaking to and reading the signs from your Guides are your goal. *This requires daily practice.*



But how can I practice if I don't know where to begin?

This 11 step exercise, including a fun game to play with your Guide, is daily practice that will help you connect with your Guide to better trust the signs and understand the answers.

Step 1: Breathe with your Guides.

Every morning, right after you wake up, before you even get out of bed, take 3-5 deep breaths with your Guides, connecting with them, inviting them into your day, without expectation of an answer.

Step 2: Trust your Guides, even in the topsy-turvy times.

Make a commitment to your Guides that you trust them, especially when life is topsy-turvy and you need answers to the biggest questions.

Step 3: Ask. And Let go, let spirit.

You may want to know whether you should ask for a raise, break up with your significant other, or buy that car. I want you to ask them where to go, what to do, who you need to see, and what you need to say, in all your scenarios. Then, let it go. Let go and let spirit.

Step 4: Acknowledge and imagine.

When you sit down to have your oatmeal and cup of coffee, acknowledge the presence of your Guides, see if you can feel them anywhere around you. If you can't, and this is important, imagine them sitting in the empty chair next to you, or standing over your right shoulder, and simply say hello.

MORE STEPS...



Step 5: Engage in person, with the help of your Guides.

Before you open emails, pick up the phone, talk to your child's teacher, or interact with someone in person. Before you say hello, breathe with your Guides again, inviting them in. You'd be amazed at what can happen with your Guides and a simple "hello."

Step 6: Pause and ask a question.

Later in the day, around 2:00, take a break from what you're doing and close your eyes, then take 3-5 deep breaths with your Guides then ask them a question. Open your eyes and scan the room as you count to ten. When you reach ten, STOP and notice what happens next. What did you see? Where did your eyes land? How does it make you feel? This is the symbol.

Step 7: Break down what you saw - the symbol.

Do you like that symbol? How does it make you feel? Where did the symbol come from - even if it's a tree, answer the question. What color is it? Do you like that color? What does that color mean to you? If it had a smell what would it smell like?

Step 8: Game time! Give the symbol a voice.

Use your imagination to decide that if your symbol could talk, what would it want to say to you? Even if it's one word, even if you think you are making this up, even if you think this is crazy...play along and let the symbol give you a word. If you were an Olympic Gold hopeful athlete and I was your coach telling you to play this game, would you? You bet you would. So play! You aren't crazy.

Step 9: Thank your Guides.

Take a moment to thank your Guide and write down what your symbol said, even if it didn't provide an answer. Don't worry, you're going to try again tomorrow.

Step 10: Acknowledge your Guides.

Before bed, light a candle, say a prayer, or say thank you again to your Guides.



Step 11: Expect your Guides again tomorrow.

Go to sleep knowing that tomorrow you will be with them and talk to them again. Feel it get easier to say goodnight.

Stay tuned for how to get in touch with your Guides even more with my free video series!

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