the guide to

SPIRIT GUIDES

with Denise LITCHFIELD





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YOU HAVE A SPIRIT GUIDE WHO'S WITH YOU BEFORE YOU'RE BORN TILL AFTER YOU PASS.

hello

SHINY LIGHT

Like 99% of the rest of the world, hearing and seeing them doesn't come naturally.

The good news is we can still access their help and wisdom.

Everyone has a guide, or two, or three. No one gets left out.

Even if you don't know who THEY are, they know who YOU are.

In this guide you will discover how to connect to them.



GUIDES

are human

had an earth life

DON'T COMMAND

prefer the background

ARE GENTLE



WHAT DO GUIDES DO?

A guide helps us fulfil our spiritual destiny.

They are always in the background, and whether we access their help is up to us.

Our spiritual path doesn't finish when we pass on, in fact it becomes the number one mission once we get to the Spirit World.

Imagine you are a concert pianist who has just gone to the Spirit World. Once there you realise there are all kinds of pianos to play and students to teach.

One day you see a new student to the piano only they are on the Earth realm. You want to help them too, so you inspire them, play music to them in their dreams and guide a new teacher to help them.

That person becomes the next world class concert pianist bringing joy to the world through their music.

If you were that guide, how would you feel?

RECOGNISE YOUR GUIDE BY THEIR ENERGY.

IT'LL NEVER LET YOU DOWN.



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CAN AN ANIMAL BE A GUIDE?

Our pets go to the spirit world and wait for us.
They might pop in to visit, and be a helper, but not a main guide.
Spirit guides are human, like us.

NAMES

Don't have to have a name

It's OK to name them yourself

LISTEN AND REPOND

Show intelligence

May have normal names

HAVE A RECOGNISABLE ENERGY FEEL

4 THINGS GUIDES DON'T DO:

ORDER YOU AROUND - THEY GUIDE

INTERRUPT DAILY LIFE

DON'T LEAVE WHEN YOU TELL THEM

MAKE YOU FEEL BAD



CAN THEY SEE ME NAKED?

Thank goodness, they can't. Not that they'd want to!

Spirit Guides are more interested in spiritual business than bathroom business.

ACCESS THEM:

meditate

long walks

DAYDREAMING

Staying grounded

not overthinking

PSYCHIC DEVELOPMENT CLASSES


it's OK
not to know
WHO
your guides ARE
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LEARN THEIR LANGUAGE

Know they're present by the influence and confirmation they give, by the touches and tingles they send, and by the invisible work they do for your spiritual growth.

Many famous mediums named their guides themselves.



RECOGNISING THEM

We feel our guides long before we see them. Practice noticing their presence.

EACH GUIDE HAS A SPECIAL FEEL. IT'S THEIR CALLING CARD.

Like a personal ring tone, after a while you will recognise it.

It's a team effort . Do your part by finding time to check in. Use meditation, journaling or walks in nature.



IT'S A SACRED MOMENT

to meet a guide and worth the wait.

Explore the connection for yourself. Don't let anyone tell you who your guides are or what their names are.

Whether or not you SEE them or know their names is not as important as WORKING with them. Develop a relationship to the boost the signal strength between you.

Being told who your guides are is a let down. It takes away the sacred moment of meeting them yourself and experiencing the proof.




MEET YOUR GUIDES HALF WAY
RAISE YOUR VIBRATION TO THEIRS
SO YOU CAN CONNECT BETTER
THEY ARE ALWAYS COMMUNICATING



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WORK WITH THEM

Set aside quiet time and have a chat. Tell them what you'd like. Then look out for signs .

BE OPEN

Draw an oracle card

listen for random messages in songs

They are always communicating - how will you listen?

GET CONNECTED

Support from
others who "get" you.

ACCESS FREE
PSYCHIC TRAINING VIDEOS

Give and receive on
free reading days

JOIN THE PSYCHIC
PLAYGROUND
FACEBOOK
COMMUNITY

JOIN GROUP >>>




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questions ?
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