SPIRIT TALKS SCHOOL UK

SPIRIT GUIDE *workbook*

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Introduction



Hello!

My names Dawn, I am an International Psychic Medium, Spiritual Mentor, Gift Activator and owner of Spirit Talks School UK, I help and support beautiful souls who would like to understand and develop their own unique gifts and soul purpose.

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What people dont tell you about Spirit Guides

It is pretty common these days to hear the term ‘Spirit Guides’, yet, there can be some confusion as to what they actually are. So, I aim to dispel many misconceptions and clarify the terminology surrounding Spirit Guides.

Firstly, everybody has Spirit Guides – even if you think you don’t, you do! For those who have worked with their guides, the below will hopefully help deepen your connection and offer you a clearer framework. If you’ve never worked with your spirit guides before, by the end of the workbook, hopefully, you’ll have a good place to start & be at least curious

DID YOU KNOW YOU HAVE SPIRIT GUIDES?

What is a Spirit Guide?

As the name ‘spirit’ suggests, these are beings that do not occupy the physical realm. If we accept that everything in the Universe is made up of energy, we vibrate slowly enough to exist on the physical plane. In contrast, spirit operates at a much faster, lighter rate, occupying a different level of existence.

Most guides were once human, i.e. they once occupied this earth at some point in history, but are now deceased and live in the spirit realm. These spirits have agreed to work with you, and you alone, to help you on your Soul’s path.

YOUR THOUGHTS:

What does “Work with you and you alone” mean?

Generally speaking, there are two types of Spirit Guide:

1) Personal Guides

2) Working Guides

Firstly, everybody has at least three, not one, Personal Guides.

This is regardless of whether you decide to communicate with them or not; they are still there, gently offering guidance. Occasionally, you may have more guides for specific periods in your life. Also, these guides can come and go throughout your lifetime, your main guide stays with you

YOUR THOUGHTS:

Your Three Personal Guides:

Your Main Guide

1) On your left side, you have your Main Guide: this Guide is interested in your soul's development, otherwise known as soul evolution. But what is 'soul evolution'? OK, let's take a step back;

Simply put, what is a Soul? A soul is the Consciousness of a living being. In other words, it is everything that the physical body (matter) is not. So, a soul makes up our reason, character, feeling, memory, and perception.

• The Soul Evolution is the lessons faced and learned to get closer to Self-realization or Enlightenment. In other words, we are trying to overcome the sense of 'self, the ego, to unite with Divine-consciousness. By doing so, we can see the reality of life as it is–we're all connected and what happens in the one, happens in the whole.

Can you feel your Main Guide?

Your Three Personal Guides:

Your Guardian Angel

2) Behind you stands your Guardian Angel. Some mistakenly believe that your Guardian Angel is above you, but this is because their energy signature is so large that they can appear 'floating' above your head as opposed to directly behind you, where they truly are. As the name suggests, they are there to protect you in any way possible.

Best described as a mother figure – although there is no gender in energy, only how we perceive it through our rational minds; their desire to protect and love is unconditional.

Can you feel your Guardian Angel?

Your Three Personal Guides:

Your Gatekeeper

3) To your Right Hand side is your Gatekeeper – sometimes known as Door Keepers: As the name suggests, this is your protector, much like your very own nightclub bouncer; he is the one with the clipboard saying, "If your name's not down, you ain't coming in".

He makes sure that only energy, which serves your highest good, is coming near (if you ask them to, that is). Your Gatekeeper is not there to offer advice or guidance; this is what your Main Guide and Guardian angel can do; instead, your Gatekeeper is a protective 'shield'.

They tend to have a much denser feel to them; they're often not pretty, and they are not meant to be – it is no good having a beautiful maiden as a Gate Keeper; their role is to protect and shut out any unwanted attention.

You can call upon your Gatekeeper any time; this is particularly important before undertaking any psychic or mediumship work. Similarly, if you're ever in a situation where you feel uncomfortable or around someone that makes you feel uneasy – silently call in your Gatekeeper to push back anything that isn't serving you.

In addition, you may have noticed that the positioning of these three personal guides forms a sacred triangle around you – a very powerful spiritual number and shape.

Working with your Personal Guides

Because your own guides are working with you and only with you, you are always linked. Therefore, unlike working Guides, you do not need to open up to connect with them (if you have no idea what 'open up' means, do not worry we will be covering that in the coming months). You merely need to set an intention to communicate with them and give yourself a quiet space and time to allow the relationship to strengthen.

Remember, your Main Guide and Guardian Angel are there to offer you advice and support – they will 'talk' with you. On the other hand, gatekeepers are like your security guard; their job isn't to converse or guide but rather to protect. Moreover, and this is important to remember at all times, your guides cannot break your free will. Therefore, they will only communicate and guide if you ask them to. They cannot tell you what to do, as again, this undermines the free will you have over your own life, but they can make suggestions that are in your best interest.

Your Thoughts?

Working Guides

Working guides come on your team as you need them at different times in your life, and you can use your free will to request more spirit guides still.

Your particular spiritual guidance squad, the team of spirit guides assigned to you, could include any or all of the following:

Departed Loved Ones

Loved ones or family members who've passed on may choose to be one of your spirit guides and actively support you from heaven by helping you in very practical ways, like sending career opportnities or nurturing relationships your way.

One of your grandmothers could be an important spirit guide for you, whether you knew her well in life or not.

Do you feel a passed family member helping you?

Working Guides

A Singer Guide

Are you a singer? You may have a singing guide to help you with being the best singer you can be.

A Writer Guide

Are you a writer? You may have a writing guide helping you write giving you channelled inspiration to write.

A Dancer Guide

You maybe a dancer? You will have a dancing guide to help you become the best dancer you can be.

A Speaker Guide

You may be a speaker? You will have a speaker guide that helps you channel when youre speaking.

There are so many, you can call them in to help you with something you would like to learn.

What do you do and what guide can you call in?

Spirit Guide Quiz

Who has a Spirit Guide?

- [ ] Only people who go to church?
- [ ] Everyone?
- [ ] Those who are gifted?
- [ ] Only children?

What is a Spirit Guide?

- [ ] Physical Beings?
- [ ] Once on earth?
- [ ] Beings that have never been to earth?
- [ ] Angels?

What do Spirit Guides need in order to work with you?

- [ ] A wish?
- [ ] Your permission?
- [ ] Your invitation?
- [ ] A question?

How long does your Main Spirit Guide stay with you?

- [ ] Only as a child?
- [ ] For your whole life?
- [ ] Only when youre going through difficult times?
- [ ] For aslong as you need them?



Get to know your guides, and give them names

You might give one of your guardian angels a name you've always loved, like Emily. Or you could be thinking of your guardian angel as you read a name in a novel, like Javier or Gigi, and that becomes their name.

Giving a guide a name makes them feel more real and may encourage you to connect with them more regularly. You may also come to know the personality of one of your guides after working more closely with them over time.

Action step: See if a name comes to you for one of your guides via your intuition or a synchronicity, or get creative and give them a name. If a guide is always offering you help taking your career to the next level, they might be serious and motivated. Yet another guide could be playful and always send you humorous guidance, encouraging you to lighten up and enjoy the ride



Get to know your guides, and give them names

Surrender something to your guides

When you're frustrated about a situation, confused about the best next step, or feeling that you don't have enough control, surrender an issue over to your guides. Even if it's just to give yourself a little break. This can allow fresh insights to come to you as well as let your guides have more freedom to do their thing and help.

Action step: Practice energetically releasing an issue to your guides, perhaps just temporarily. Try to quiet your mind instead of strategizing and worrying. Use a mantra like, "I'm surrendering this issue over to my guides to see what they can do



Get to know your guides, and give them names

Start a spirit guide journal

Get a special journal and devote it solely to increasing communication between you and your guides. This is a sacred place where you can write your guides a letter and ask them for assistance in specific ways.

While your guides know you and your life well, it can be powerful to use your free will to ask for help and guidance. You can also use this journal to record any important signs they send.

Action step: Write your guides a letter at the beginning of the week and express gratitude for a sentence or two about anything in your life you think they've helped with recently.

Then spend a few sentences asking them for help or guidance on a specific issue. For the rest of the week, watch for synchronicities from your guides regarding this issue.



Get to know your guides, and give them names

Develop daily, weekly, or monthly spiritual practices.

Spirit guides are of the spirit world and have a powerful ability to ground you in your own spirituality or help you discover it.

Having regular spiritual practices—like drawing an oracle card every morning for inspiration, taking a meditative yoga class once a week, or attending a spiritual gathering once a month with other people—will create more intimacy with your spirit guides.

Action step: Do something in the next few weeks, like a new moon or full moon ritual, to create more regular spiritual practices in your life.

You can also make a list of some of your most important spiritual beliefs. For example, you may have a strong belief that the soul lives on after the body dies, or feel closer to Spirit whenever you spend time in nature



Get to know your guides, and give them names

Simply send your guides a message in your thoughts.

This may sound like the quickest and easiest way to connect to your spirit guides, but it really works. You can make a formal prayer or blessing, or you can simply tell them what you need in your thoughts with a brief sentence or two.

Action step: ask your spirit guides for help in your thoughts with something you've been worried about. Then also ask for help from a loved one, co-worker, expert, or health care professional. You deserve all the support you need!



Get to know your guides, and give them names

Use a divination tool.

Humans have been using divination tools to communicate with Spirit for as long as humans have been around. Oracle cards, tarot cards, runes...there are many divination tools. Try different methods and see what works best for you.

Action step: Before you work with your divination tool, take your cards or anything else in your hands and hold them for a minute, closing your eyes and taking a few deep breaths to center yourself. Then silently ask your spirit guides to send you a helpful, healing message through this tool.



Action Steps

1

Create space for your Spirit Guides daily even just 10 mins

2

Think of the question you require help with

3

Use a method to connect

Your Team want you to live your best life, they want whats best for you. They are your bestfriends!!

Every moment is an opportunity to change your perspective.

How you receive the guidance from your Spirit Guides?

Be more present in your everyday life.

Part of getting more guidance from your spirit guides is recognizing the messages they are already sending. Many times the messages our guides send are lost on us because our lives are too busy or our minds are too busy

Action step: Try opening up some space in your schedule or taking some responsibilities off your plate, if possible. When you're not rushing around, you'll notice more messages from your guides. Help quiet your mind by finding a meditation practice that works for you so you can get better at creating more space in between your thoughts.

What guidance did you receive?

How you receive the guidance from your Spirit Guides?

Stay on the lookout every day for signs from your guides.

The more you watch for signs from your guides, the more you'll recognize the signs they send. But something else magical happens too—as your guides sense you are more aware of them and their helpful messages, they will send more.

Action step: Remind yourself on your train commute to work or while you're showering in the morning that every day your guides are sending you messages. If you're trying to make a major decision, or you're going through big changes or challenges, expect the guidance coming at you to increase to help you navigate this situation

▪A Song ▪An Advert▪A person ▪An Opportunity▪Number Syncronicities....

How did you receive your guidance?

How you receive the guidance from your Spirit Guides?

Spirit guides will often enter your life by sending you signs, also called synchronicities.

An example would be realizing you need to improve your romantic relationship after having a fight with your partner before bedtime, and out of the blue the next day you notice a book about communication in romantic relationships sitting on a co-worker's desk.

Spirit guides could also communicate to you through numbers or number sequences like 111, or you might have a lucky number, and when you go for a job interview, your lucky number is in the company's address.

Spirit guides could talk to you by sending musical messages, like a song that always inspires you playing on the radio when you get in the car after a rough day.

Spirit guides might send you a dream that gives you an idea about how to handle a situation, or a guide could even appear to you in a dream.

What sign did you receive today?

How you receive the guidance from your Spirit Guides?

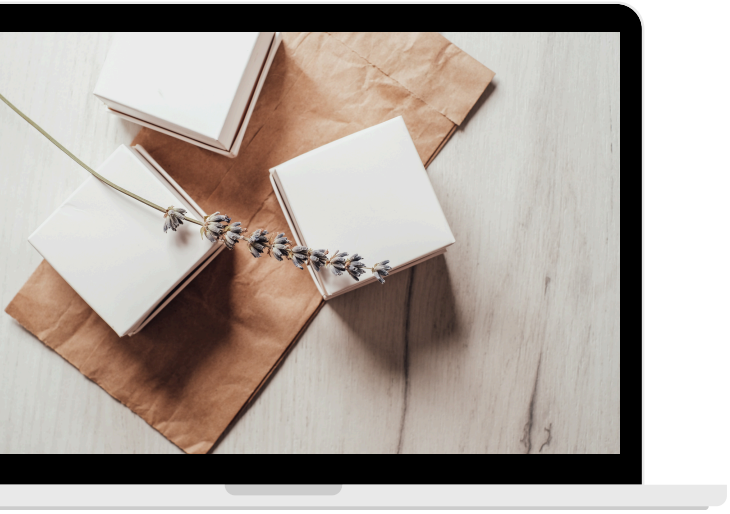


Spirit guides even send helpful people and opportunities your way, another form of communication that often requires you to take action (asking an interesting new person in your life out to lunch, buying a ticket to a transformational workshop) regarding the person or opportunity your guide has sent or somehow put on your radar.



What opportunity did you receive today?

What to do when you feel disconnected from your spirit guides



If you're feeling disconnected from Spirit, don't worry. You have a connection to Spirit and always will. Your spirit guides are there, working on your behalf behind the scenes, whether you sense them or not

Sometimes it's during the most challenging times in our lives that we can feel disconnected from Spirit, yet this is when Spirit can and wants to help us more than ever.



Reset~Reconnect~Respect

What to do when you feel disconnected from your spirit guides



When you're going through big changes, it can help ground you to feel connected to your spirituality and your spirit guides. Watch a documentary or movie with spiritual themes, listen to a podcast by a spiritual leader who resonates with you, or read an uplifting and inclusive book about spirituality for 20 minutes every night before bed

Your spirit guides very much want to have a closer relationship with you. As you open up to and attempt more communication with them, you may be pleasantly surprised by how many messages you notice. Your spirit guides already send you so many messages.



For most people, the invitation is to start recognizing the communication that's already happening

Monthly Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Notes:

Weekly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Thank-you!

I'm so excited to continue working with you, please reach out to the group and share your experiences

Hope you all enjoyed and are ready to start your first month to build up a relationship with your Guides.



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