



CLARITY

*Step Three:
Meet Your Guide(s)*

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“Your Spirit Guides and Angels will never let you down as you build a rapport with them. In the end, they may be the only ones who don't let you down.”

— Linda Deir

Step 3: Meet your guide(s).

Your spirit guides will come to you in whatever form or way makes sense for you. They may come in your dreams. You might start noticing synchronicities in your life. You may find that suddenly certain animals keep showing up when you're taking a walk. (Deer show up quite often when I'm out walking and thinking about new ideas, like a sign telling me that a certain idea is a good one). You may connect to your guides in meditation or during [hypnotherapy sessions](#), which is when I first learned how to connect to my guides.

I had never had a sense of having a “specific guide” until I took a hypnotherapy course and learned how to connect with my guides and learn from them. Now I use hypnotherapy and meditation regularly because it's the easiest way for me to open up to that spirit world. To me, it feels like a direct line of communication.

Now, everyone opens up to that spirit world in different ways. Some people meditate. Some people write. Some people take walks in nature. Some people dance or paint or sing. There are countless ways that you can learn

to be open to your guides, so I'm not going to tell you there's ONE WAY you have to do things. There isn't.

What you'll want to do is explore different ways of connecting with spirit to see what works for you. Take a yoga class. Sit outside and simply breathe. Do hypnotherapy. Read *The Artist's Way*. Go to an ecstatic dance class. Follow what feels good to both your body and your soul. The more you open up these doorways within you, the easier it will be for your guides to come through. If you can't afford to take classes, don't let that be your excuse! I couldn't afford classes for a long time so I found yoga classes on YouTube, meditated on my own, and journaled.

Guided meditations are one of the easiest ways to connect to your guides, so you might start with a guided meditation asking to meet a spirit guide.

You will have different spirit guides at different times.

When I first began meditating, I connected with a guide who I called my Fairy Godmother. She appeared to me for years, and then one day, she told me I had surpassed her level and it was time for a new guide to appear. Soon after that, Mother Mary appeared to me as my guide. It was Mother Mary who taught me how to bring compassion and unconditional love and acceptance into my meditation practice.

During this whole time period I also had a guide I called Yogi. Yogi was my writing guide and he has been working with me this whole time to write many things, this course included.

My Fairy Godmother, Yogi, and Mother Mary each have different purposes for me. They are each calling upon me to do different things, although they all are somewhat intertwined. I also have a bald eagle guide who has only appeared to me once and has a job for me that is still not completely clear to me.

Your guides will appear when you are ready and will move on when it is time for a new guide.

You can have more than one spirit guide and more than one calling.

Some people find their calling early on and follow it with tenacity. They often have one big calling and one particular guide who is working with them.

But there are a lot of people who have many guides and many callings. All of these guides are seeking people who are able to take on the tasks they need done. And if you're one of those people who can do a lot of things really well...guess what? A lot of guides are going to be calling on you.

If you're one of those people who gets LOTS OF IDEAS and has SO MANY PASSIONS, don't worry. It doesn't mean you're flighty. It means there are a lot of guides who want to work with you.

It's flattering, really.

It can also feel really confusing. You might feel a bit manic and scattered sometimes, like you just can't focus. That's because you have guides pulling you in different directions.

This is where boundaries come in handy and where you have to get in touch with your highest self to help you choose which ideas to follow through on and which ones to let go of.

(And don't worry. If you choose to let go of an idea, that guide will find someone else to take on the task.)

Always consult your highest self.

“The idea that we sacrifice our innate wisdom at the feet of our Guides is really no different from the rigid religious doctrines that talked us out of our childhood spiritual knowing.”

— S. Kelley Harrell

Your highest self is that part of you that wants what is best for you. This is the part of you that is able to see past your fear, anxiety, and ego. This is the part of you that you want to check in with when you're getting too many ideas and don't know how to focus.

Your highest self can be consulted by going into meditation - either your own practice or a guided meditation - and then asking to speak to your highest self. You can then ask any questions you want and trust that the answers are for your greatest good.

Believe.

It can be hard to give yourself the time and space to connect with your guides in the various ways I suggested earlier. After all, life is busy and you have 10,000 things to do. This is why I recommend beginning this step during your forty day information detox. When you take out social media and your other information inputs, you'll suddenly find yourself with way more time than you realized you had.

And if you believe that your spirit guides are real and that this is necessary so that they can reach you, it becomes much easier to prioritize this work.

When you believe that what your guides tell you is true, it also makes it much easier to act.

My guide tells me all the time, “Just believe that I am real. Stop doubting me.”

Your Practice: Connecting with Your Guide(s)

Give yourself 30-60 minutes in a quiet space. Take three deep breaths and imagine grounding yourself in your body. Notice what your body feels like and practice your compassion meditation for a minute, breathing love and acceptance into your body. Then imagine bringing yourself to a safe space in your mind, a place that feels like it was made completely for you. Once you are comfortably there, invite in a spirit guide who wants to help you with your calling and who will work in the best interests of your highest self. Continue breathing and notice if you feel a presence. Your guide will appear in a way that makes sense to you, so it might just be a thought, or it could be an image, a sense, or even a sound. If nothing appears, give yourself permission to make something up. The more you allow your imagination to open up, the easier it will be for your guide to connect with you. Once your guide is there, feel free to ask it any questions you want and be open to the answers.

Note: Your guide will often give you answers you don't want. The answer might be that you have to meditate more before anything will become clear or that you have to practice doing nothing before you can take your next step. These types of answers will likely frustrate you and make you feel

impatient but your guides often know what you need to FEEL and BE before you can DO.