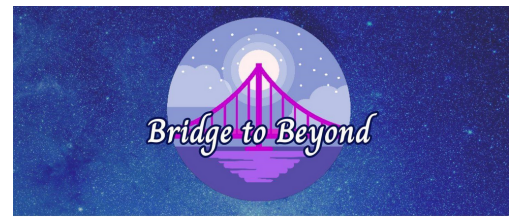


# Week Three - Development



## **Make contact with your Spirit Guide**

Your Spirit Guide may not appear to you straight away! Patience is required. I understand that this can be frustrating, I have been there and I get it however there is no short cut. Forming a relationship with our Spirit Guide is like any relationship we develop, we have to show up and work at it. There are many lessons that our Spirit Guides will teach us on our journey, in Mediumship and development, we can't just 'give up'. We have to keep showing up and working for Spirit and the more we give, the more we get.

Some may be lucky and have their Spirit Guide show themselves straight away, for some it may take a few weeks or a few months. It is important to trust the journey and if you are struggling with this exercise, try to just trust that you do have a Spirit Guide and with each time you commit to showing up and attempting to make contact with them, you are learning lessons in trust and your Spirit Guide will present when the time is right.

**Continue to Sit in The Power - recommended 3 times per week.**

**Do the Meet your Spirit Guide Meditation - recommended 2 times per week**

**Set a timer on your phone for 10 minutes. Quiet the mind and ask your Spirit Guide to step forward. See what comes through and remember if nothing does - keep trying. I recommend you do this exercise daily this week if possible.**

