



## **5 Simple Steps to Building a Relationship with your Guides**

### ***Step 1: Create a Sacred Space***

Find a quiet, comfortable space where you won't be disturbed. Light a candle or some incense, play soothing music, and arrange any meaningful objects around you to set the intention for the connection.

*“Creator all that is, it is commanded that you pull, clear, cancel, and delete on all four levels and resolve on the history level any wayward, any watcher, any entities, any thought forms, any attachments, anything seen or unseen, known or unknown, perceived or unperceived, and anything that stops us from being a pure channel of unconditional love. Thank you, it is done.”*

### ***Step 2: Earth Star/Soul Star Grounding Technique***

Sit or stand comfortably, take a few deep breaths, and visualize roots extending from the soles of your feet into the earth, anchoring you firmly. Then, visualize a brilliant light above your head, connecting you to the universe, and allow this light to flow through you, grounding and balancing your energy.

### ***Step 3: Filling Your Heart with Love***

Close your eyes and focus on your heart centre. Visualize a warm, glowing light growing within your heart, filling it with love and compassion. Feel this love expanding throughout your body, creating a sense of inner peace and harmony.

### ***Step 4: Calling in Your Highest Guides***

Silently or aloud, call upon your highest guides, guardians, or angels to join you. Express your intention to connect with their wisdom, love, and guidance, and invite them into your sacred space with an open heart and mind.

### ***Step 5: Asking for Guidance***

Once you feel their presence, take a moment to centre yourself and then ask for their guidance on the particular area of your life that you seek insight into. Be open to receiving their messages, whether through thoughts, feelings, or intuitive nudges.

Remember to thank your guides for their presence and guidance once you've finished. And always trust in the process, knowing that the guidance you receive is for your highest good.