

THE
INTUITIVE READING
PROGRAM

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Introduction

Welcome to the Intuitive Reading Program! I am delighted that you have chosen to continue your studies with this program.

HOW THIS COURSE IS STRUCTURED

The Intuitive Reading Program is structured in much the same way as the Akashic Records Program, in that it consists of both written and audio material. The written material forms the basis of the course, and audio lectures have been recorded for all the material too. The purpose of the audio lectures is to reinforce the written material and offer you a different way of taking in the information. The audio lectures are also slightly more detailed in places, so I recommend that you read through the written material first and when you are finished with the written module, listen to the relevant audio lectures — you will find the list of audio lectures in the contents page, right at the beginning of this book.

Please do not skip ahead in this course — it has been designed and ordered in a very strategic way, so that when you reach the end, you will be able to do professional-level intuitive readings with no problems at all.

Please make sure that you complete all homework exercises (including the worksheets) before moving on to the next lesson. If you miss out any of the homework exercises, you may struggle with the later lessons.

Feel free to work through the course at your own pace. The beauty of a home-study course is that you can spend as much or as little time as you like on it each week.

THE ONLINE MEMBERS AREA

Please take note of the username and password that you used to register for the Online Members area after ordering this course. You will find the course forums in the Online Members area, along with printable copies of the worksheets and worksheet answers.

MENTORING SESSIONS

One compulsory half-hour mentoring session and one optional half-hour mentoring session are offered as part of this course. You will find prompts in the written material to schedule your sessions with me. Please allow at least seven days for scheduling.

If you have questions as you go through the course, you can ask them in the forums.

THE AIM OF THIS COURSE

This course will teach you how to do professional-level intuitive readings on a variety of topics and life areas.

You will learn about how to do a Spirit Guide reading, Career reading, Decision-making reading, and a Relationship reading (in that order). You will gain practice and experience in each area before progressing to the next. Then, towards the end of the course, you will tackle a general intuitive reading by phone or email. In this way, you have the option of offering specialised readings on Spirit Guides, career, decisions, and relationships or you also have the option of offering a general reading to your clients, in which you cover a variety of questions that the client might ask about her soul path, Spirit Guides, career, decisions, and relationships.

The Spirit Guide & Guardian Angel Profile Reading

Doing a Spirit Guide & Guardian Angel Profile Reading involves tuning into the astral beings around your client and creating a Profile of these beings for her.

As part of this reading, you will answer questions such as:

- How many Spirit Guides and Guardian Angels are present on the client's team?
- What do the Spirit Guides look like?
- How long have they been with the client?
- What are their names?
- What type of energies do they bring to the client?
- How do they tend to communicate with the client?

The purpose of this reading is for the client to familiarize herself with her Spirit Guide team. The most significant benefit to this reading is that the client is likely to find it easier to communicate with her guides once she knows more about them. In addition, she may more easily recognise spiritual guidance when it comes to her. Getting a Spirit Guide Profile Reading can also increase the client's sense of emotional and spiritual well-being, knowing that she is not alone on her path through life.

First of all let's look at the role of Spirit Guides and Guardian Angels, as these are the two main types

of astral being that you will cover as part of this reading.

THE ROLE OF SPIRIT GUIDES

Spirit Guides are helpful astral beings that hold a spiritual, expanded perspective of our lives. Even before we incarnate, we will choose the right guides to help us on our path for this lifetime.

Our Spirit Guides know our soul's characteristics, path, and life challenges. They know what we are here to learn in this lifetime, and their job is to help us to stay on track with paths which align with our soul and life lessons. Accordingly they give us advice, comfort, and they can also give protection in the form of warnings.

Spirit Guides are like kindly family members, who know you inside out and want the best for you. They have a high vantage point on your life. If you are 'down on the ground', navigating the maze of your life, your Spirit Guides are looking down on that maze, knowing where it might ultimately lead you. They have this helpful vantage point because at least one of your Spirit Guides would have been involved in the pre-incarnation planning process you went through before you were born, in which you chose your life lessons, decided which souls with whom to have relationships, which challenges you would face and the family and circumstances you would be born into. Our Spirit Guides have often been through this process with us many times over. Thus we usually have a long history of collaboration with our Spirit Guides.

Spirit Guides are human souls, meaning that they have incarnated before in a human body. Spirit Guides do not tend to incarnate into physical human bodies any further once they have taken the step to train as a Spirit Guide. However, their past experiences incarnating on planet Earth have given them a complete understanding of the challenges souls face when they incarnate here.

Spirit Guides help us to stay 'on track' by communicating with us intuitively. Most often, this information comes through to us via the subconscious mind, through claircognizance and clairsentience. Those who have the gifts of clairvoyance or clairsentience may also receive guidance through those channels.

Spirit Guides are not Divine beings and they are not God. They are not omniscient. They know a lot about us but they do not know everything. So it is important to recognise that although Spirit Guides can give us helpful insights about our lives, they are not a spiritual authority for us — we have our own self-authority. We have free will here on earth, and we can accept their insights and guidance, or not, as we prefer.

In addition to the guidance we receive from our Spirit Guides, we also receive guidance from our

soul or Higher Self. The guidance we receive from our Spirit Guides is not going to differ from the input that comes from the Higher Self. They do not lead us away from the path that the soul chooses — instead they help us to stay on track with what the soul wants.

GUARDIAN ANGELS

The main difference between Guardian Angels and Spirit Guides is that Guardian Angels have never walked the Earth. Guardian Angels do not have human souls and they are of a higher vibration than Spirit Guides. This means that, vibrationally, Spirit Guides are closer to the Earth's vibration than angels are.

The role of Guardian Angels is to protect and guard us physically and emotionally. They also comfort us and influence us with their loving energies.

There are two types of Guardian Angel — the Godspark Angel and the Bodyguard Angel. More information is given on both types of being later on in this chapter.

A SPACE FOR CHANNELLING

In order to perform Spirit Guide readings for your clients, you will need to become adept at channelling. Some students will already have experience in channelling and others will be new to this. For the purposes of this course, I am going to assume that all students are complete beginners.

In my experience, the best way to channel your client's Spirit Guide team is to create and envision an energetic 'space' in your mind (such as a room) in which to meet with clients' Spirit Guide teams.

You will create this space by 'logging in' to the Akashic Records, just as you would for an Akashic Record reading. Then you will envision an elevator/lift on the ground floor of the Akashic Records. You will get in this lift and ask to be taken up to the level where astral beings are tethered to your client. You will be greeted by a 'conduit guide' who will lead you along a corridor to a conference room. It is within this conference room that you will meet with clients' Spirit Guides, Guardian Angels, the Higher Self, and possibly other types of astral being too.

I have asked that you be assigned your own conduit guide who will arrange for you to meet with clients' Spirit Guide/Guardian Angel teams in this way and who will escort you to them. I have also recorded an attunement that you can listen to, so that you can enter this energetic space for channelling Spirit Guides for the first time.

THE FOUR CLAIRS

In order to do a Spirit Guide reading, you won't just be using your pendulum, you will also be using your intuitive gifts to perceive and channel the guides.

By now, you probably have a good idea of what your strongest intuitive gift is. Having an idea of your strongest gift is important.

You can also get some clues about this from your experiences during the Akashic Records Program attunement. For example: Did you find it easy to envision the experience using your mind's eye? Did you 'hear' anything during the process with your 'inner ear' (your clairsaudience), or did you receive feelings through your clairsentience or a sense of knowing through your claircognizance?

Do have a think about it because it can help to have an idea of where your strengths might lie for channelling before you begin.

In case you're still not sure about your gifts, you might like to use the quiz below:

Place a tick next to each statement you agree with...

Clairvoyance

- You can visualize easily and often daydream
- Your nocturnal dreams are very vivid and colourful
- You are able to envisage solutions to problems. Plus, when you are using your creativity, such as interior decorating or even choosing an outfit, you are able to clearly envisage how you want something to look.
- You have talent as a painter, illustrator, fashion or interior designer or you have some other visually creative talent
- You sometimes see coloured lights around people when you're speaking to them (but when you look straight at the lights, they disappear)
- You can sometimes see auras around people — whether these are colours around people or the outline of someone's energy field (which often looks a golden yellow colour)

- You sometimes see things moving in the corner of your eye

Clairaudience

- You have heard voices in the past and the voice has protected you from danger or otherwise helped in some way
- You hear voices upon waking or going to sleep
- You sometimes hear music playing in your head/wake up in the morning with a song in your head and it's relevant to something you're currently experiencing
- You pick up on environmental noise residues — for example, you have heard noises or voices when there was definitely no-one in the vicinity
- You get words popping into your head fully formed which are relevant to you OR the solution to a problem, or you wake up with words in your head
- You have a finely attuned ear, musically or linguistically. You can notice differences in accents or between musical chords/notes, for example
- You sometimes hear the answers to your questions in the Akashic Records, before your pendulum responds to your question

Clairsentience

- You get tingling or prickling sensations on your body for no reason
- You are someone who can feel your emotions very deeply
- You are sensitive and thin-skinned
- You have an 'F' in your Myers-Briggs type (F for feeling)
- You know the right path to take according to how it feels to you
- You sometimes feel emotional when you are greeted by your guides in the Akashic Records

Claircognizance

- You have a very analytical and perhaps sceptical mind. People who have a very analytical background are likely to receive information via the mind. Professional people like doctors, professors and engineers are likely to be claircognizant, with such a left-brained training.
- Your best ideas just pop into your head without any effort or brainstorming on your part. Perhaps you are good at solving problems and lateral thinking.
- You write — either creatively or otherwise. People who write are more used to tapping into their claircognizance through automatic writing.
- You are very good at sizing people up — you tend to make subtle assumptions about people (sometimes you're not even 100% conscious of the assumptions you made) which although not always favourable, later turn out to be true.
- You know things without being told. You sometimes know what will happen before it has happened.
- You can come across as a 'know it all' because you can always think of an answer to everything if someone asks you — even big cosmic questions
- You can easily get perspective and see the bigger picture which means that people often seek you out for advice
- You sometimes know the answers to your questions in the Akashic Records, before your pendulum responds to your question

Count the statements you agreed with for each category. You may find that you have one or two gifts that are dominant for you — if so, focus on those. A few people find that they have all four gifts equally.

THE ATTUNEMENT

At this point please listen to the attunement that is provided. You are going to enter the Akashic Records as part of the attunement, so you may wish to have your Akashic Records 'logging on' and 'logging off' processes to hand, if you have not yet memorized them.

AFTER THE ATTUNEMENT

I hope you enjoyed the attunement process.

At this stage, please think about or journal about the following questions:

1. Did you see your Spirit Guide(s)/Higher Self/Guardian Angels/any other astral beings in any detail?
2. Did you get any names for your Spirit Guides?
3. Do you know your primary intuitive gift?

Feel free to share your experiences and thoughts with me and the other students in the forums.

A PROCESS FOR CHANNELLING CLIENTS' SPIRIT GUIDES

The process that I will present in this chapter for channelling your clients' Spirit Guides will be very similar to the process that we went through during the attunement.

Here are the steps you will need to go through in order to channel Spirit Guides:

1. Do the breath-work exercise and call in the Divine Being of your choice.
2. Ask the Divine Being to place violet flames, along with gold and silver light, into the room that you are in.
3. Enter the Akashic Records in the same way that you would normally do when doing an Akashic Record reading for a client.
4. Request the client's soul record but leave it behind in the records. By requesting the client's Akashic Record first, you will find the right Spirit Guide team waiting for you.

(Note: you do not need to check for facades or energy sharing for this type of reading, because you are not focusing on the client's soul; instead you are focusing on the client's Spirit Guide team.)

5. Envision the elevator and see yourself going up to the 'level' of the throat/third eye chakra to reach the client's Spirit Guides. See yourself pressing a button with your client's name on it.

6. Go along the corridor with your conduit guide to your conference room.
7. Enter the conference room and proceed to ask questions using your pendulum and your channelling abilities.

If you are not clairvoyant and find it hard to envision things, you can also verbalize your commands. You do not have to 'see' the guides or the steps in order to be able to channel effectively.

QUESTIONS TO ASK IN A SPIRIT GUIDE & GUARDIAN ANGEL PROFILE READING

Below are eighteen questions that you will answer as part of a Spirit Guide & Guardian Angel Profile Reading. These questions will enable you to paint a very clear and detailed picture of the identities and personalities of the astral beings are around your client.

1. How many Spirit Guides are on this client's team?
2. How many (if any) of those Spirit Guides are 'temporary assignment' guides?
3. At what age did this Spirit Guide join the client's team?
4. Which gender is this Spirit Guide?
5. How does the Spirit Guide present and what does this tell us about his/her energy?
6. What is the Spirit Guide's Archangelic realm of training?
7. What is the Spirit Guide's soul group?
8. Is there a particular life lesson that this Spirit Guide is currently helping the client with?
9. Does this Spirit Guide have a name?
10. How does this Spirit Guide communicate with the client?
11. For how many earthly lifetimes has this Spirit Guide guided the client?
12. Were any of the Spirit Guides involved in the client's pre-incarnation planning process?

13. Has this Spirit Guide ever incarnated with the client during an earthly lifetime?
14. How many Guardian Angels does the client have with her?
15. Does the client communicate primarily with her Spirit Guides or her Guardian Angels?
16. Is there an Ascended Master with whom the client has a particular affinity?
17. Are there any other astral beings present?
18. Are there any general messages from the Spirit Guides about the client's life or path?

Next, I will give some background information on the above questions. The purpose of this information is to educate you on the structure of the average client's Spirit Guide team.

Further on in this chapter we will also address how to channel the Spirit Guides for a reading.

#1: How many Spirit Guides are on this client's team?

Most clients will have between four and seven Spirit Guides on their team. The most common number that I find is five or six guides.

If there are more than six Spirit Guides present, it could be due to the advanced age of the client. It could also be because there is one or more special assignment guides present on the team (see the next question for more on this.)

Like many questions in the list, you can answer this question using your pendulum.

You can ask: "Does the client have more than four/ five/six guides?", until you reach the right number.

#2: How many (if any) of those Spirit Guides are temporary assignment guides?

In addition to the Spirit Guides that are permanently with us, we may also have one or more 'temporary assignment' Spirit Guides in place. Temporary assignment Spirit Guides come into our lives for a definite period of time, to help with something in particular. For example, a guide may

show up when a client is going through a difficult time such as a divorce or bereavement.

Temporary assignment Spirit Guides will often show up when we begin a new endeavour. For example, a client who begins writing a book may receive a Gabrielite temporary assignment guide who is adept in the area of self-expression and communication. Temporary assignment guides often show up at times when we are venturing into something new.

#3: At what age did each Spirit Guide join the client's team?

We all begin life with at least one Spirit Guide in place — this first guide will always be the Primary Guide. Other guides will join the client's team as the client progresses in age. We always have all permanent members of our Spirit Guide team in place by the time we reach our late twenties (i.e. before our first Saturn return) — and usually well before then.

#4: Which gender is this Spirit Guide?

Spirit Guides either present as female, male or androgynous. The majority of Spirit Guides identify as either male or female. You may find that the majority of your client's guides present as either male or female, and this will be for a reason. For example, a client who has a great many masculine guides on her team may be in need of this energy in her own life. After all, Spirit Guides, just like compatible friends or partners, are good for us — they bring us energies that influence us positively.

Spirit Guides who present as androgynous are those which have balanced the masculine and feminine energies within themselves. I was taught that when a guide is androgynous, it is due to their highly evolved status. I have also noticed that some soul groups of origin are more likely to present as androgynous guides than other groups. For example, Mission Realmers, Sirian- and Parallel-originating Guides often present as androgynous.

#5: How does the Spirit Guide appear and what does this tell us about his/her energy?

The purpose of Spirit Guides appearing to you in your mind's eye during a reading is to convey information about who they are. Everything about the way a guide appears will be meaningful. Physical characteristics, ethnicity, and build/size all give clues regarding the guide's energy and personality.

Spirit Guides use your own frame of reference and personal symbolism to convey this information.

For example, a guide who presents as a big, burly farmer could be a grounded, practical, down-to-earth energy on that client's team. However, depending on the client's frame of reference, a farmer may represent something different. For instance, if the client had an uncle who was a big, burly farmer and who was also a very compassionate and kind person, the big burly farmer might actually be a representation of this compassionate energy. It will largely depend on the associations in place in the client's subconscious mind.

In addition, Spirit Guides may appear to be of a certain nationality or belonging to a certain period in history — most likely, this will be a time when the guide incarnated on Earth. If you are clairaudient, you may hear a Spirit Guide talking to you with a certain accent which reveals something about the guide's ethnicity when they were incarnated. Sometimes you may even hear a Guide speaking in a language you don't understand — in which case, ask to receive all your information in your native language.

Note that the way a guide presents himself may differ from person to person. If your client is clairvoyant, he or she may not 'see' the Spirit Guide in exactly the same way as you do and there is no need to get hung up on this. The energy behind the appearance will always be the same and this is what matters.

HOW TO RECEIVE INFORMATION ABOUT SPIRIT GUIDE APPEARANCES

In order to receive information on Spirit Guide appearances, it can help to develop your clairvoyance.

I believe that most of the students taking this course will be able to develop their clairvoyance to the point that they are able to 'see' Spirit Guides when they need to. I have found that most people have some smidgen of clairvoyance that they can develop. It does take practice, however, so if you are not able to 'see' Spirit Guides in your mind's eye when you ask this question, you will need to do some exercises to strengthen your clairvoyance. I provide some useful exercises for you further on in this chapter.

In addition, any activity which uses your visual imagination (including guided visualizations or daydreaming) is good for strengthening clairvoyance, because your mind's eye is the machinery that Spirit Guides use to send you information in the form of pictures. The more 'well-oiled' your imagination cogs are, the easier it will be for you to receive clairvoyant messages.

#6: What is the Spirit Guide's Archangelic realm of training?

Every Spirit Guide that you come across will have trained in one or more Archangelic realms of training and it can be very revealing to look into this aspect of who the Spirit Guide is. As with incarnated humans, the energy of the guide's Archangelic realm will manifest through their personality and approach to guiding your client.

I often find that the primary Spirit Guide shares the same Archangelic realm of training as the client. This is not always the case, but I frequently see it.

You can also discover what the client is focusing on for this lifetime by looking at the realms of training of the primary Spirit Guide and the majority of the energies which are represented. For example, if a Spirit Guide has the fourth Archangelic realm of training, your client may be working on relationships and/or healing for this lifetime. By contrast, if the primary guide's realm of training is the seventh Archangelic realm, personal power will probably be a theme for your client.

If your client has a Gabrielite primary Spirit Guide, there is a high probability that the client is working on issues of self-expression in this lifetime. Note that there is not always a pattern present – sometimes there is a whole variety of energies represented on the client's team.

#7: What is the Spirit Guide's soul group of origin?

In the same way that the Spirit Guide has an Archangelic realm of training that tells you about their strengths when working with your client, their soul group of origin will also be reflective of who they are and what they are doing on your client's team. For example, a Spirit Guide who is a Pleiadian soul will be a dynamic, inspiring influence for your client. A Blueprint Deliverer Spirit Guide will be a supportive and loving energy for your client. This, combined with the Archangelic realm, will tell you a lot about the guide's approach to working with your client and the energies your client is in need of for this lifetime.

#8: Is there a particular life lesson that this Spirit Guide (or the entire Spirit Guide team) is currently helping the client with?

Spirit Guides help us to learn and explore all life lessons. However, a particular issue might come through related to a certain life lesson that the Spirit Guides are most concerned with at the time of the reading.

For example, if a Spirit Guide is helping a client with her life lesson of self-worth in the area of

friendship, this gives you some idea of what the client is grappling with at the moment, and in what area her guides will be working to guide her.

The quickest way to answer this question is to dowse on the 'life lessons' and 'life areas' chart from The Akashic Records Program.

This question can also be answered by examining the soul groups of origin and the Archangelic realms of training which are represented on your client's Spirit Guide team, and then observing any patterns which come up.

#9: Does this Spirit Guide have a name?

Sometimes Spirit Guides will give you a name to pass on to your client. Not all guides will do this, however, but when it happens, the name will be a good reflection of the Spirit Guide's energy and is just one more way for the client to get to know her guides.

HOW TO PICK UP ON SPIRIT GUIDE NAMES

In order to get a name from Spirit Guides, it can help to develop your clairsaudience or your claircognizance. I am not very clairsaudient. Instead I use claircognizance to get Spirit Guide names. I believe that if you are already clairsaudient, you are likely to have noticed it by now. If you have not noticed your clairsaudience, then you are likely to be claircognizant instead.

For claircognizance, just go with the first name that pops into your brain.

I find that most people have rather good claircognizance — this is a gift which needs little developing because many of us are born with it all ready to go. Claircognizance is the impression that forms right BEFORE you have a thought. So, you can become more open to your claircognizance by paying close attention to your thought process and impressions. You may have had the experience at some point of meeting someone new, and knowing what kind of character the person was, straight away. Or knowing something about the person, without knowing how you know. This is the claircognizant process. If you have experienced this, think back to how it was for you. For most people, claircognizance is a subtle and quiet impression that comes in before you have time to think.

Claircognizance is not about quietening your thoughts. Instead it's about noticing the subtle impressions and snippets of information which are coming in, in between your thoughts. They don't come in as sentences — instead, these bits of information come in as data.

If you are claircognizant, don't strain to get information — ease is the key for claircognizants. The

information is already there in your brain. Stop trying to find it, stop looking or expecting it to come through other clairs. Practise noticing what is already there.

Remember that if you do not get a name, it may be because the Spirit Guide does not have a name for you to pass on. Spirit Guides do not literally have names. But they know that we like names so that we can put a name to something or somebody, so they usually cooperate and give you a name that represents their energy well. But occasionally you may get a Spirit Guide who does not cooperate for this exercise.

In my Spirit Guide readings, I am usually given very common, Western and modern names such as Jim or Deborah. Your clients may have guides who have names originating from other ethnicities (this sometimes happens for me) or even names that you've never heard of before. Just go with it. If you're unsure, remember to check with your pendulum.

#10: How does the Primary Spirit Guide communicate with the client?

As already mentioned, our Spirit Guides are communicating with us on a daily basis.

Note that the primary Spirit Guide holds the role of spokesperson for the entire 'team' and is usually the easiest guide to communicate with (and the most talkative.) As a result, you may notice that some of the other guides on the client's team will be less talkative than the primary guide and will sometimes refer you back to the primary guide when you ask a question.

I dowse on the four clairs (clairvoyance, clairsentience, clairaudience, and claircognizance) one after the other to find the one that the primary Spirit Guide uses most to communicate with the client. The intuitive gift that is used the most will normally be the client's strongest one.

I often find that Spirit Guides communicate with clients through claircognizance. However, due to the fact that the primary guide has been with us since birth, it can sometimes be challenging to distinguish the voice of the Spirit Guide from one's own internal 'thinking' voice. This sort of spirit communication (via claircognizance) is very natural and does not require much development. You can tell your clients that this will already be occurring.

#11: For how many earthly lifetimes has this Spirit Guide guided the client?

Sometimes a client will have a long history of being guided by one or more guides. If there is a guide with whom your client has a long-standing relationship, it will usually be the primary guide.

#12: Were any of the Spirit Guides involved in the client's pre-incarnation planning process?

It is not unusual to find that one of the client's Spirit Guides has been involved in the client's pre-incarnation planning process (if this is the case, it will usually be the primary Spirit Guide.)

A great deal of planning goes into every incarnation. Before we incarnate, with the help of the Rishis, we select the life lessons we wish to learn. Additionally we choose the parents, family situation, body, and human mind that will best facilitate the learning of those life lessons. We also plan the important events of our lives (usually these are major life events which will help us to grow in some way, such as becoming a parent, falling in love, or experiencing some kind of trauma or hardship like an accident, illness or a natural disaster.)

We may not always plan the timing, and not all of the events will be 100% concrete, but there is usually some kind of planning in place around the significant events. These are the events which seem 'fated' or pre-destined once we incarnate.

It is not unusual to find that one of your client's Spirit Guides is a Rishi who helped to oversee this whole planning process for her, or who was at least involved in it in some way. If the Spirit Guide is a Rishi soul who is involved in the planning of the present incarnation, expect the sense of familiarity between the guide and your client to be even stronger.

#13: Has this Spirit Guide ever incarnated with the client during an earthly lifetime?

In my experience, this is not a very common occurrence. However, occasionally you will find that a Spirit Guide has incarnated with the client during an earthly lifetime, in which case the Spirit Guide may appear in clothing or an ethnicity that is from that lifetime.

#14: How many Guardian Angels does the client have with her?

Every client will present with at least two Guardian Angels. There are two types of Guardian Angels that are with us all:

THE BODYGUARD ANGEL

The Bodyguard Angel is very concerned with their charge's physical safety and with protecting her from injury or death should it not be her time to die or her path to be injured. We all have at least one Bodyguard Angel (most people have just one.)

Bodyguard Angels most often protect us by affecting the timing of events by injecting thoughts into our minds. Let's say that a pre-planned car accident involving other souls is about to happen at an intersection you will soon be arriving at. Your Guardian Angel may remind you to stop off for gas or food on the way, so that you avoid the accident.

If a client presents with more than one Bodyguard Angel, this is usually because she has grown up in an environment characterised by violence, abuse or danger.

THE GODSPARK ANGEL

The Godspark Angel monitors the 'Godspark', which is the connection to universal life force that enters through the heart chakra. We all have at least one Godspark Angel (most people present with just one.) If a client has more than one Godspark Angel, it is usually because she was born with some sort of condition, physical or psychological, for which the soul needs extra help to remain in the body (for example, a disability or an ongoing mental illness.)

If a client presents with extra Guardian Angels, it can be helpful and validating for her to know this, and to know why it is likely to be the case.

MORE ON GUARDIAN ANGELS

If you should 'see' a Guardian Angel clairvoyantly, they may appear to you as filled with and radiating white light. Some Guardian Angels appear to be very tall — much taller than any human being. Angels can seem imposing and intimidating like guards, soldiers, or statues.

Angels don't usually have names nor do they technically have a gender because they are not human souls — they are angelic souls, which is a very different path from the human one for a soul to take.

Guardian Angels don't engage with psychics as much as Spirit Guides do. Spirit Guides will talk to you because they wish to convey messages to be passed on to the client. By contrast, Guardian Angels are too preoccupied with their task of protecting your client to bother engaging with you.

If an angel does communicate with a psychic, they will often give a message clairsentiently. Their

presence can evoke strong emotions because they have extremely loving energy. You may find yourself filled with an unearthly, overwhelming love when a Guardian Angel communicates with you.

In addition, when we see small flashes of pink, white or blue lights, this is also a sign that our angels are letting us know they are nearby. I call these 'angel lights'. Those who work with the angels or call on them regularly are more likely to see these angel lights.

If you are clairvoyant, you may wish to describe for your client how her Guardian Angels appear to you. Sometimes the Guardian Angels appear like soldiers, other times they may appear floaty and glowing.

Although angels are actually androgynous, some may appear with feminine or masculine characteristics. The Guardian Angels may also present as round coloured lights or spheres of energy. You can expect a whole variety of appearances. Unlike Spirit Guides, Guardian Angels within the same group will very often look the same as one another.

#15: Does the client communicate primarily with the Spirit Guides or the Guardian Angels on her team?

Some clients are more sensitive to the Guardian Angels around them than they are to the Spirit Guides and so they receive more guidance, comfort and help from the angels than they do from the guides. This is unusual but you may see it on occasion.

Those who have consciously called on the angels or worked with the angels on a long term basis (such as in the capacity of an Angel Intuitive) will often have a stronger relationship with their Guardian Angel than with their primary Spirit Guide.

Angels can offer more comfort than Spirit Guides do, so if you find that your client is communicating more with her angels than her guides, it could also be indicative of a temporary phase, involving emotional stress, suffering, or grief.

#16: Is there an Ascended Master with whom the client has a particular affinity?

Ascended Masters are Divine Beings who have ascended beyond the need to incarnate here on Earth. They may appear on Earth in human form as healers, prophets or teachers, but this is not for their

own soul growth — instead it is for the benefit of humankind. They include figures such as Jesus, Krishna, Buddha, and Mother Mary.

Each Ascended Master represents a certain type of energy that we can call on to accompany us through our lives or for any endeavour. This is what we do when we call on an Ascended Master as part of the breath–work exercise — we are bringing the energetic qualities of that Ascended Master into our work with clients. There is no limit to the number of human beings an Ascended Master can help or be present to at any given time. Unlike Spirit Guides, Ascended Masters are unlimited Divine energies.

Below you will find some of the most common Ascended Masters that I sense around clients. I have described what I know about their energy. However the best way for you to get to know each Ascended Master is by calling on a different one each time you do your breath–work exercise, and getting used to the presence of each one over time. Personal experience is the most effective way to learn about the Ascended Masters, although you may already be familiar with some of them through studies or links with certain religions or spiritual traditions.

BUDDHA

The name Buddha means ‘the Enlightened one’ or ‘Awakened one’.

Moderation is a key teaching in the Buddhist spiritual tradition, therefore one can evoke Buddha whenever help is needed with balance/finding the ‘middle path’. Buddha’s energy is certainly helpful in situations or life lessons where moderation is required.

Other energies associated with Buddha include love, respect, dignity and peace. Buddha’s presence is a wise and serene energy.

MOTHER MARY

Mother Mary is the Ascended Master from the Catholic and Judeo–Christian religions, therefore many Catholics present with this energy around them. Mother Mary also accompanies those whose life purpose is to work with children or help children in some way. Mother Mary helps with all issues relating to children, including fertility, parenting and adopting, so it is not surprising that parents, and mothers in particular, often present with this energy around them.

Mother Mary is the archetype of the ‘ideal mother’. She has kind, nurturing, patient and loving energy. She can contribute a sense of peace and safety to your client’s life.

JESUS

Jesus is unconditionally loving, forgiving, gentle, and kind. Because his energy is so unconditional and accepting, it is a very healing energy too.

This is the Ascended Master with whom I am most familiar, having spent many lifetimes in the Christian faith.

KRISHNA

Krishna is a Hindu deity. Krishna's energy can be defined by its happiness and joyful quality. His energy is warm, sweet and loving. Some believe that Krishna helps with romantic relationships. He is often depicted in paintings and images with his partner Radha.

QUAN YIN

Quan Yin is a Buddhist Goddess. Her name means 'she who hears prayers'. Her energy is characterised by its compassion and gentleness. She represents feminine power and beauty.

She also teaches harmlessness (i.e. doing no harm) and has a protective aspect to her energy.

KALI

Kali is a Hindu goddess associated with death, endings, transformations and destruction. Her nickname is 'the Dark Mother'.

Kali's energy is intense, ferocious, determined and courageous. She encourages us to live fearlessly and has a reputation for being available to help us destroy that which no longer serves us. Call on Kali when you need help dismantling something in your life which no longer benefits you.

MERLIN

A sage and psychic, Merlin is said to have helped King Arthur during 5th Century Camelot in Wales. Some believe that Merlin is just a legendary figure and others believe that he actually existed. Either way, Merlin can be called on for assistance.

He represents the inner/subjective realm — internal strength and power, miracles, and all forms of intuitive development. For this reason, you may find Merlin around psychics and those who are

interested in metaphysical topics.

LAKSHMI

Lakshmi is the Goddess of abundance and good fortune in the Buddhist and Hindu traditions. Her energy is found around those who are striving for abundance, including material abundance, emotional fulfilment and good health. Her energy is defined by its generosity.

BABAJI

Babaji is an Indian Saint (also known as Mahavatar Babaji.) Legend says that Babaji did not die but instead ascended with his physical body.

His purpose is to help humanity live in alignment with Source energy; to shed negativity and to live in accordance with spiritual laws. He specializes in spiritual growth and encourages self-authority in the spiritual search.

HOW WE END UP WITH THE PRESENCE OF AN ASCENDED MASTER AROUND US:

1. If you consciously call on a certain Ascended Master on a regular basis, a psychic will sense the presence of that Ascended Master around you.
2. The presence of an Ascended Master may also accompany you if the energies embodied by that particular Ascended Master will be useful for your life purpose and circumstances.
3. You may also have the energy of an Ascended Master around you because of the culture you were raised in. For example, you may sense the presence of Buddha around clients who grew up within a Buddhist culture, and you will often find Jesus around those who were raised in the Christian faith.

#17: Are there any other astral beings present?

As you become experienced in tuning into the astral realm and doing this type of reading for clients, you may pick up on other types of astral being besides the Spirit Guides and Guardian angels.

The other types of astral being may include:

- Deceased loved ones
- Deceased animal companions
- Elementals and fairies
- Children who are yet to be born to your client
- Animal guides
- Ancestors

The Hierarchy of Astral Beings

I like to imagine each of the above types of beings as existing at various ‘levels’ or planes. To give you a sense of structure as to where each of these beings is likely to exist, on these ‘levels’, it helps to use the structure and logic of the human chakra system — especially since astral beings such as Spirit Guides are often seen by clairvoyants as ‘tethered’ to our energy systems in certain places.

Guardian Angels are the highest vibrational astral being. They are tethered to you at the level of the crown (seventh) chakra. Next you will find the client’s Spirit Guides around the level of the third eye/throat chakra. (Spirit Guides do vary in vibration, so some will seem very high vibrational, while others seem closer to Earth somehow.)

You will find deceased loved ones, ancestors and animal companions at the level of the heart chakra. At the level of the heart or sacral chakras, you may find children who are yet to be born.

At the root chakra, you will find elementals and animal guides.

When I first began doing readings, my ability was restricted to communicating with Spirit Guides. As I gained experience, I noticed I was able to pick up on the Guardian Angels, and on occasion, deceased loved ones. Each chakra or ‘level’ has its own frequency and energy that we can be attuned to. For example, those who are attuned to the third eye chakra are more likely to contact Spirit Guides when they open up to channel. Those who are very attuned to the energies of the heart chakra may easily pick up on deceased loved ones who exist at this level. Some people have a special affinity with Earth energy and may easily connect with animal totems and guides, ancestors and the elementals.

Some people believe that in order to communicate with certain types of being, such as the deceased

loved ones, you must have a special gift that you are born with. I don't agree — I believe that we just tend to have a natural affinity with a particular 'level'. But if you desire it and if you practise, you can learn to tune into any type of being that is with your client.

How to Recognize the Presence of Various Astral Beings

DECEASED LOVED ONES

When a lifetime ends, we generally wave goodbye to the earth plane and begin on the next stage of our soul's journey. This usually begins with a life review, and sometimes healing around the most recent lifetime (especially if there was a lot of trauma to deal with during that lifetime.) Then the soul may choose to:

1. Incarnate again on the Earth plane or elsewhere
2. Undertake studies in some area
3. Volunteer in some capacity on the 'other side' (for example, in the Third Order)

Through this transition, the soul may choose to keep the emotional ties to loved ones who are still on the Earth plane intact. And so you may sometimes find the energy of a particular deceased loved one or relative around your client.

Deceased loved ones look and seem a lot like Spirit Guides. They can show up in your mind's eye and they are human souls (like Spirit Guides.) They also have clearly discernible appearances, names, and personalities — just like Spirit Guides.

So how does one tell them apart? There are subtle differences between Spirit Guides and deceased loved ones which may help you to distinguish between these two types of being:

The presence of a deceased loved can feel very loving. But it does not feel like the celestial love that we associate with an angel. It's more human, more emotional and affectionate. It has more in common with the energy of attachment. It feels like the kind of love one feels for family members, lovers, children, etc. Love from angels does not feel like that so much — it is much more like a higher vibrational love. So if you are channelling an astral being and you feel the energy of love coming at you and it makes you feel emotional, it's likely you're dealing with a deceased loved one. Spirit Guides, although they root for us, do not send us love, so this is one way to distinguish the two types of being.

Obviously whether or not you feel this love will depend on whether there was an affectionate bond between the two people in life. Usually a deceased loved one will be around your client because he/she is attached to your client emotionally and invested in her life path and happiness.

I have had a deceased relative claim to be guiding the client. I do not believe that this means that deceased loved ones can actually become our Spirit Guides, but rather that the dearly departed one is invested and interested in your client's life, from their vantage point on the other side — effectively they are the client's non-physical 'champion'.

Spirit Guides are souls who have received extensive training in guiding other souls (with a special focus on respecting their charges' free will). They are also souls who are further along on their soul's journey than we are. By contrast, deceased loved ones do not usually have this training and from what I have learned, once a human soul decides to serve as a Spirit Guide in the non-physical realm, it would be highly unusual for that Spirit Guide to subsequently return to Earth for an incarnation.

Communicating with deceased relatives is not my specialty. I find that I come across one maybe once every 100 readings. If it happens more often for you, it is because you are more attuned to the heart chakra level of spirit being than I am. I am more attuned to the third eye/crown chakra levels. This probably has something to do with my soul trainings and past experiences.

My first experience communicating with a deceased relative for a client began with me mistaking the deceased loved one for a Spirit Guide. I described the deceased loved one in appearance and personality, and gave a name and the client immediately recognized the spirit as her deceased aunt. If you do enough Spirit Guide readings for clients and if you are not particularly attuned to the heart chakra 'level' of astral beings, this will probably be how you encounter your first deceased relative — by accident. If you are in doubt as to whether the type of being you are communicating with is a deceased loved one or a Spirit Guide, you can use your pendulum to check.

MEDIUMSHIP READINGS

You can use the tuning in process presented in this course to do specialized mediumship readings for clients who have lost someone. Follow the protocol used for communicating with Spirit Guides but in your visualization, instead of going up to the level of the third eye/crown chakra, see yourself going to the heart chakra level where deceased loved ones will be 'tethered'.

The success you have in doing this depends on various factors:

1. How easy it is for you to attune to the heart chakra level

2. Your motivation/interest in this area
3. Your skill set (clairvoyance helps in this area)
4. The ability of any particular spirit to communicate with you — communicating with a medium is a skill. Not all spirits who want to communicate with you, will be able to, however.

The most likely deceased relatives/loved ones to come through during a reading include:

- People who die unexpectedly (especially people with unfinished business, such as suicides)
- Those who left young children behind when they passed away
- Those who die without saying goodbye

Those who die peacefully in old age with no unfinished business are less likely to come through.

There are degrees of ‘deadness’. Some souls with no unfinished business cross over without a second look over their shoulder. Others will have one eye on the earth plane for years — for example, if a young mother dies when her children are small, she may keep her eye on them for years to come. I saw one case where a deceased husband who died in his thirties had a hand in hooking his wife up with a new partner and was still hanging around fourteen years later, keeping watch over the family. He told me that he was pleased that she found a new partner. Our deceased loved ones want the best for us when they get to the other side.

If you have a gift for mediumship and wish to offer mediumship readings, I recommend you try an evidential mediumship reading. Evidential mediumship means that you provide hard evidence to the client that the spirit you are connecting with is indeed her deceased loved one. Doing this sort of reading involves passing on information such as the spirit’s relationship to the client, their age, appearance, name, how he/she died, what their personality feels like, and any other unique characteristics that you pick up such as how the spirit speaks.

Some mediums do readings where the client provides the name of the person and having the name draws that spirit to you for the reading. If you are interested in mediumship you may wish to try doing an evidential reading and a reading where you already know the person’s name.

I personally find deceased loved ones harder to communicate with than Spirit Guides. The times I have been able to pick up on a deceased loved one, their messages have been hazy, cryptic, and hard to decipher. Sometimes it can feel like talking on a long-distance telephone line that has a

lot of static, where the words can be a bit scrambled. Whether or not you experience this will also depend on how skilled that particular spirit is in communicating with a medium. Some spirits can communicate more clearly than others. Those who are recently deceased are usually the hardest to decipher, as communicating is a new skill for them.

DECEASED ANIMAL COMPANIONS

When a client presents with a common pet (such as a dog, cat or horse) around them it may be a deceased animal companion. These domesticated animals do not often present as animal guides so it is more likely that these animals will be deceased pets than animal guides. However, it is always a good idea to ask your client if they recognize the animal's breed/appearance/name. If the client does not, then you know you are dealing with an animal Spirit Guide instead.

If you have had previous training in animal communication it is much more likely that you will pick up on the presence of a deceased animal companion. Those with mediumistic abilities are also more likely to pick up on deceased animal companions.

ANCESTORS

Ancestors are of course deceased relatives who have gone before.

Unlike deceased loved ones, ancestors will usually be at least a couple of generations removed from your client. Ancestors can occasionally show up around us for similar reasons that deceased loved ones might — they may be invested in our journey because they have had a hand in setting up the familial context we were born into, and which shaped our lives.

After all, most people raise their children based on how they were raised. And seeing as our childhood and upbringing are blueprints for the rest of our lives, the way in which our parents were raised, and in which their parents were raised, has a huge impact upon us.

For example, let's say that your great-great grandmother abandoned her children and since that time, this is a pattern that has been passed down through the generations. You have been affected by these abandonment issues in your own family, and so this ancestor shows up around you. This is no accident.

So in my experience, ancestors can often show up for people who are on a path of healing. The ancestors can root for us, in much the same way as deceased loved ones do, and they are invested in the healing of the family issues that affect us.

Ancestors may also be present to help those who are dealing with the healing of issues on a wider scale, such as land issues or gender issues, for instance. Such people who present with ancestors around them may be leaders or group representatives of some sort.

You will usually know that you have encountered an ancestor when you come across a being that looks similar to a Spirit Guide or a deceased loved one, yet when you dowse to check which it is, the being will be neither. You can check with your pendulum to find out if the being is an ancestor. You can also dowse to check which side of the family the ancestor is linked with (i.e. matrilineal or patrilineal.) How much information you wish to channel on the ancestor is up to you. You may also wish to dowse on life lessons in order to find out if there is a life lesson this ancestor is helping your client with.

ANIMAL GUIDES

Every now and again in my readings, I will come across a Spirit Guide who presents as an animal. In the past, I have come across fish, birds, hedgehogs, elephants, and other mammals. Some believe that Animal Guides present when the client has Native American, Maori, or Australian Aboriginal ancestry, but I think they often appear around clients who have a special affinity with animals and nature.

It is not always clear what the presence of a particular species or animal represents on your client's team, because animal guides are not always very talkative. For this reason, when you wish to know what the presence of an animal guide means, you may wish to search online or purchase a book by an author who specialises in this area (see the end of this chapter for recommendations.)

SOUL(S) YET TO BE BORN TO THE CLIENT

We always have pre-incarnation, soul-level arrangements with souls that we plan to bring into the world as our children. As a result, souls yet to be born to your client may present during this type of reading, because the soul is energetically 'hanging around' your client, waiting for their opportunity to come into the earth plane.

You will be able to distinguish this type of being from Spirit Guides because it will present as a child, often slightly separate from the Spirit Guide group, sometimes hiding behind the other spirits. The soul will sometimes be shy and not very talkative.

A couple of times I have had the experience of noticing this type of spirit.

The last time this happened was a couple of years ago, when I was doing a Spirit Guide reading for a

young woman.

One of the Spirits around her was a small, male child who told me his name was Michael and he was going to be born to my client in the near future. I passed on this information, which she found interesting but was not planning to have children any time soon since she was not in a relationship. A couple of years later she was in a relationship and they had an unplanned pregnancy. At the first scan, they discovered the baby was a boy, and her partner turned to her and said, "Let's call him Michael!"

She had not told him about the reading or the name, so it served as a nice confirmation for her that this was the soul I saw in her reading.

If you pick up on this type of being, I believe it will be for a reason. I believe that these souls will not present to us if it will interfere with the client's free will to know that this type of spirit is around her.

ELEMENTALS AND FAIRIES

Fairies and elementals are spirits who represent the energy of the elements (water, fire, earth and air). Elementals may present as a wispy faerie or a winged creature or even a mythical creature, such as a unicorn, mermaid or leprechaun. They belong in natural settings such as woods, mountains, lakes and streams, and meadows.

They have mischievous, childlike, and playful energy. They will often present around clients who have an affinity with nature, and who spend a lot of time outdoors or in rural/natural locations.

We can call on the power of the elementals, but they generally do not have messages for us.

#18: Are there any general messages from the astral beings about the client's life or path?

Sometimes the client's Spirit Guides or angels might like to offer a few words of encouragement, empowerment or comfort at the end of this type of reading.

When you ask this question, see if something comes to you via clairvoyance, clairsentience, or claircognizance.

At times I find it somewhat difficult to just pluck such a general message out of the ethers without first asking a specific question. If you also find it difficult, you may wish to use Angel Oracle or Tarot cards. Oracle or Tarot cards can help you to know which life area or theme the message pertains to.

The Oracle card you draw will be a first pointer as to what the message will be about. Once you have drawn a card, see if you can glean more information using your claircognizance or clairsaudience.

USING YOUR PENDULUM FOR THESE QUESTIONS

The majority of the information you need from Spirit Guides can be gained via your pendulum using the charts or just using your common sense. For example, for the question: ‘At what age did this Spirit Guide join the client’s team?’ you can ask, was it before the age of 5? 10? 15? 20? 25? And narrow it down until you have the right answer.

For this type of reading, the pendulum really is a great time saver.

The only questions you won’t be using your pendulum to answer are the ones on Spirit Guides’ appearances, names, and general messages:

- How does this Spirit Guide present and what does this tell us about his/her energy?
- Does this Spirit Guide have a name?
- Are there any general messages from the Spirit Guides about the client’s life or path?

HOW TO CHANNEL ASTRAL BEINGS

In order to answer the three questions above on Spirit Guide names, appearances, and messages, you need to be able to channel. Here are some tips and pointers to help you to do this:

Use the Breath Work Exercise to Raise Your Vibration

If you ask the Spirit Guides to show themselves to you or give you a name, but you’re not getting anything from them, do a shorter version of the breath–work exercise: inhale to the count of 4, hold your breath to the count of 4, and exhale to the count of 8. Do this three times. Then try again.

I find that this works very well for me – it really helps me to focus during the reading and refreshes my mind.

Stillness Is Important

Stillness means having a sufficiently clear mind for the astral beings to communicate with you.

There is even a scientific term for stillness – it's called being in the 'Alpha state'.

What Exactly Is the Alpha State?

For certain states of consciousness and activities, certain brain waves occur. There are four types of brain wave that can occur while you're thinking, sleeping, dreaming, concentrating and doing what you do – those brain waves are called Beta, Alpha, Theta and Delta.

Alpha is the brain wave that occurs during light sleep, dreams, meditation, daydreams and creative visualization.

It's the state you need to be in to receive psychic information.

Being in the Alpha state is like being in a light trance – you notice what is going on around you, but your usually busy mind is also very quiet. When you are in the Alpha state, you become a clear conduit for intuitive information. If you've had a reading with a psychic on the phone or in person, they will have been in the Alpha state while talking to you.

By contrast, Beta is the brain wave that's active during your normal waking state, when you are going about your business. Most of us are in Beta (fully conscious/awake/concentrating) throughout the day. But note that you cannot usually receive psychic insights or intuitive guidance in a Beta state. That's the state where your conscious mind is fully engaged.

CYCLES PER SECOND	TYPE OF BRAIN WAVE	ACTIVITIES
21 > 14	BETA	Fully Conscious / Awake – the conscious mind is busy, concentrating and engaged in this state
14 > 7	ALPHA	Light Sleep / Dreams / Meditation / Daydreams / Creative Visualization / Connection to the subconscious
7 > 4	THETA	Deep Sleep / Lucid dreaming / Deep Trance / Deep Hypnosis
3 > 1	DELTA	Very deep sleep or an unconscious state

Why Stillness Can Be Hard to Attain

If you begin studying psychic development after years of being in a place of mental over-activity or stress, you will probably find the hardest thing is to actually switch off and be still. That's because you are not practised in putting yourself into the Alpha state at will. You're used to being in the Beta state.

Let me tell you a little bit about where I was several years ago in my psychic development and how much I struggled with this aspect of being still and calm. Maybe you will be able to relate to it.

Although people tend to think I'm self-contained or calm when they speak to me, I am someone who has a lot of nervous energy. This excess of nervous energy used to hold me back in my psychic development.

Six years ago, I was beginning to do readings for people (I did a lot of readings by email at that time). On some days I would sit down to answer a question, I'd be in the middle of channelling and my mind would suddenly butt in with a thought and the connection to the Spirit Guides would be broken. I would have to re-establish it and it got very tedious in the end.

At the time, I didn't know why my connection to Spirit kept breaking up while I was channelling. I just knew I wasn't very good at concentrating and focusing.

I went to see one of my teachers and asked her why I was not concentrating well. In response, she told me that I was thinking too much and my mind was interfering with the spiritual connection.

"What do you do to clear your mind on a regular basis?" My teacher asked.

"Apart from about one minute of meditation before a reading, I do nothing." I responded.

"You'll need to do much more than that to have a still mind!" She told me.

I understood why I was having such problems connecting to Spirit — my mind didn't know how to switch off. Effectively, I was lousy at putting myself into the Alpha state at will. The reason for this was anxiety and stress. I was at a time in my life where I was very anxious and my future in many ways was uncertain. I had no permanent place to live and no permanent pay cheque as I worked with clients on a freelance basis. Plus, my business was new and I was just getting started.

My mind frequently raced ahead with potential problems and butted into my meditating with fearful thoughts. The mind was doing its job very well and was just trying to protect me from future events. But it was also preventing a full connection to the spiritual realm.

Working with students, I see the same problem at times.

In order to get yourself into the Alpha state at the time of your reading, you need to be well practised in getting yourself into the Alpha state, and putting your thoughts and troubles to one side.

Practising Stillness

EXERCISE #1: HEART BUBBLE

1. See a tiny bubble in your heart chakra — this bubble is a space of stillness
2. Focus on it and see it expand gradually until it envelopes your entire energy body

EXERCISE #2: COUNTING MEDITATION

1. Make a note of how you currently feel
2. Next, close your eyes and count to 20
3. Open your eyes
4. Close them again and count to 25
5. Open your eyes
6. Close your eyes again and count to 30
7. Open your eyes
8. Check on your emotional state now — it is usually more calm and still.

I would also recommend beginning a meditation practice for stillness, if you have not already.

How to Meditate

If you don't know how to meditate, here's how:

- Choose a quiet place to meditate and sit in a comfortable position. You can sit in a traditional cross-legged posture or you can sit in a chair. Make sure your back is straight –

this helps to prevent your mind from becoming sleepy. I don't recommend that you lie down to meditate as you can fall asleep while you're doing it.

- Sit with your eyes closed and turn your attention to your breathing. Breathe through the nostrils, without trying to control your breath, just notice the sensation of the air going in and out of your nostrils. Focus on this sensation. As you're doing this, your thoughts will continue to arise, but bring your attention back to your breath.

Meditation can be difficult if you have never done it before, so don't be surprised if you only manage to do thirty seconds of meditation if this is the first time you tried it.

Creating Stillness through Brainwave Entrainment

If, like me, you find meditation difficult, you may be interested in brainwave entrainment to help you to create a space of stillness. You can read more about this favourite tool of mine in an article on my blog: <http://www.annasayce.com/recommended-by-anna/review-of-binaural-beats-mp3-to-improve-extra-sensory-perception>

So, stillness is very important. Let's talk about another useful tool for channelling astral beings:

Opening Your Chakras

Some people find that they are more receptive to astral beings such as Spirit Guides if they open their chakras. I used to do this, and occasionally still do to help me to tune in. You may also wish to use this tool depending on the ease with which you are able to channel. In the Online Members area you will find the chapter from the Psychic Awakening course on opening your chakras. Some aspects of the chapter you may be familiar with, so feel free to skip over what you already know.

EXPERIMENT AND DO WHAT WORKS FOR YOU

The process I teach in this chapter for channelling is what works for me and some other students that I have taught. However, not everyone works in the same way, and you must do what is right for you.

Some people prefer to use automatic writing to gather details on the Spirit Guides' appearances, names, and messages. In the Online Members area there is a chapter which gives you instructions for automatic writing. If you draw or paint, you might find it easier to draw and then describe the Spirit Guides' appearances for your client.

PRACTICE

Unless you have experience doing this type of reading, expect it to be a challenge. It's like speaking a foreign language and trying to understand the language for the first time. You will be rusty at first. The more fluent you become in the language of the astral beings, the easier it becomes. Before you have done 15+ readings, it might be a challenge for you. Don't give up — practice is the key.

EXAMPLE READING

On the next page I present an example of a basic email reading done for a client named Alanagh. For Alanagh's reading, I stuck to covering her Spirit Guides. I did not endeavour to find out or include information about deceased loved ones, ancestors or elementals.

In the beginning, you will want to focus mainly on the Spirit Guides and Guardian Angels, as I did in Alanagh's reading. Once you have developed some confidence channelling these beings, you may begin to pick up on the other types of being, but don't put pressure on yourself to do this for your first several readings. Just take it step by step.

When you begin doing Spirit Guide readings, I recommend channelling the information in your own time. Then pass on the information either by email or by telephone.

Later on, you may wish to do your readings live. This is often quicker (being under pressure to channel certainly does mean you get it done quicker!) but unless you are good at channelling and talking with the client at the same time, you may have to ask the client to hold the line as you channel each being. Some psychics are able to channel and talk to the client at the same time, but I find this very difficult. I believe it has something to do with how our brains are wired — I don't find it easy to do two things at once. It is fine to ask your client to wait, however. It sometimes takes me several minutes to find and pass on information about two or three Spirit Guides and clients are happy to wait.

At the end of this course, if you wish to, you will have the opportunity to try 'live' phone readings with clients. As part of these live sessions, you may be answering questions about the client's Spirit Guides, among other questions.

SPIRIT GUIDE PROFILE READING FOR ALANAGH STONE

Thank you for booking me to do this Spirit Guide Profile reading for you.

In this reading I will describe your Spirit Guide team, your Guardian Angels and any Ascended Masters and teachers with whom you have an affiliation. I hope you find it helpful.

Before I describe your Spirit Guides, just to recap on what these beings help you with:

Spirit Guides are helpful astral beings that have a spiritual, expanded perspective of our lives. Before we even incarnate we will hire and choose these guides to help us on our path.

Often one or more of your Spirit Guides has accompanied you through many different lifetimes, and this is why they have a deep understanding and knowledge of who you are, what your past is, and what you're doing here. Our Spirit Guides know our soul's characteristics, life challenges, major choice points and pre-planned life events as we planned them for ourselves. They know what we are here to learn in this lifetime, and their job is to help us to stay on track with the paths that align with our souls and our life lessons.

They help us to stay on track by communicating with us spiritually and intuitively. Most often, this information comes through to us via the subconscious mind, through claircognizance and clairsentience. Some people who have the gifts of clairvoyance or clairsaudience may perceive the guidance through those channels also.

Spirit Guides are human souls, meaning that they have incarnated before in a human body. They are usually slightly further along on their spiritual path than we are. Spirit Guides do not usually incarnate into physical human bodies anymore, but they have been there, so they know how difficult incarnating on Earth can be.

Spirit Guides are like kindly family members who know you inside out and want the best for you. They have a high vantage point on your life. If you are down on the ground (so to speak) navigating the maze of your life, your Spirit Guides are there, looking down on that maze, knowing where it might lead ultimately.

Spirit Guides are not Divine beings and they are not God. They are not omniscient. They know a lot about you but they do not know everything. Therefore it is important to state here that although Spirit Guides can give us interesting and helpful insights about our lives, they are not a spiritual authority for us. We have our own self-authority. We have free will here on earth and we can accept their insights and guidance, or not.

Note that in addition to the guidance we receive from our Spirit Guides, we also receive guidance from our soul or Higher Self. The guidance we receive from our Spirit Guides is not going to differ

from the input that comes from the Higher Self. They do not lead you away from your right path that your soul chooses — they help you to stay on track with what your soul wants.

With that in mind, let's talk about your Spirit Guides.

You currently have six Spirit Guides in your Spirit Guide group.

This includes five Spirit Guides and one special assignment guide (more on this below.)

You have two Guardian Angels.

You have an affiliation with one Ascended Master. Please read on to find out more about who they are and how you can work with them and communicate with them.

The Primary Spirit Guide

Your primary Spirit Guide is a female guide called Cate.

Your primary Spirit Guide is the guide that you communicate with most often. This primary Spirit Guide has been with you throughout your entire life and also with you during 67 earthly incarnations.

This guide knows you inside out and you obviously have a long history of being guided by her. Her knowledge of you and your path clearly extends beyond this lifetime. That is why she is well qualified to be your Spirit Guide.

Let's talk about how she appears. This guide appeared to me as a very old woman. She looked 100 years old. She had a walking stick and did not seem to be very mobile. She had wrinkled skin and white hair. She had kindly, sparkly eyes, and a friendly demeanour. She looks old and wizened, yet she does not seem old or tired in spirit.

Our Spirit Guides always appear to us symbolically. Obviously they do not literally have an appearance because they are non-physical beings. They may not even appear to the same two psychics in the same way or to you in the same way. But they do take on a persona and an appearance that is an expression of their energy, and their energy should 'feel' the same to all who communicate with her.

I think that your primary Spirit Guide is presenting this way because she is saying to us: I'm ancient, you're an old soul, we have a long history of working together.

The primary Spirit Guide is usually the most talkative guide on any Spirit Guide team and yours is no exception (that is why the primary Spirit Guide is often called the spokesguide, communicating on behalf of all the guides.)

This Spirit Guide helps you in the area of the heart chakra, which relates to relationships, love, healing, self-esteem, self-worth and friendships. She radiates love and healing energy. She also has very positive and uplifting qualities. At the moment, I feel this Spirit Guide is helping you with issues of self-esteem.

This Spirit Guide communicates with you through claircognizance. Claircognizance means 'clear-knowing'. Claircognizants 'know' certain things without being told. This means that your Higher Self and Spirit Guides put information into your mind in the form of thoughts. This will mostly come through your subconscious mind. This can be a chunk of information that is 'downloaded' into the mind. It can be smaller insights about people and situations here and there. It can be an inspired idea. All claircognizance is characterized by this strong sense of knowing that goes beyond logic and by the fact that the intuitive information comes into the thinking mind, not into the heart or the mind's eye.

Claircognizance is your primary intuitive gift in this lifetime. You can read more about claircognizance here: <http://www.annasayce.com/developing-psychic-abilities-spirit-world/developing-claircognizance>

The more relaxed you are, the easier it is for your Spirit Guide to communicate with you. You may find that information comes through to you during the half-awake state between waking and sleep.

There is a closeness and familiarity with your primary Spirit Guide, simply because this guide has been with you for a very long time.

Spirit Guide #2

This Spirit Guide is a masculine guide. His name is Maxime and he presents as a big, black guy. He looks like a bouncer yet he does not seem aggressive or 'tough'. He is more like a big, friendly giant. He is wearing casual/sporty clothes.

His energy is protective, grounding and comforting.

Unlike your primary Spirit Guide, this guide has been with you for this lifetime only, and began working with you around age 13. I feel that this guide has an emotional affinity with you. He understands your emotions and specialises in this area.

This Spirit Guide is likely to communicate with you via the spokesguide or primary Spirit Guide. Spirit Guides tend to communicate as a group or as a 'chorus'.

Spirit Guide #3

This Spirit Guide is another female guide whose name is Sarah. This guide presents as a young woman. She looks pretty and has long, blonde hair. She is not very forthcoming and comes across as shy. She did not want to communicate and kept referring me to the primary Spirit Guide when I asked questions.

This guide has a very strong energy of perception, intelligence and insight. She seems extraordinarily smart and has a sharp intellect. This soul also has a sense of power and leadership, and specialises in these areas.

It is interesting that she has such strong energy, yet the guide does not wish to communicate with me much.

I feel that this Spirit Guide helps to manage your team of Guides, teachers and angels.

Spirit Guide #4

This Spirit Guide is a masculine guide who also presents as very old. His face was quite unusual looking and he had uneven teeth. He laughed a lot and has a sense of humour and a lightness and mischief about his energy. I think he presents this way because his energy is unconventional and quirky.

I feel that this guide helps with your spiritual evolution, not so much the human side of your life. So this guide seems to be less practical and hands-on than the other guides. He is more involved in your spiritual life. Like the last guide I discussed, he also withdrew from my questions somewhat. He referred me back to the primary Spirit Guide, so you probably won't feel this guide too much. He communicates with you via the primary Spirit Guide.

The name that this guide resonates with is Wayne.

Spirit Guide #5

The fifth Spirit Guide on your team did not give a name. This is a female guide and seemed like a fairy-like or elemental creature. It is not a human soul.

This guide is activated when you go out into nature. This guide has an affinity with beauty, nature, activities on and in the water, exercise and recreation.

This guide also comes into your dreams with beautiful landscapes and natural scenes.

Your Special Assignment Guide

In addition to the Spirit Guides that we have permanently on our teams, there are also temporary Spirit Guides who occasionally come into our lives for a definite period of time, to help with something in particular. You have one of these guides present on your team right now.

I often find special assignment Guide when a client is going through a difficult time such as a divorce or bereavement. Another example would be a client who begins writing a book, and suddenly has a new Spirit Guide who is adept in the area of thought and communication and can provide spiritual support in this new endeavour. Sometimes these guides have come in specifically because you have asked for extra help from Spirit. Sometimes it is part of your life contract to receive more spiritual support in a specific area at a certain stage of your life.

These guides often show up at times where we are growing spiritually in leaps and bounds, through challenges that show up for us.

For the last 12 months or so, you have a special assignment Spirit Guide who helps in the area of family. This energy is excellent for healing family issues and for parenting issues/issues with having children.

I feel like this guide is helping you to grow in the areas of receiving love and support from family members.

Your Guardian Angels

The vast majority of people have two Guardian Angels on their team, and this is the case for you.

Angels often have a more comforting role than the Spirit Guides. They protect and guard physically and emotionally. They influence you emotionally with their pure, high-vibrational energies.

One of the Guardian Angels you have looks after your physical safety, protecting you from injury or death if it should not be your time to die or on your path to be injured in any way. This is your Bodyguard angel. Every soul has one Bodyguard angel who fulfils the same role for us all.

The other Guardian Angel is called your Godspark angel. This means the angel monitors what we call your 'Godspark', which is your connection to universal life force that enters through your heart chakra. Through this connection to Source you receive life force energy. So this angel protects your spiritual health.

Guardian Angels are not human souls so they do not have names, and they do not communicate much with an intuitive. They are more concerned with protecting you. They appear to me as tall, powerful and imposing beings.

Ascended Masters and Archangels Around You

You have an affinity with Archangel Michael because you resonate with his energies of protection, clarity and intuition.

You also have an affinity with Mother Mary, who is the Ascended Master from the Catholic and Judeo-Christian religions. Of course you do not have to be religious to have an affinity with Mother Mary. Many Catholics present with this energy around them, but Mother Mary also accompanies those whose life purpose is to work with children or help children in some way. She has a special affinity with children. This also extends to parenting. You have the energy of Mother Mary around you, so there will be a reason for this.

She has extremely kind, patient and loving energy. Mother Mary contributes a sense of peace and safety to your life. You can invoke her consciously by looking at a picture or statue of her. You can also call on her for help and ask her to co-create a project with you.

I hope this reading has been interesting and helpful to you.

So that was the example reading. You will notice that it was fairly basic which is what you will be working with at first. I did not go into a lot of detail about the other astral beings, such as Guardian Angels nor did I touch on deceased loved ones, ancestors, or elementals. I stuck to the names, appearances and personalities of the Spirit Guides.

Below I have included a second example reading, which was carried out by a colleague of mine. I have included it here so that you have the opportunity to see a different style of reading.

SPIRIT GUIDE READING FOR ANNA SAYCE

Spirit Guides assist us with our highest path and purpose during our incarnation here on Earth. We hire these guides ourselves or they are assigned to us. We usually have known these guides from our past lives. They provide guidance, assist us and help us with creativity.

There are usually four to six guides, and sometimes we have special assignment guides. Some of them are with us from birth, and others are 'hired' along the way until early adulthood.

As part of this reading I also check:

- Other astral beings
- Ancestral energy
- Children who are going to be born into the world

When I ask for your guides to step forward I see five guides. One of these is a temporary assignment guide.

Guide 1

The first impression I get of this guide is like a Cat Woman dressed up in a leopard skin tight cat suit with a tail and headwear and little pointy ears on top. She feels very sensual and active and agile and nimble, she's alert and fiercely protective. I also feel like she can go places undetected, so she will definitely help you in your work as an Intuitive Healer. She linked into your empathic side as well. She's very sensory focused. I feel she was assigned to you before you were conceived. She's got very strong female energy and I feel as if one of the lessons you will learn through her this lifetime is to embrace your female side, and your fierce side. She can be charming but don't cross her; she will scratch you on the nose. This is what she is teaching you. Much like a cat, if you are nice to them they will be nice, but they won't suffer fools. She is teaching you to guard your inner circle, to pick it wisely, and then you can let your guard down.

Guide 2

This guide is presenting to me as a Gandalf character from the Lord of the Rings. He is wise, calm, grandfatherly, soothing and is all about teaching. He connects with the teaching side of you. He is teaching you that you have arrived as a teacher, it is natural. He is reassuring. He is here to teach you

also to calm down, to come from your centre, come from your higher knowing; that his presence has the ability to soothe you and in turn you can soothe yourself and others. He is also here to teach you not to worry, it will all work out, this too shall pass, he has the wisdom of hindsight, looking back and seeing the way the journey unfolds, to see that higher perspective; and he tells me you have that as well. So don't worry about each tree in your vision, see the whole forest and relax knowing there is a pattern to it all. He was assigned to you when you were born. His message to you is 'take your time.'

Guide 3

This energy is what we would call an Alien. This energy comes from another galaxy — a galaxy where you once lived. So you have an innate knowledge of living somewhere other than Earth, and this knowledge can sometimes make you feel homesick. And that feeling that you feel like an alien on Earth. This energy isn't male or female, but something else I can't put a word too; a different kind of being. This energy is here to help you think outside the box. I'm hearing that you can call on this energy but it may take you a while to come to grips with this type of energy if you want to conform or fit in or want to appear normal and perfect. This energy will give you completely different ideas about life and sometimes this might scare you. This guide was assigned to you when you were of school age. The message from this guide is 'It's okay to be different, you don't have to be like others, you are unique.'

Guide 4

The energy coming through for this guide is of a fairy. This guide came to you when you were about age 8. This fairy kept you safe in your family with make believe and magical thinking and the ability to dream and disassociate and fantasise and keep you in your imagination. When you didn't want to be present this fairy helped you zoom out into the future and create wonderful scenarios of idealism and the way you would want life to be. This fairy protects you while you are off in your imagination, in other dimensions, and in other realms. She keeps you safe while travelling too, on this plane and others. If you don't like something, then use her wings to escape. The lesson she is showing you is how to integrate the fantasy into the reality and not get stuck on either side, not to get stuck in the fantasy and not to get stuck in the drudgery. Her message to you is 'lighten up'.

Guide 5

I see this guide coming to you when you hit high school. I see a quill, this guide is a scholar. I see him as male. I'm seeing to write with a quill in that fancy writing you have to have creativity and patience. I feel this guide will be with you for the rest of your life. This guide's message to you is

‘Enjoy the process, relax into the process’.

Ancestors: I am seeing ancestors around you, but I feel on some level you aren’t open to their energy. I am seeing your mother’s, mother’s mother around you in particular. Remember that who they were on the Earth plane is not the energy with which they will come to you in Spirit.

Children who are going to be born: I am seeing two souls who are assigned to come to you. It may be that you don’t give birth to these souls but they are definitely going to be a part of your life. I’m hearing your late thirties; it could even be your early forties. You of course have free will and can decide what is right for you in regards to these souls.

All of these guides are with you now, each moving in when one is needed more than the others. I feel you have another three guides in the wings to help you with new roles in life later on. They are special assignment guides.

You may like to sit down and contemplate each of these energies. Ask them if they have any advice or wisdom for you. It may just come as a feeling or a knowing. The more you let go and not control outcomes, the more you will notice these guides having an impact in your life.

DOING YOUR PRACTICE READINGS

Now it’s over to you.

As part of this chapter you are required to complete five Spirit Guide readings by email, telephone or in person.

I would recommend choosing practice clients who are acquaintances or previous clients (if you already have a client base and a web platform you may wish to use it to find your practice clients.)

Here are some criteria which can help you to choose the ideal practice clients for this reading:

- Your ideal practice client will be on a spiritual path and actively interested in their Spirit Guides
- In addition, she will not have had this type of reading before

If you choose to deliver your reading by email, you will want to write a template that you can use again and again, such as the one presented above. I do not expect you to sound exactly the same as

mine did – in fact, it is important for you to write your own unique template and express yourself in your own voice, so that you will attract the right clients for you.

Doing a full Spirit Guide reading like this can be quite labour intensive. It takes a while to gather all of the information before you pass it on to your client, whether that is by email, telephone or in person. I find email readings of this kind to be very tedious because on top of gathering the information, you need to write it all out. So choose the medium of delivering the reading that works for you. Email readings are not my favourite type of service to deliver. I prefer phone readings.

Do not worry if you found this reading hard. Some people enjoy it and some find it hard. The purpose of doing five of these readings is for you to get some practice channelling Spirit Guides, so this is as much about practising channelling as it is about expanding your skill set and the types of reading you can offer.

So there are many applications of the information in this chapter. You can choose what you wish to do with it, and you do not need to decide yet.

Here are some exercises which can help you to hone your ‘clairs’ for channelling:

Exercises for Clairvoyance

EXERCISE ONE: ARRANGING THE FLOWERS

1. Visualize in your mind’s eye a vase for flowers.
2. Now see yourself putting a flower in the vase. See the colour of the flower and make it a certain type of flower such as a tulip, a daffodil or a poppy, for example.
3. Then see another flower; a different one being put into the vase. See its colour in your mind’s eye. Keep filling the vase with flowers until you have five flowers in there.
4. Then, in your mind’s eye, destroy the vase in any way you choose. You can blow it up, smash it with a hammer or put it in the bin.

EXERCISE TWO: VISUAL MEMORY GAME

1. Take 30 seconds to look at the room you’re sitting in. Absorb as many details of the room as

you can in 30 seconds.

2. Then set your timer for two minutes, close your eyes and recreate the room in your mind's eye. Try to see as many details as possible. Fill in the big ones first – the furniture, then put in the smaller details.

If you find these exercises difficult, don't worry. The more you use your mind's eye, the easier it becomes to visualize.

An Exercise for Developing Clairaudience

In case you wish to develop your clairaudience further, here is an exercise which can help with this:

EXERCISE: UNPICKING THE ORCHESTRA

1. Get a pen and paper
2. Put aside a few minutes and listen carefully to all the sounds you hear around you and write down every single sound that you can hear — such as the sounds of cars passing, the sounds of birds or animals, of a plane, of people talking, the sound of music. There will be many sounds which are 'layered' on top of one another and many of these sounds you will never pay attention to. We normally tune out these noises so that we can concentrate or sleep. But when you tune out noise, you become less sensitive to your clairaudience.

When you make an effort to listen consciously to the noise that you might normally tune out, you will hear a multitude of sounds. Your objective with this exercise is to notice each and every one of these sounds that make up this 'orchestra'. Some may be subtle and barely noticeable. The goal here is to heighten your auditory perception. Do this once a day for the next three days.

An Exercise for Developing Claircognizance

Becoming conscious of your thoughts and noticing them is the first step to awakening claircognizance. Only do this exercise if you are not adept in meditation. If you are an experienced meditator, this exercise will be too easy for you.

1. Begin by inhaling to the count of four, hold your breath to the count of four and exhale to the count of eight.

2. Set a timer for three minutes.
3. Close your eyes and turn your attention to your breathing. Breathe through the nostrils, without trying to control your breath, just notice the sensation of the air going in and out of your nostrils. Focus on this sensation. As you're doing this, notice the thoughts you're having. You do not need to do anything or repress them — just observe them. Remain a detached observer for a few minutes, as the thoughts arise.
4. Notice the 'you' (the awareness) that is behind the thoughts and between the thoughts. The 'you' that is between the thoughts is the 'you' that claircognizance comes from.

Doing this exercise on a regular basis when you begin doing readings can help you to become more aware of what you're getting.

HOMEWORK TASKS:

- Find five suitable practice clients
- Fill in the worksheet entitled 'Astral Beings Worksheet'
- Listen to the 'Chakra Meditation' to learn how to open your chakras, before you begin (optional but recommended) and read the chakra meditation materials
- Choose some exercises to do on a daily/weekly basis to practise entering the Alpha state (such as meditation or binaural beats)
- Using the quiz, decide what your strongest intuitive gifts are, so you know how you are likely to receive information when you channel
- Select one or two exercises to do on a daily/weekly basis, to develop your clairvoyance/clairaudience, if you wish to develop these.
- If you are not a visual/clairvoyant person, try the exercises for automatic writing (these are in the Online Members area.)

If you have any questions or need support around your intuitive process, please visit the forums.

AN EXAMPLE OF AN INTUITIVE TRAINING SCHEDULE

Monday: Binaural beats on your MP3 player during a walk

Tuesday: Practice exercise for clairvoyance

Wednesday: Meditate for 5 minutes

Thursday: Practise exercise for clairsaudience

Friday: Meditate for 5 minutes.

BOOKS AND WEBSITES FOR FURTHER RESEARCH & EDUCATION

Animal Speak — Ted Andrews

Animal Dreaming — Scott Alexander King

Animal Spirit Guides — Chris Lattichau

Animal Spirit Guides — Steven Farmer

A website about animal guides: www.animalspirits.com/index1.html

WHEN YOU HAVE FINISHED YOUR FIVE PRACTICE READINGS...

Do you have any questions about the readings (around your intuitive process, for example, or how your readings were received)?

If you wish to talk about how your readings went, or need further support, please leave me a message in the forums. In the next chapter you will also get an opportunity to use your channelling abilities in a different context; within a career reading.