

How To Meet and Work with Spirit Guides; 216 pages; Ted Andrews; 2011; 9780738717340; Llewellyn Worldwide, 2011

In *How To Meet and Work with Spirit Guides*, popular author Ted Andrews teaches you simple and effective techniques for establishing rapport with your angels and guides. Explore meditation, divination, fragrance, crystals, and other ways to connect with spirit helpers, and enjoy the many gifts and learning opportunities gained by working with: guardian angels • spirit guides • loved ones in spirit animal totems • nature spirits • fairies. ...more. How do you decide which school to attend? Don't you first do some research, as much as you can find? The same is true in regard to spiritual instruction. Teachings of the Holy Spirit 1 Teachings of the Holy Spirit 2 If after your research, you feel... Listen to your life and don't bother yourself with spirit guides, they won't appear and share secrets of life with you. Your life with its main events you must go through was designed by you before you entered a tunnel of life, and spirit guides suppose to help you keep going on the right track beyond your awareness. One more thing - you may give up all those books about channeling, it's a piece of crap, don't waste your time for that. My experience with spirit guides. Since I was very young, I've felt a presence of spiritual guidance within me, around me and connected to me. In my book *Super Attractor*, I open up about spirit guides in a way I never had before. I've written about Universal guidance and God, but until I sat down to write this book, I'd always held myself back from sharing about the presence of my nonphysical guides. For many years I was always worried I might freak people out or make someone feel like they had to share my beliefs. How to ground yourself after connecting with your spirit guides. When you tune into the spirit realm you may feel your energy shift. It's important to take time to ground yourself after connecting with your spirit guides. Spirit guides serve many roles and take many forms of expression within our lives. They inspire creativity and insight, help open us to abundance, protect us, and serve as our companions. In *How To Meet and Work with Spirit Guides*, popular author Ted Andrews teaches you simple and effective techniques for establishing rapport with your angels and guides. Explore meditation, divination, fragrance, crystals, and other ways to connect with spirit helpers, and enjoy the many gifts and learning opportunities gained by working with: Guardian angels. Spirit guides. Loved ones in spirit. Animal totems