



# Your Spirit Guide Connection

**Audio Transcript**

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[IntuitiveJournal.com](http://IntuitiveJournal.com)

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### **About the Author**

Laura Warnke began her spiritual journey around 2008. Before that she was pretty normal by most people's standards, going about her life with little to no spiritual awareness. Early in 2008, she experienced something that she came to find out was a "dark night of the soul" or something close to that. It was a particularly tough period of time until she was able to start listening to her Spirit Guides and Angels and learned to trust their messages.

Enjoying connecting with others on a similar path, Laura launched her blog, **Intuitive Journal** in November 2009. She felt particularly guided to share what she had learned with others.

Laura Warnke helps you define your life purpose by viewing your Akashic record from a soul level perspective. Her passion and purpose is to assist you in shifting old patterns and energies to realize and embrace your life purpose. Through intuitive readings, energy clearings, and life purpose mentoring, she works with your Guides to define your life's purpose, embrace your soul level gifts, clear energetic blocks, and bring back the passion and spirit to your life.

### **Certifications**

- Certified Soul Realignment™ Practitioner, completed levels I, II, and III via Andrea Hess.
- Completed the Professional Automatic Intuition certification by Slade Roberson.
- Certified in Usui Reiki Levels I & II, a Japanese energy healing technique.

Welcome! I am so happy to be providing you with these two audios titled, **Spirit Guide Meditation – Connect with your Spirit Guides**. This is Laura Warnke from IntuitiveJournal.com and I am thrilled to share with you in this first audio information about connecting with your Spiritual Guide Team.

This is a topic that is quite close to my heart. I have been connecting with my Spirit Guides for the past 4-5 years and have experienced some amazing moments with the information I have received from my Guides.

Building this relationship is something I wished I had done when I was much younger, but my Guides have been there with me the entire time, even if I didn't realize it back then. My Guides have been there through some rough patches and also now bring me clarity when I am feeling strong emotions.

My intentions for you listening today are the following:

- *Develop a trusted connection to your primary Spirit Guide.*
- *Understand that your connection to your Guides can be enhanced.*
- *Realize that you are not alone in the world.*
- *Understand the Differences between Spirit Guides and Angels*
- *Learn what types of questions to ask your Guides for the best information*

I would like to do a brief invocation now to allow you to bring your full attention to your awareness. I invite you now to draw yourself into your consciousness and connection as you listen to the rest of this audio. Just take a few nice deep cleansing breaths in

through your nose up to the top of your head...and slowly exhale through the mouth. Let go of the daily buzz for a few moments and relax into your connection. You are a part of Source energy and it is a part of you as well.

Let's take another deep breath...in through your nose up now to a few feet above your head...and again slowly exhale through your mouth. Feel your energy traveling through each of your chakras and down to the center of the Earth. Feel your connectedness to the Earth plane as well as the spiritual plane and know you are always connected.

What I want you to know today is that you are not alone. Don't underestimate your role here on this Earth. You play an important part in all of the consciousness and vibrational levels of this planet. By making a conscious effort to raise your own connection, you are also raising the vibrational level of everyone you are in connection with. You chose to incarnate here on this Earth at this time to raise that vibration. But you didn't come here alone. You have assistance available to you any time you ask. We all do.

We all have a team of Guides there for us, just waiting in the wings to assist you when you call upon them. They have many lifetimes of knowledge and perspective to share with us and by understanding how to consciously develop your connection with them you can tap into that information and use it to make better decisions.

Think of it as getting the big world view of a problem or situation. Your Guides know what is in your best interests and would never lead you astray. Their information comes to you from the perspective of the highest good.

What I will be sharing with you during this session are answers to some of the common questions I have received from clients about being able to connect with your personal Spirit Guide team.

I will be providing guidance on how you can recognize your primary Guide as well as the rest of your team of Guides. I will be sharing information on how you can recognize messages from your Spirit Guide team and also how to ask great questions for better answers from your Guides. I will also be discussing some exercises and tools you can use to increase your level of trust in your own connection.

Let's begin by me sharing briefly a little bit how I help people and how I got started down this path. I realize for some of you this may your first introduction to me and what I do. First I would like to tell you a little bit about my own story on how I came to realize I even had a team of Spirit Guides available to me.

You might think that because I am currently working as a professional intuitive and healer that I have been speaking to my Guides forever. You know, in a way I had been, but as far as having a strong conscious connection, it certainly wasn't always this way.

I began my spiritual journey in depth in 2008. It seemed it was a period of time when all that I thought to be true was crumbling around in my mind. Nothing seemed to be the same and nothing seemed to make sense any longer. It was a period of what I came to find out later was known as the dark night of the soul.

This period brought to light so many of the mis-truths in my thinking. It was a particularly difficult period where I had to truly dig deep into finding out what I believed and where my truth really was. It was a period of feeling quite alone even though I had friends and family surrounding me. I felt at soul level there was truly something missing. And there was. It was my connection to Source and my Spirit Guides that was missing.

In fact, I would go so far as to say I willingly tuned out and ignored my intuitive guidance and my connection for many years. This was mainly due to not trusting the information that came through and also a lot of societal conditioning.

For the longest time, I felt that I was completely alone in the world. Unfortunately, not listening to the guidance that was there for me led me down some paths that were definitely not in my best interest.

I had a series of events occur when I was younger, mostly of my own doing; that led me to think that nothing existed outside of what we could actually see in physical reality. This thinking continued for many years until I got to a very low point in my life.

I finally began to see my way out of the fog and reclaim my inner self. I began to trust the guidance I was receiving from my Spirit Guides. It led to some amazing breakthroughs that allowed me to heal.

This journey was a necessary part of my spiritual and personal growth and was necessary to fully embrace my soul's purpose in this lifetime. I am now an intuitive

healer and can bring that knowing and empathy to assist others in finding their true soul purpose.

### **You Are Not Alone**

One of the things that I found most comforting about connecting with my Guide team was the realization that I was not alone. The feeling of being alone is separating yourself from Source energy. It is the intentional closing off of your Divine Connection.

Please realize that you are never alone. There is always someone there for you, supporting you. Do not be afraid to reach out and ask to make that connection.

### **Everyone has Spirit Guides**

You know, we have been told not to pay attention or even ignore our Spirit Guides, just as we have been told to ignore our intuition along the way. This connection was so much stronger when we were young children, but we tend to lose that connection as we grow.

We allow society, friends, and family to tell us logic is the only way to go. We believe it and this leaves us feeling lost, lonely and separated from our true Divine being. I want to reassure you that everyone has a spiritual guide team available to them.

Whether you realize it or not, you are born on this Earth with your spirit guides already selected. Your Spiritual Guide team is comprised of anywhere from 4-7 incorporeal beings that you hired before you incarnated to assist you in this lifetime.



They lovingly agreed to become your spirit guides during your incarnation here in this lifetime. They are really just energy. This is what I mean when I say that you are not alone in this world.

Now, I have heard some people say you can have more guides than that or considerably less. From what I have found during my readings, is that generally there will be 4-7 guides in your team. You can from time to time, hire additional temporary Guides to assist you with a particular period of your life or for a specific project.

Some individuals may have fewer Guides because they incarnated to learn some specific lessons and did not need the additional Guides within this incarnation.

### **Your Primary Guide**

So now, let's talk about your primary guide. Your primary Spirit Guide has been with you since birth. He or she is your birth to death guide. You are joined by your first guide when you are born. This entity will be with you for your entire life and assists you with learning and living your primary life purpose. Think of your primary guide as a personal consultant available for you at all times.

### **Your Spiritual Guide Team**

In addition you have other Guides that assist you in various aspects of life. They may assist in areas like finance, family, health and well-being, relationships, or creativity. There are many areas. As you get older you "hire" other guides as needed. As a child

you don't need to make a lot of decisions, but as you enter your teenage years and your early 20's most people will hire on additional guides at that point.

You hire on more guides as you accept more responsibility in your life and begin to go out into the world on your own. By the time you are in your late teens you will have your permanent Guides in place, kind of like teeth! Your guides are there to help you navigate the life areas you don't have much experience with yet at that point.

One thing to take note of is that your guides will always have a higher soul vibration rate and broader perspective than you do. After all, why would you want someone to guide you through life that had a worse perspective and more fears than you are currently working through?

### **Differences between Spirit Guides and Angels**

One of the areas I get questions about is the difference between Spirit Guides and Angels. They are both interrelated, but each play a different role. So, here are a few ways to know who you are communicating with.

Spirit Guides differ from angels in that Spirit Guides have been incarnated in at least one prior lifetime. Angels have never incarnated.

Another difference is that Angels are assigned to more than one person. They are here to assist larger groups of people. Spirit guides, on the other hand, are unique to you and only you and each person has a completely different set of Guides on their team.

So, another question I get is "Can you receive guidance from both?" The answer is yes, but your Spirit Guides know what you have been up to all day and can give you more accurate answers to your questions.

Guidance from Angels will generally be for a larger audience or more for mankind in general. This is fine but it doesn't provide you with a whole lot of actionable advice, so I would encourage you to be making direct contact with your personal spiritual guide team.

### **Spiritual Guidance vs. Free Will**

Okay, so for the next segment I am going to talk about is spiritual guidance vs. Free Will. One of the questions I have received asks "*do you have to do everything your spirit guides tell us to do?*" The answer to that is no. You have Free Will to do anything you wish.

Your Guides can only suggest certain actions to take. You as an incarnated being here in the Earth plane have every opportunity to override that guidance received from your Spirit Guides. You are under no obligation whatsoever to follow anything they say.

So, why follow advice from your Guide team? Well, it's because they have a much broader perspective on the goings on of life than you do. That is why you hired them; so they could assist you in making decisions aligned with your highest path and purpose.

They are here to bring you additional options that you cannot see, or suggest a different path to getting what you want. Think of them as advisors that can bring you a fresh new perspective on a situation or open doors that were previously closed.

Please do understand that Spirit Guides are not perfect and do not have every answer for you. They are wiser than you however and can place a new perspective in front of you that you may have been missing.

So, what happens if you choose to ignore or dismiss their guidance? If the situation was something that would truly make a difference with your path in life, they will recalculate the game plan and offer a solution to you that is quite similar to the first one. You can think of it as your inner GPS system that recalculates the route when you deviate from the prescribed course.

They will still love us unconditionally if we don't follow their recommendations. They are not here to judge our actions; they are only here to act as advisors for us. They do respect our feelings and what we go through on Earth.

They will however give you another opportunity or multiple opportunities to see the situation differently. They bring experiences, people, and situations to us in order to help us along in our path.

So, what does this mean in real life? When you ask "Why does this situation keep showing up in my life, over and over again?" Well, there is something there for you that's part of your life path and purpose or a life lesson that you need to learn from.

So another question that has been asked is what happens if I get upset with my Guides and tell them to go away? Will they really be gone forever? The answer to that is no, they will always be with you and will send you love and healing until you are in a better state of mind. The love energy is always there for us and you need to realize that we are the ones that take that free will and cut ourselves off from Source.

If you are upset with your Guides and the guidance they are giving you, they will not leave you, but they may give you some space for a bit while you settle down and get back to a more approachable state of mind.

### **What do Your Guides Look Like?**

So, now let's talk a little bit now about what your Guides actually look like. While Spirit Guides are not in a physical body while they are here assisting you, in many cases they do take on physical characteristics that are familiar to us.

Each of your guides has unique characteristics and features. They can appear as quite human-like and take on a distinctly male or female form. Others can appear as forms of energy. For the purposes of this meditation on the second audio, I will be using the reference of he, but do know that your guide can appear as female or as energy as well.

They can often take on the form of an archetype, such as a priest, a roman soldier, a goddess or maybe even look like a famous actor or actress. They can appear quite tall

and you may have a sense of not being able to see their feet, as if they are floating six to twelve inches above the ground.

Other features and characteristic of Guides can include them holding a staff or having a laurel wreath on their head. You may see them sitting in a rocking chair or standing near a tree. Pay attention to any of these props as it does give you additional information about their purpose in your life. It also gives you more information on how to recognize them.

Other guides may appear as animal totems or have features similar to common animals.

Just know that each and every person has their own unique set of Spiritual Guides and I have never encountered any Guides that were identical to the same people.

### **Can Deceased Loved Ones be Your Spirit Guides?**

Another question I have received is "Can a deceased love one become your Spirit Guide? The possibility does exist that a deceased relative may become a Spirit Guide for you, but in almost all cases they are not an actual part of your personal Guide team.

That does not mean however that a deceased loved one cannot be of great assistance to you. A beloved Aunt or Grandparent that steps forward to assist you is a wonderful being to have working with you. They may not stay around forever though. Sometimes they stay just long enough to help you with the grieving process.

### **How to Communicate with Your Guides – the Four Clairs**

In this next section, we are going to talk about how to communicate with your Spirit Guides. There are many ways Spirit Guides can deliver guidance to you. It can be as subtle as a little whisper or just a knowing. The meditation is not the only way they come through.

Everyone has a unique way of connecting with their guides and it is based mainly on your primary intuitive modality. You can connect with them via clairaudience, clairsentience, clairvoyance, or claircognizance.

If you are particularly strong in one area or another that will most likely be the easiest way to communicate with them. You can of course communicate with them in other ways as you become more comfortable.

So, let's talk first about hearing your Spirit Guides. This is when you actually hear voices coming through or thoughts coming through that do not seem to be your own. This is known as clairaudience.

Another way you can connect is by sensing your Guides. In this way of connecting you have a feeling or emotion present. This can be in the form of a physical sensation such as chills up and down the spine, twirling your hair, or a tugging on your ear. It can also be an emotional feeling like love, comfort, or a calm stillness. This is known as clairsentience.

Many of you can actually see your Guides. You will see a visual of some sort within your mind's eye. This is known as clairvoyance.

Finally, you can just know your Guides are there with you. You just have an innate understanding they are there by your side. This is known as claircognizance.

Doing a meditation is not the only way that you can connect with your Guides. Your Guides can also come to you in your dreams. Don't discount the power of your dreams. In many cases this is a much easier way for them to come through with information for you.

If you are having trouble connecting with your guides during meditation, know that the key is just be open to whatever form they take and start talking to them and asking questions. It really just takes practice.

### **The Quality of Your Questions**

And speaking of questions, that is something that I do want to address. The quality of your questions that you ask your Guides makes a world of difference in the answers and useful information you receive from them. In my Intuitive Alignment Workshop that I held in the fall of 2012, we talked in a lot of detail about how to ask better questions from your intuition and your spirit guides. So, what types of questions are better than others?

Here are some examples of **poor questions** to ask:

- *Should I quit my job?*
- *Is he the one?*
- *What do you think about my future with the company?*



Why are these poor questions? The answers are going to be much too vague and the questions are too open ended to be of any real help in your search for answers.

Questions that use words like would, should, or could generally end up with conflicting answers as there are too many possibilities.

Also, any question you ask about the future is something that your Guides will not be able to answer well. There is just too much room for a situation to change to be able to give you accurate information.

So, what makes a better question? Here are a few examples that you could ask for guidance.

- *What changes would you like to see me make in my life right now?*
- *What is my life purpose?*
- *What can you tell me about my relationship with \_\_\_?*
- *What is the purpose of this particular conflict in my life?*
- *How can I heal this situation in my life?*
- *What can I do to achieve my dreams of \_\_\_\_\_?*
- *What do I need to let go of to achieve my goal of \_\_\_\_\_?*

Those are just a few examples. Better quality questions will yield better quality answers. That is how you get useful, practical, and actionable information – by asking better questions.

### **Don't Wait Until a Crisis**

So, now let's talk a little bit more about connecting with your Guides. One recommendation I would make is to not wait until there is a crisis situation to start connecting with your Guides. At a stressful point it can be difficult to trust the information unless we have already made a solid conscious connection.

By taking the time to make that connection while you are in a calm meditative state, you build that trust and learn how they truly communicate with you. Once you have done that you will be ready to trust that information when there is a worrisome situation.

Do know that when there is a crisis situation, our Guides are by our side giving you that badly needed hug at just the right time even if you don't know it consciously.

### **Fears and Misconceptions**

So, now I am going to address some fears and misconceptions. Some of you that are listening to this recording may have some fears and misconceptions related to connecting with your Spirit Guides. I will take some time to address some of the more common fears that people have talked to me about.

One misconception is that your Spirit Guides are the same as your own daily thoughts. This is not the case. Spirit Guides have their own soul group and could again reincarnate if they chose to do so. They are their own beings with their own personalities and character traits. The only difference is they are not incarnated right now because they chose to assist you as a Guide.

Another thing that many people get confused about spirit guides is that they keep waiting for their guides to tell them what to do. It doesn't work like that. In fact, it is the other way around. You, as creator announce your intention of what experience you would like to have in your life and *then* your guides will bring you people, signs, and ideas to assist you in making that a reality.

Spirit guides are not here to run your life for you, even though that seems to be what you may want sometimes. "Guides, just tell me what to do!" If your guides were to do that it would rob you of many life experiences that bring richness to you being here on Earth.

Another area is that your guides will not interfere with your free will and discernment. True spiritual guidance comes from deep within your soul and helps direct your energy into useful actions to achieve what your desire.

They are great advice givers, though. Once you begin communicating on a more regular basis and trusting the information you receive from them, you will find that their advice can make your life run much smoother.

You are fully the creator of your own life. No one else can make the final decisions and choices for you. Your guides step in and plant ideas to make your wishes and dreams move along.

Another misconception many people have about their guides is that because they are working so hard for you, that you owe them something. That is simply not the case.

Your guides are with you because you asked for their assistance and they volunteered to do the job with love. They work solely on your behalf to allow you to achieve your highest path and purpose.

Intuitive guidance received from your guides doesn't always make complete sense. It usually comes in bits and pieces and is just the next step in the process of getting to your desired goal. It may come in the form of a song repeated in your head or heard on the radio. It can be seeing a sign on the road, a phone call from a friend, or even smelling a certain fragrance.

Your personal spirit guides are waiting in the wings, ready and able to offer you new choices and advice. All you have to do is ask for their assistance.

I want to talk briefly now about what to do if you are having trouble connecting with your Spirit Guides. It really just comes down to trusting what you get and practice to build a constant connection with them. This is not something that will come all at once. It takes time, patience, and practice.

If you still find yourself having trouble connecting, I can offer a fast track to making that initial connection with your guides. Through a Spirit Guide reading I will discover who is on your personal Spirit Guide team and what each of their areas of training are and how that can assist you in your day to day life.

In most cases I can relay the name of each of your guides, usually about 4-7 of them, along with their areas of training, characteristics, and areas of expertise. Most often I

will also receive a personal message just for you from your guides. We will also talk further about how you really connect with your guidance so that you can learn to recognize the signals and really begin to develop that connection.

I will connect with your **Primary Guide** and tell you if your guide is male or female. Most of the time, I am given the name of your primary guide as well as others. I pass along what I receive.

I can also give you the name and gender of any other guides on your personal team with descriptions of what your Guides look like and how they present themselves to me. I will give you areas of how they communicate with you and impulse you, and their areas of expertise.

Generally your primary Spirit Guide will have a message for you and in many other cases there will be messages from each of your other guides as well.

So if you are interested in looking more into that, the website address that you can go to read more about it is [www.intuitivejournal.com/spirit-guide-readings/](http://www.intuitivejournal.com/spirit-guide-readings/).

### **The Second .Mp3 File**

So now let's talk about the second audio file that is part of this program. This is a meditation I do with my own Spirit Guides. Our Guides have a much higher vibration rate than we do. That is why a meditation of this nature will raise your own vibration to be able to connect with that of your guides.

During the meditation you will be asking the name of each of your guides and what their specific role or life area is that they help you with. You will also be picking up on aspects of how they appear to you.

I do want to mention again that your Guides can appear as having distinctly male or female characteristics or may appear more as a form of energy to you. During the meditation, I mainly address your Guide as he, but know that this term is meant to be used interchangeably. Go off of your gut feel as to how your Guide presents himself.

You are now ready to begin the spirit guide mediation on the second audio file. This mediation is about 25 minutes in length and will walk you through meeting and talking with each one of your spirit guides. I would recommend listening to this mediation with a pen and paper handy so you can take any notes on information you receive.

I would also recommend listening though the mediation at least twice at first as you may have a lot of questions in the beginning and those thoughts can cloud the information coming through to you.

You can also listen to this meditation multiple times whenever you feel called. I would recommend doing this mediation at least once per week. That is how you will develop your comfort level with communicating with your guides.

The most important thing to realize is that you may not get all the answers you want right away the first time. Developing a connection with your Spirit Guide team is one of

bringing them into conscious awareness so you can hear, sense, know, and see the pieces of information that they are bringing to you.

Remember the information you receive is meant to be used to improve your daily life. I look forward to joining you in part two, which is the meditation portion of this audio. I will speak with you soon.

Namaste