



Your Spirit Guide Connection

Meditation Transcript

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Welcome to the meditation portion of Your Spirit Guide Connection. This is Laura Warnke from Intuitive Journal.com and I am honored and privileged to be with you for this portion of this audio program.

I would like you now to prepare to connect with your Spirit Guides, to receive information directly from them, and to embrace their guidance and wisdom. Allow your mind, body, spirit, and emotions to connect with the Divine Guidance that comes from your Spirit Guides.

You can visit your Spirit Guides at any time. There is no limit to the number of times you can talk with your Spirit guides. You have already connected with your Primary Guide many times, as this Guide has been with you since birth. Today we are going to go deeper into developing that connection on a conscious level so you can speak with your Guide any time you like. It is also time to meet your other guides and learn what messages they have for you today.

Your Guides are waiting to talk with you and ask that you open your energy and meet them at a higher vibrational level. They ask that your thoughts become clear to be able to receive the transmission of information that comes through. Your guides radiate true love and wish to share their wisdom with you at this time.

I am going to start the meditation now as I call you into your connection. Allow yourself now to close your eyes, take a nice deep breath in through your nose, up to the top of your head. As you exhale, allow that breath now to go deep down through your body,

out through your feet and toes. And with every breath you go deeper and deeper relaxed.

Allow yourself to take another deep breath in through your nose, up to the top of your head, and as you exhale allow that breath to go deep down through your body, out through your feet and toes, and with every breath you go deeper and deeper relaxed.

Allow yourself now to take one more nice deep breath in through your nose, up to the top of your head, now reaching further up to a beautiful golden ball of Source energy a few feet above your head.

Envision a large golden ball radiating all of Source energy and now allow the sense of light, love, and wisdom from Source energy to stream down into your being as you exhale, allowing that breath to leave your mouth and allowing that connection with Spirit and Source Energy to flow through you, to go deep down into your energy body, out through your feet and toes down to the core of the Earth, and with every breath you go deeper and deeper relaxed.

Allow yourself now to take another nice deep breath as you are allowing yourself to raise your vibrational cellular level to the point of being ready to meet and connect with your Spirit Guides. Allow the energies now to continue to go deeper, allowing the transmission of the infinite to flow into your energy deeply. Allow that energy now to be present as you ask for connection to your Spiritual Guide team.

Envision yourself walking in a field of wild flowers. The field has gently rolling hills and it seems to go on forever. You keep walking, stopping occasionally to enjoy the view and scenery. Your senses are now heightened and you begin to notice your surroundings on a deeper level. Off in the distance you see a door.

It is not an ordinary door, but one that seems to lead to somewhere you have not yet visited. You keep walking closer to the door and realize there is a beautiful glow of white light energy coming from the other side of the door. You are now standing in front of the door and the energy beckons you to enter.

An angel appears and without words motions you through to the other side. You step through. You are greeted by the most amazing field of flowers you have ever encountered. You are awestruck by their beauty.

You notice a garden bench nearby and your Angel motions for you to sit down. You now ask to be connected to your Spiritual Guide Team. You say, "I ask to be connected to my Spirit Guides that follow Divine Love, Light, and Truth. I ask that my guides now step forward and be ready to share their knowledge and wisdom with me. I ask you now to please step forward."

They appear in front of you. They are lined up in order from left to right with your primary guide on the left. You now invite your Sprit Guides to step forward and introduce themselves. They appear in front of you. You feel joy, peace, and happiness. You are safe. They are smiling warmly and they radiate peace and unconditional love. They are so happy to talk with you today. They beam light all around you. The light is

bright, warm, welcoming, and loving. There is a feeling of peace and joy everywhere.

They are welcoming you and calling you by name. They are like long lost friends.

Observe their beauty.

You ask your Primary Guide to please step forward and ask him to join you in your favorite spot. He does. You feel as though you have known this visitor your entire life.

She greets you with love in his eyes and a hug that carries the warmth of a thousand hugs. Your guide is so excited to talk to you. You feel the shift of energy as he moves.

Take some time now of how your Primary Guide appears to you. Notice the physical characteristics that make this Guide unique from the others. Notice his height, what he or she may be wearing, and if this guide seems to have male features or female features. Take some time now to absorb as much information as you can.

Does this guide have a name?

Ask your guide "What message do you have for me today?"

Thank your guide for his message. There are other Guides nearby that also want to converse with you. Ask your next guide to step forward.

Take some time now of how this guide appears to you. Notice the physical characteristics that make him unique from the others. Notice his height, what he may be wearing, and if this guide seems to have male features or female features. Take some time now to absorb as much information as you can.

Does this guide have a name?

Ask this one what life area he or she specializes in?

Ask this guide "What message do you have for me today?"

Thank him for his message and ask your next guide to step forward.

Move through this process with your other Spirit Guides, asking each of them their name and their specialties and if they have any messages for you.

Take some time to do this now...

When you have finished talking with them thank them all one last time for their advice and comforting words.

Take some time to sit with your thoughts and be comforted by their presence. Your Guides have your best interests at heart and you now know exactly what you needed to hear today. You can come back any time you like to visit your spirit Guides. They will always be there for you any time you ask.

It is now time to end your visit with your Guides. You are now slowly coming back into the present. You are beginning to feel awake, strong, and rejuvenated, ready to go forward with your new found knowledge. Begin by counting backwards from 5, 4, 3, 2, 1.

Feel the love and connectedness radiating from each of your chakras out into the world. Feel yourself being drawn closer to Source energy. Feel the unconditional love that is

connecting you to Source. Let it be known that you are part of Source energy and it is a part of you. I give thanks to let it be so and know it is done. And so it is, and so it is...

You may now open your eyes and stretch and relax. You are now wide awake, refreshed, and relaxed. Take a few moments now to ground yourself if you need.

Namaste