

# **MEET YOUR SPIRIT GUIDES**



**FIND OUT HOW EASY IT IS TO HAVE  
DIRECT GUIDANCE IN YOUR LIFE.  
CREATOR DIDNT SEND YOU HERE TO  
FIGURE IT ALL OUT BY YOURSELF!**

**A HOW TO EBOOK BY  
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## **Spirit Guides**

Today we are going to expand your consciousness. We are going to plant and fertilize new seeds of spiritual growth to manifest what you already know and feel on certain levels of your being.

You were interested in this course because you know that there is a higher part of yourself, a spiritual self within you that has always had contact with a higher power. That is the part of you we are going to expand today, that connection, that ability to know and be attuned to that greater part of yourself.

You have chosen this book to expand your knowledge, to obtain the answers to those questions that no religion or society would give to you. You have been listening to that inner voice for a long time and now you seek to learn to listen to it much more easily, to incorporate it into your life path. You have wanted to benefit from those guides who have been with you all your life, loving you unconditionally, wanting to guide you and teach you everything you need to make your life beautiful and happy and healthy and abundant.

You may have felt this desire to make contact for a long time now but have not known the way. Perhaps you have even experienced emptiness, a feeling of loss or disconnection as you have been unsuccessful in creating a relationship with your guides in the past. That pull to do so may be tugging at you inside your heart. We all have an inner flame that continuously pulls us towards its Light and we are growing and blossoming every day. There is no way to make a flower go back into its bud. There is no way that you can go backward from this place of growth that you have reached.

So lets expand our understanding and reach up to take the hands of these highly advanced spiritual beings, these emissaries from Creator who chose to come into this life experience with us to teach us what we need to learn so that we can accomplish all that we came here to achieve.

## **Trust what you see**

This is important first, last and always.  
Your visions are real.  
How you interpret them is the catch.

## **Remember, everything received in the now is for now**

Things change from moment to moment. But what your guides give you is for right now, not for next week or tomorrow or later on in the day. You have to learn to be present in this now moment to work with your guides. They are never too late or too early.

You have to work with your guides in the now moment.

## **Trust what you hear**

Everything is sentient, living, feeling, and knowing, able to communicate and learn and express itself. All of creation has messages of growth and wisdom for you. Ask me your questions about this fact by sending an email to [shaman@shamanelder.com](mailto:shaman@shamanelder.com).

### Ask and question for more details

This opens your communication line. Keep the line open by asking for information, and question more.

Be like the student or child, open your self to learn more. The guides are highly advanced emissaries of Creator who agreed to come here with you to teach you the skills you need to fulfill your mission here. You can sit at their feet like a child and let them teach you what they know you are ready to learn. It truly helps if you can hone your inner senses and find more balance in your life. Your guides are not going to frighten you or communicate with you when you are out of balance, upset, angry, desperate or not willing to listen. The ears you use to listen are not your outer ears but rather are your inner ears, your clairaudience, so you need to develop that ability. Lesson one in the [Shaman Apprenticeship Course](#) 101 teaches this ability.

Keep at it. Keep practicing. This is a skill that needs to be developed, not a light switch.

## Know you are in charge

You are in control of your body and space. You are the captain of your ship. If you don't believe this, spirit will test you until you do. You are the one with the physical body, and in charge of it. This is your reality.

Create the presence of energy that you desire. Whatever you believe becomes your reality. If you don't like your reality, examine your beliefs and find those that are not benefiting you. Change those into something that does benefit you and you will find your reality changing to reflect those new beliefs. Easy! This is how to control your reality. This is The Secret of the Ages!

To learn more about this process visit [this website](#) and read about belief counseling.

## Detach from your emotions

Approach your guides in a non-judgmental way, or your flow may stop or not even get started.

Releasing your fears and judgments opens the door.

You will stay with the energy as long as you stay emotionally detached.

Your guides are not here to scare you. They are never going to violate your free will choice. So if you do not want them to make themselves apparent to you, they certainly will not! Many people feel that to meet their guides will take away their control. But the guides are not interested in controlling you at all.

When you were in school, your professors would give you information. What you did with that information was up to you. You may have taken that information and worked with it and learned it and kept it even to this day. Or you may have thrown your notes into the trash bin and no longer have any idea what they were trying to teach you then. Your guides are teachers, too. They will give you information but what you choose to do with that information is up to you. So do not fear that they will take away your control or scare you or demand anything from you. You will not be able to study with them if you are afraid of them. They will not even approach you if you are afraid of them.

So relax and know that the guides will never ever violate your free will in any way.  
Again, know you are in charge.

## How to Meditate

To expand your awareness, to hone your inner senses, to connect with your guides, to promote spiritual growth and a deeper understanding of your connection with all, [Meditation](#) will help you advance quickly and get comfortable with the esoteric energies.

Meditation is also one of the most powerful and effective ways to reach awareness of Creator.

Meditation raises your alertness into multidimensional awareness.

Meditation is simply becoming balanced mentally, emotionally, spiritually and physically, sitting in a quiet place of relaxation and becoming aware. It is not self-hypnosis. It is complete awareness. Awareness of what? An awareness of the field of energy all around us.

The Buddhists teach that there is a field of energy encompassing everything and from which everything was manifested. In this field of energy everything is the same thing, one thing. And some Buddhists call that one thing, nothing; hence we think that meditation is thinking about nothing. But in truth, meditation is about being in a state of complete awareness of this one thing, this energy. Some have called this energy “the void”. It is the place from where all things manifest, have manifested and will manifest. It is the energy of existence and we all have it.



## The Practice

So allow yourself to sit in this “Void” and just be in it. You are in it right now but you are not aware of it, you are not paying attention to it. Now we are going to take time each day, 15 minutes or so to really pay attention to this wonderful universal field of energy that encompasses all things. Could we call this Universal Field of Energy that encompasses all things — God? That is for you to decide!

Benefits of doing this practice for 15 minutes each day can include a sense of peace all the time 24/7. That alone should be a good enough reason for you to try it for 30 days; also better health, better sleep, a better ability to look at situations from above the fray rather from within it. Meditation develops of real sense of who you are in your own place in life, a chance to get to know yourself and to love yourself. And through this you find it becomes easier to love others and to receive love from others. There are lots of benefits to meditation but it does no good to just talk about them or think about them. Take 30 days to do this practice and experience them for yourself. Write me an [email](#) about your progress.

## Know that you are protected

To feel safe, you must first know you are protected. Allow yourself to feel and trust this concept. Then you will begin to see, hear, and feel your spirit guides.

Let me give you an exercise in protection to keep you safe in this other 95%. There are zillions of energetic waves beaming crisscross all around us. They are both positive and negative thought forms, emotions, ideas, events both past and future, all kinds of entities and so much more. We don't need to sit here like an antenna letting all these signals affect us and push us this way and that.

It's called the bubble of protection. Perhaps you already use something like this. If so, great!

Visualize a bubble around your entire self, enclosing your spiritual, mental, emotional and physical bodies. Some people may see this bubble's aura. The Yaqui call it the luminous egg. I see it as an egg shaped bubble. Inside this bubble is Creator's love and Light. This bubble is always with you as you are always one with Creator. So picture this white Light of love and peace filling the inside of your egg bubble, more than you could ever use. This egg bubble filled with this white Light feels like home and love from Source Itself. Feels good!

Then on the outside of this egg bubble we will put a Kevlar type material. Kevlar is the strongest woven material in the world made of metal microfibers. This Kevlar surface on your egg bubble filters out negative energy and only allows in positive, loving energy. So now

you have a natural strong filter around your bubble. By imagining it you are intending it and by intending it you make it so. So when all the zillions of energetic waves out there come zooming towards you, the positive ones will come through the Kevlar into your white light and add to it. The negative energies, nasty thought forms, pessimistic emotions and so forth will just bounce off the Kevlar surface and continue on their way.

Of course, if you create lots of negative energies with your thoughts, words and actions, well, you had better ask Source to clean out the inside of your egg bubble with that white Light daily. But you will be protected against anything negative out here whizzing by very easily in this way. I just remember my egg bubble and that is all I have to do. If I am going into someplace I know will be negative I just remember my egg bubble and I am good to go! Actually it would be best to remember it 24/7.

There is no reason for us to be subjected to every single energy out here and there are zillions of them.

## Know you are experiencing exactly what you need

This life experience is not just one isolated 90-year incident. It is part of the “eternal you” experience, a small part at that. When you realize that this life experience is an opportunity to perceive the Essence of that Universal Field of Energy all around us in a way that we can only do with a human body, mind and emotions, then you can start to see the higher purpose of being here. The real reason you are here is to perceive this Essence that is in everything, that IS everything here, in this incredible, human way. You chose to come here and see this for yourself. And so everything that happens to you in your life is another opportunity to perceive this Essence more fully.

Perhaps you need to learn patience, or perseverance, or commitment, or loving kindness, or how to make good choices. You can look at what is going on in your life today and see that you are being given experiences to foster one or more of these skills. Take a look and see for yourself! There is no mystery here. Everything that Creator created is easy! It is man who makes things hard. If you get on the positive side of this experience, if you choose to go with the flow and choose to work towards developing commitment, perseverance, patience, volition, and loving kindness, this whole world and everything in it will work WITH you to help you develop these 5 qualities necessary to have a fantastic life experience here. If you want to fight against this natural development, well, the growth is going to happen anyway and you will feel dragged along in a not so wonderful way. So get on the positive side of this learning experience!

Life is a learning experience! I have just told you what you are here to learn. Now that you know, you can get in the program and start to enjoy life for all the Essence of Creator that it is!

Your guides know what to teach you and when. And as they teach you something, they will also give you chances to practice that teaching in your daily life. And sooner or later some situation will come up in your life and you will have the chance to use that teaching, or not. Watch for it.

## When you have the capabilities

and the awareness to receive messages for yourself, you will.

Moving through your blocks and challenges is rewarding. But until you learn to listen with your inner ears and think with your heart instead of your mental mind, don't expect to have much success. We tend to listen to ourselves and pretend our own voices in our heads are our guides. They are not. You have to learn what is you and what is not you.

The author - Howard Liebgold - suggests imagining there is a voice inside you, which, though once a guardian, has now become a tyrant. This voice is the boo voice... or the boo monster.

Liebgold has come up with some general ascertations about the content of the boo monster's voice. He asserts that, amongst other things, the boo voice ALWAYS:

Lies  
Exaggerates  
Catastrophizes  
Demeans  
Deprecates  
And depresses

And he affirms that the boo voice is intent on scaring you (hence 'boo!').

We have this false mind, this negative ego voice that is constantly narrating a fictional autobiography to us of suffering and loss and unhappiness and struggle and fear. And then we have the true us, our higher self, the innate true mind. Liebgold suggests an exercise for learning to recognize and expose the false mind (the boo monster).

The exercise is simplicity itself. When a thought comes along that fits any of the above categories, restate that thought with the prefix "The boo monster says..."

For example, the thought "I hate life" comes along. You restate it IMMEDIATELY as:

"The boo voice says, "I hate life".

In doing so you are learning to recognize the false mind for what it is, and at the same time detach yourself from it. (What Liebgold doesn't point out is that by recognizing and exposing your false mind you are also unwittingly learning to recognize - what remains - as your true mind, and to associate with it more strongly.)

Try the exercise and you will, I think, be pleasantly surprised as to the nature of your true mind. The boo monster's ONLY weapon against us is its voice. Learn to recognize your enemy and disarm it, and you are well on your way to defeating it.

## **Know that we have a multitude of dimensions**

to interact in. Each level has a multitude (1000's) of dimensions within itself as well. All are intertwined and connected. The Native Americans view this universe as a Spider's Web and everything created is within this web, whether manifest physically or not. Everything here is affecting everything, everywhere. So anything you do to improve yourself, to bring more happiness into your life, to spiritually progress or to end suffering in your life helps everything else here, too. Again this Spider's Web, this Universal Field of Energy is that Essence that is - All That IS. This is what we are here to experience, to sense, but we cannot sense it with our outer senses. We need to develop our inner senses, our "clair" senses. We all have these inner senses. [I can teach you how. Just ask me.](#)



## Know that communications don't stop with people

Anything that has energy, form or matter, can and will connect with you. Anything and anyone. The astral planes are full of energies that have and can take on form. The entire history of the world is there on the astral planes like a movie from the past. You can go there and see anything or anyone who lived in the past, is living now, or who will live in the future. You can talk to people there but you cannot do anything there. It is very much like a movie. You cannot change what is there or affect what is there in any way. However, there are also negative beings there just as there are negative beings here and they want your human life force energy, your chi, and will try to gain your attention in any way possible to get your chi. So it is so important to keep that bubble of protection up and not communicate or give your attention to anything without [testing its spirit](#). Learn to know the difference between being in your body and being on the astral planes. Stay in your body.

## Time

There is no such thing as time on the other planes of existence. Time is a man made device to keep track of change. We use time to measure change but change is happening all the time. The Yaqui Indian Shamans I have studied with were able to step out of man made time and turn the wheel of time to enter this universe at different moments of time. Thus they learn how to time travel or to move forward or backward through what we think is a constant changing time. They were able to do this by recognizing that time is a man made device to measure change.

## How to make contact

Everything that has already happened is gone. Everything that is yet to happen in our linear time is only a possible idea. There is truly only this moment now. Our higher self or soul knows this already. It is our ego and attachment to our emotions and our solid belief in only 3 dimensions that hold us here.

Calling on your guides is similar to using the telephone. Before you call someone, you have an intention to hear what they have to say, right? You have already expected information from them, even before you call them. You have a picture in your mind of what they look like. It is the same when communicating with your guides.

The Ouija board is actually a doorway that negative beings can and do use to reach into this physical dimension and access your energy. Do not use Ouija boards and please destroy any you may find. They are portals and are used for negative purposes. You don't want to invite just anyone into this dimension. If you allow a negative spirit in, you will feel negativity, fear, anger, and apprehension. It's important to feel comfortable with your guides, and it's easier when you realize that they love and understand you. Protect yourself with your bubble of protection constantly in your awareness. You can drive your car, pay attention to the brake pedal and the gas pedal and the steering and the rear view mirror and even talk on the cell phone at the same time. You can certainly pay attention to your bubble of protection as you go through your day. [Test the spirit](#) of your guides before working with them. Go over to [www.shamanelder.com](http://www.shamanelder.com) and read the free teaching on how to [test the spirit](#) of anything you choose to communicate with. They love to see you willing to protect

yourself in this way. They are happy to answer the test question three times in a row, “Yes I am”. Remember the power of the Word. Their word is their bond.

If you feel the presence of negative entities, tell them you don’t need their assistance, stand in your own power and send them back to their own creator. Their creator might be a guy in Berlin who holds a grudge on his neighbor, or their creator might be a high priestess in Egyptian times that was angry with her servants. Once man creates something, it is never uncreated. It is still hanging out here looking for energy to keep it strong. When you lose interest in your knitting hobby it loses energy but it doesn’t just disappear. It is still there sitting in the basket for months. When you return to it again and give it your energy, it too, is energized and you feel the desire to begin knitting again. So there are zillions of both positive and negative entities out here around us.

And it is what you give your attention to that gets your energy. You have been given enough life force energy to have a long, happy life. But you can waste your life force energy too. You can give it away to such beings as these and cause yourself to lose your own life force energy, to get sick and eventually, when you run out of life force energy, you will die. Some people who are depressed and have suicidal thoughts actually try to give their energy away to anyone who will take it from them so that they can die.

I hope you value your limited life force energy more than that and you will take responsibility for it and not give it away to things around you any more. Every person has enough life force energy. They do not need yours. Now do you understand the importance of knowing how to [test the spirit](#) of anything before you communicate with it or give it your attention?

## The choice is always yours

as to what you want to do with the information you receive. Know that nothing is ever lost. Things simply change. Creator has given you the amazing gift of free will choice; just as everything that Creator created was also given the gift of free will. You are the captain of your ship. You make your own choices. You can choose to listen to your guides and learn from them as their student and walk with them through life, or not. No one is here to make you listen. It is your choice.

## You will only receive

as much information as your belief system and energy field can handle and maintain. When it is time for your awareness to be brought to a certain level, it will be. Give yourself time to assimilate your information or you may un-ground yourself and cause yourself to slip into that deficit place fighting against the current. You don't want to be overcome with too much information too fast.

Your guides will teach you as they see you are ready to learn. If they have given you a teaching but you have not understood it, or practiced it and mastered it to some degree, they will not continue. If you ever find that your guides are no longer teaching you, then stop and remember what was the last thing they were teaching about. Go back and study that again because you obviously did not get it.

So you see that you really need to choose to become a student of your guides. They are not just sidekicks traveling around with you standing by waiting for you to ask a question. Do not disrespect them in that way. You need to set a specific time each day to go sit in meditation and ask your guides to teach you. Keep a notebook and write down what they show you or tell you. They can use all kinds of pictures, movies, sounds, words, or songs to teach you. But stay in your body, in that meditation place we learned about earlier. They do not need to take you to the astral planes or to have out of body experiences or to do what some call "journey". They are here in this place where you live and work and have your being.

Keep a journal so you can see where you are and what you have already been taught. Make a commitment to work with your guides every single day for 3 months and keep that promise to yourself. It is for your own self that you are learning to meet your guides. Do this for you.

I have known people who refused information from their guides for many years. When they finally did choose to receive, they told me how they had originally heard that information decades ago. It was only now that it made sense to them. You will find that you have already heard many things from your guides. They will keep coming back to you until you are truly ready to hear them and work with them. There is no reason to wait years to receive those messages that will help you be happy and grow spiritually. This is something you have to choose to receive for yourself.

## **Know that you are only given information that you are meant to have**

You are the closest connection you have to the inner world. Each of us has guides. Each of us is capable of connecting to our own guides and walking our own “good red road” to spiritual growth and enlightenment. It is not your job to lead another human being. Work with your guides for your sake. Let other people learn how to connect with their own guides just as you have and that will benefit them far more than trying to give them messages from their guides yourself. Any message that you might feel you have for someone else is first interpreted through your own thoughts, ideas, beliefs, feelings and life experiences, so even before it gets out of your mouth it is already distorted. The very best thing you can do is to show someone else how to connect with and work with his or her own guides. This is the reason for this e-book.

[Tell others about this E-book](#) so that we all can have the extreme blessings of knowing and walking hand in hand with these wonderful guides. They came into this life experience with us because they love us unconditionally and want to teach us what we need to learn in order to accomplish what we chose to come here and do. This is the true way to help yourself and others.



## The calling of awakening has come to you

Your path is unique. Each being has a different service.  
Honor your path of service with the fearless courage to go there.  
Listen, look and grow. The more you honor you, the more you honor  
Mother Earth and Father Sky - Creator in all forms.

Learn to listen to your guides with the ears in your heart.  
Being centered is an open doorway to the wonders of walking with  
your amazing guides.

There is a [wonderful E-course](#) called the Shaman Apprenticeship 101  
found at <https://shamanelder.com>, you can take at home anytime  
that teaches you all about your path in this amazing life experience.

## Everything has significance

Everything you think, say and do affects everything on this amazing Spider's Web of universes and dimensions. Pay attention to what you are putting out there that is rippling across the silken threads that affect us all. Protect yourself with your bubble of protection from any negativity that other people may be putting out to ripple across the Spider's Web and affect you. As I pointed out before, you do not have to be affected by every single breath of air that shakes the Web. Some people teach that a crow's caw or a feather found on the grass or a rainbow or a fox seen at night has a message in it for you. But in truth, if you learn to hone your inner senses, you will find that what you see with your physical eyes is very little indeed. Instead of looking for messages in the physical world around you, look to your guides because they are your interpreters; they are your tour guides. They will tell you the messages of nature or of anything that pertains to you. No one can perceive well enough to know what is a message and what is not. But your guides can! Do you see now why you need your guides?

## Change

We need to shed the old belief system that we were trained to believe in eons ago. People with their own agendas for power and fame said to us, “How dare you use your power, your higher abilities! How could we control you then?” All these eons of denying your own power are now being shaken up inside you.

We are living in an era where we are hearing the call to reactivate our higher awareness. We have the freedom now to open, discover and use it now, these very feelings we have so long ached to use.

Living life to the fullest includes the joy and wisdom of communicating and working with our spirit guides. Spoken words and thoughts are equal and powerful. Exactly what we think, feel, and believe in is constantly and instantaneously sent into the universe affecting not only ourselves but everything else here, too. All thoughts and spoken words vibrate energy. So be careful what you ask for; you will get it. Also be careful how you think. And practice recognizing both positive, supportive energy and negative, depleting energy.

## You've got the power

You must believe in yourself, your power, and your visions. You must know, with every cell in your body, that you are safe, powerful, spiritual and worthy. You are very magical. Believe that what you see is real. Believe that what you hear is real. Know that what you feel is real, very real. It has been said, “If you could see yourself before you came into being, you would be willing to endure anything.”

The longer we deny the powerful spiritual beings that we are, the longer we feel confused, alone and even lost. The more we seek outer pleasures, the less satisfied we feel within. “Know thyself first”. This is one of the grandest gifts you can give yourself and our earth. The more you get to know you, the more you can comprehend reality and others as well.

We have a vast amount of assistance within our reach. We’ve already been working with our guides for many years, if only unconsciously. That little gut feeling may be your guides’ only way of contacting you. Perhaps your dreams or those little chills of fear running down your spine are the only ways you have been willing to listen to your guides, up to now.

To become aware of their presence is to expand our views of consciousness. We have free will choice. Just as Creator sees and hears us every moment, so do our guides and ancestors. It is we who close ourselves off from recognizing their presence by being preoccupied and pre-focused, limited by what we were taught to believe, our teachers filled with fear themselves. Meet your guides half way. Do your part to hone your [inner senses](#), your [awareness](#) and your [balance](#) so that they can connect with you consciously.

## Loved ones that have passed on

are with us every moment, as well. We can and have been tapping into them already. Every time we have been thinking of them, we draw them in.

Many people want to learn to meet their Spirit guides because of a desire to contact their loved ones. The best wisdom I have for you is that you have this ability within you. You have the connection already. You have the desire, thus you have the ability. Your loved ones are not far away in some heavenly kingdom separated from you now. They have simply left their physical bodies. They are no longer limited to this tiny sphere of awareness but now are united with the whole Essence of All That IS. They are still right here with you. But they will not violate your free will choice to see them or hear them or feel them loving you. They will not scare you if you are frightened. They will not go against what you choose to believe. So it is OK to feel their presence and invite them to be with you and speak to them. If you listen with your inner ears you can hear them talking to you, watching over you, loving you just as much as ever, perhaps even more.

## Be specific and clear in what you ask for

I find communicating with my Spirit guides the strongest when I'm in meditation. But if I'm out in public and I really need their assistance quickly, the deeper I go into that balanced awareness, the quicker they help me. No matter where you are, if you request assistance, know that once you send out the message, it is heard instantly and is in the process of being answered for your highest good. If you cannot see or feel your guides yet, the information will be sent to you in some form or another - by a book, by meeting someone with the knowledge you need, or simply through experience. Know that you are on your path to learn what you need or what you asked for. Through practice you will be able to maintain balance in your emotional body. Ask me to teach you how to do this through my E-course at <https://shamanelder.com>. I recommend practicing with your guides because they assist you in raising your vibration, healing your energy field and protecting you. Our negative emotions can block or hinder our communication with our guides.

Practice meditation every day. Sitting in complete awareness of this now moment without thought automatically teaches you to not only get comfortable with communicating with your Spirit guides, but also helps you to balance your emotions and energy field.

If I begin to experience panic or emotional anxiety, it is impossible to receive help from my guides. I am sure you have noticed this in your own life already. I need to go into a state where my mind is balanced and my emotions are calm and respectfully ask for assistance. My needs are answered within minutes.

The quicker you need their help, the deeper you must go within, and totally detach from your emotions and your outcome. Know that the right thing is happening. In this state of mind you let go of all limitations and preconceived ideas. This is when the magic occurs.

When you come out of this state, you will sense an inner assuredness and you will know the answer is coming.

Ask for your guides' assistance. Connect with them. Allow the magic to come into your life. The more you use it, the greater your connection becomes, and this creates a bond so beautiful you can't help but feel safe and sound. Ask what should you wear, what should you eat, what should you do today? If you cannot hear clearly, ask, "Show me again." I used to need my guides to say or show me twice because I used to doubt myself.

Practice connecting with your guides while you drive, while you work, while you are doing repetitive work, and most of all while you are relaxed. If you are having difficulties with something in your life, give it over to the guides completely. If you can totally give up what you are dealing with and hand it over to the guides, then you will see how quickly the guides can truly work. This helps with building your trust in them, too.

The more you practice, the more you will see, feel and experience. Honor your guides, respect their advice and teachings, and most of all, always thank them.

## Practices

To practice honing your inner ears and inner eyes, here are some exercises to do.

1. Sit under a tree and see what you can sense in the spaces between the leaves. Use your inner eyes to watch the energy moving and dancing there, interacting with the leaves and the sky and the air. Let your inner eyes open up to see the energy.
2. Go to a place of moving water such as a stream or a waterfall. Listen with your inner ears and find the musical note that the water is singing to you. Tune in to it and sing that note along with the water. You might even find that there is a whole song being sung there.
3. Next time you wash the dishes ask your Spirit guides to take your hands and help you wash the dishes. Ask the dishes to help you wash them. Notice how it feels to let your hands be guided as you stay in the now moment and observe what happens.
4. Next time you lose your keys or wallet or remote control just stop, balance yourself and ask your guides to show you where it is. Then follow your gut instincts and let yourself be led by your gut to where it is. If you still cannot find the missing item, notice your emotions. Are you too upset to listen to the guides? Now you can see the importance of being in [balance](#)! Relax and take your mind off it for a few minutes and then ask your guides again.
5. Practice meditation as described in this e-book every day. Most of all you have to desire to meet with and work with your guides. They are standing right there with you, watching you, praying for you and loving you. You are definitely not alone here!
6. Practice keeping your bubble of protection around you 24/7. And be sure to [test the spirit](#) of anything that you choose to communicate with in any way.



Now you have everything you need to have a wonderful intimate relationship with your own Spirit guides. You no longer need anyone to be an authority figure for your life, or to do readings of any kind for you, or to tell you what you should do. Freedom! You can now stand in your own power and be the captain of your own ship and have the freedom to sail to your own chosen destination without being influenced by the thoughts, ideas or beliefs of other people. Having an intimate relationship with my Spirit guides is primary to my being able to walk the path of Shamanism.

It is this freedom to stand in your power and be the authority figure for your own life that impelled me to write this e-book for you. Be free to be you and have a fantastic experience here! You don't need anyone else telling you what to believe, what to say, what to do or what not to do anymore. You have your Spirit guides! Please write to me and tell me about your experience with this book.

Aho ( Yaqui meaning "I speak my truth")

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About the Author:

Shaman Elder Maggie Wahls has been a practicing Traditional Indigenous Shaman for over 50 years. She recently received a dispensation to reach out to those who have a desire to learn about a Shaman's path and now offers an online "take at home" course at <https://shamanelder.com>. Visit her website or write her at [shaman@shamanelder.com](mailto:shaman@shamanelder.com) for a free consultation.

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