

## **Spirit Guides – why always the same ones?**

Why is it that we so often are given guides that are either Native American Indians, monks, nuns, priests and any number of other religious or spiritual beings. The answer I would suggest is in the question.

We are all spirit, whether we have a physical covering of flesh or have shuffled off this mortal coil, spirit is eternal, without time, outside of time even. During this earth bound existence our spiritual being is covered over with the reality of the human experience. From the moment our perception of this life begins we are overcome with physical sensations, noises, temperatures, smells, the caress of others, every second is an experience of physical life, the heaven and the hell of it.

As we go through life there are some of us who look beyond the physical world into the spiritual world and learn through religious teaching, meditation, self reflection to touch the part of us that is spirit. The more we do this the more our vibrational energy around us is affected. The more we allow our spirit to shine through to the physical world the higher the vibrations become. When we are able to link to those higher vibrations we are to give healing, to sense other spirits either on a psychic vibration (linking with other spirits with physical bodies) or a spiritual connection to our friends and loved ones who have already made their transition away from the physical world.

The vibrations of people who live their lives in a spiritual manner are distinct from those who don't. Many, not all, religious and spiritual people due to their training and teaching will live their lives in these higher vibrations and understand the processes and attitudes needed to ascend to these higher vibrations. It makes sense therefore that once in spirit it is these spiritually minded teachers that return to us to aid our spiritual development and strengthen the spiritual links mediums make.

A further question might be why would I have a guide as a Monk rather than a Shaman, I would say this is because of the type of energy, vibrations and meanings which come with each. A Monk would symbolise study, isolated meditation, silent reflection whereas a Shaman would represent musical resonance, earth energy, interlinking with many different frequencies such as animals. Each religious or spiritually developed spiritual "type" has their own characteristics. It is these characteristics which will help us at different parts of our spiritual journey and we will have a natural affinity to through our development.

So next time a guide is given as a Native American Indian don't do an inner groan of cynicism, take with gratitude the strength, the characteristics, the energy that particular entity brings to you and learn to attune your spiritual vibration with theirs to help your spiritual growth and development.

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