

Who are Spirit Guides?

The chances are if you talk to a medium long enough they will have something to say about their guides, but who are these guides?

Mediums will have a number of guides who they work with in their spiritual work, some mediums know their guides intimately others have fleeting impressions of them. The guides themselves can be the archetype Native American Indian (more on that subject in a different blog) or their Aunt Sally who made their transition when they were a child. Guides come in literally all shapes, sizes, beings and entities. Some mediums can spend years developing a personal relationship with their guides others use their guides as they use a teacher, only when at school! No way is right and no way is wrong, it is whatever works for the medium and their guides.

Each guide comes in on the vibration created between the medium and the guide. That takes work on both sides, like tuning in a two way radio where you are both trying to find the right frequency. That takes practice and experience. Don't expect to know every guide who is with you at every point in your journey, sometimes you need a specialist teacher to pop in and do a specific piece of work and you don't sense them again. Other guides will stay with you a lifetime.

Each medium when training, will learn how to touch their guides on a spiritual link but the journey past that point is an individual one. I know of one medium who's guide introduced themselves at the point between sleep and waking. For myself I get their names stuck in my head long before I realise who they are. I can remember being on a packed Nottingham City bus in the mid 1990's thinking why do I keep getting the name Mary when giving messages and no-one can take a Mary? Inspiration came flooding in when I realised she came with a colour and she was helping me make the connections, I still work with her today in my mediumship. Last October I was inspired to start drawing and kept getting the name Eleonor and again kept giving the name with the pictures, people could take the pictures but not the name, again the DOH moment came when I realised it was Eleanor who was my guide helping me with my drawings.

You don't need to know or touch personally with your guides for them to work with you but sensing their presence before you do readings and spiritual work gives confidence. In addition, in the process of tuning into your guides you can be more prepared for the Spiritual work you are about to do.

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