

BONUS CLASS: CEREMONY

CONNECTING WITH YOUR SPIRIT GUIDES

There are a number of ways in which you can connect with your Spirit Guides (or call upon them), here is a list:

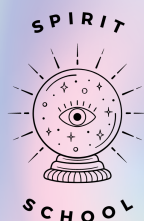
GUIDED MEDITATIONS

When we are in a state of surrender, offering no resistance or conscious thought, we allow for our guides to communicate with us clearly. The most effective guided meditations are with the use of Binaural Beats. Go into your meditation practice with the intention to connect and talk to your guides. This works best when you have worked on unblocking your third eye chakra, to clearly understand and interpret the messages coming from your guides.

DREAMS

During our dream state we enter lower frequency waves of consciousness. We enter a world where the veil is lifted and the portal is open, as our conscious awareness is put to sleep. Before you drift off to sleep, ask your guides clearly to come to you during dream time to reveal a specific answer (your question should be communicated first). Expect for the message to be revealed during dream time. You may also ask them to reveal themselves to you.

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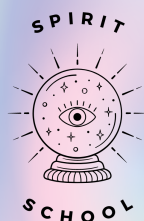
INVITATION

Your Spirit Guides will not supersede your free will. Which means that in order for you to receive their unwavering support, they must be invited and given permission (by you) to do so. So when you want their guidance and support make it clear. Either speak it aloud or write it down clearly, with instructions to them. They are at your service, but they are bound by The Law of Free Will, so permission must be granted.

JOURNALING

There are multiple ways to use journaling to connect with your guides. My favourite way is with the use of Automatic Writing. You meditate asking to connect with your guides and straight out of meditation, you write your question on paper with your dominant hand, and then write the answer with your non-dominant hand. The answers may seem bizarre but whatever comes through, is what you're meant to hear.

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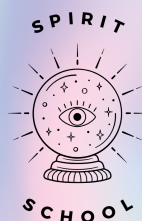
OFFERINGS

There are a number of Laws of the Universe that showcase the power of making offerings. Some include the Law of Cause and Effect (aka Law of Karma), and the Law of Giving and Receiving. The Universe works as a mirror world, what we offer, we receive in return. So when you want guidance from your guides, make them offerings, such as flowers, coins, letters of gratitude, oils, songs, chanting, elixrs, crystals, etc.

FOLLOW THE SIGNS

When you've asked your guides for support, they will often communicate with you by offering you signs. Such as feathers, coins, totems, repeating numbers, your birth date, song lyrics, movie lines, etc. The messages aren't always clear and direct, sometimes they require your attention and interpretation.

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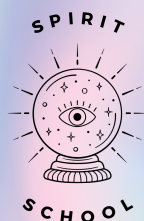
TAROT/ORACLE

One of my favourite ways to communicate with my guides is with the use of Tarot and Oracle Cards. The reason is because, each card is assigned a meaning, so I don't have to interpret as much as I would with the other communication methods. I ask my question, and ask for the message to be received from the highest good of all, and the cards clearly articulate how to move forward.

CLEAR YOUR THIRD EYE

Having an open Third Eye Chakra allows you to receive clear intuitive guidance. To help clear a blocked Third Eye Chakra, use Amethyst or Black Obsidian (carry on your person, or even place it on your Third Eye), eat purple foods and dark chocolate (anything rich in Omega-3), use Third Eye chakra affirmations, chant "OM" during meditation, and sunbathe (just being out in the sun is ok too).

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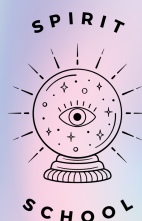
CREATE YOUR OWN CEREMONY

Based on everything you've learnt in SPIRIT SCHOOL,
create your own magical ritual.

First assign an intention:

Now add your elements, prayers, medicine and practices:

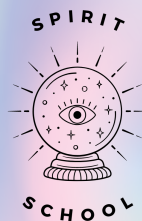
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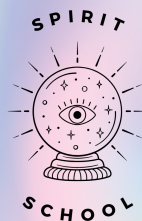
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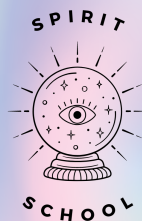
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CLASS NOTES

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