



APPROACHING & COMMUNICATING WITH THE SPIRIT WORLD

by Glynis Brits

TECHNIQUES TO
USE TO ASSIST YOU
IN MAKING
CONNECTION WITH
THE SPIRIT WORLD



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Your attitude is crucial to connecting with your spirit guide in a balanced and grounded manner. If you are serious and approach the connection with a common-sense manner, you will be successful. Remember that fear can block, hinder or distort the connection. I would just like to emphasise that you are the one who is always in complete control – not the other way around and contrary to what some people say.

When making contact with the Spirit Realm, it is important to remain grounded and centred. The easiest way to do this is when you begin your connection, to ask for a ball of protective light to envelope you and to visualize the light of the Great I Am coming down from the Universal Consciousness and entering your etheric body through your crown chakra. See it filtering down your spine and moving all the way down into the core of the earth, anchoring you to the energy of mother earth. As you become more familiar with your own Spirit Guide and your relationship becomes more strengthened, you will also develop the faith in your Guide to know that they will always protect you and ensure that no negative energies enter your space. It is the role of your main Spirit Guide to facilitate any and all communication with the Spirit Realm.

In any approach to the Spirit Realm, we must learn to withdraw our focus from the outer and turn it to the inner. And then we must learn to turn it from the inner to the outer, thus completing the circle of communication. Sometimes and especially when you first start out, this can throw our energies off balance. And so you need to also ask your Spirit Guide to manage the flow of energy so that it does not overwhelm you and as you slowly become more used to feeling these energies around you, they can strengthen them.

Here are some techniques for you to use to assist in making connection with the Spirit Realm whilst at the same time, maintaining balance :

- Begin with the physical body. Proper diet, exercise, fresh air and rest is essential to balance. Work on meditation and relaxation. The more relaxed you are, the easier it is to connect with your Spirit Guide
- Work on progressive relaxation. Practise sending warm, soothing feelings to each and every part of your body. Alternately tense and relax each major muscle. This alleviates stress and it facilitates a more balanced spirit contact
- Learn to perform rhythmic breathing. Try inhaling for a count of four, holding it for a count of four and then exhaling for a count of four. Breathe in relaxation and breathe out any tensions or negative energies you may be feeling

- Perform visualisations to raise your vibrations and to facilitate spirit contact. Keep your focus on the spiritual – remember what I said earlier about your intent. See yourself as the beautiful light that you are. You can practise visualizing your inner self as a ball of pure bright white light, connecting directly into the beautiful green light of your heart chakra. Visualise these combined lights increasing in size and as they do, your entire energy field increases, becoming brighter and stronger, illuminating all of the subtle dimensions around you and enabling you to see the Spirit Realm. To break the connection, reverse the process in your mind's eye. So your energy field becoming smaller and lighter and see it shrinking back down to your heart chakra and the light of your inner self.
- If you feel unbalanced or ungrounded, taking a walk or doing some light stretching exercises for about ten minutes can help recentre and ground you. Also having something to drink and a light bite to eat will do the same. Taking your hand and motioning above your head to cut the energetic cord will also help to bring you back to your daily reality
- Recording your experiences in a journal is also a way of grounding the experience – what it does is it takes the experience out of your mind and solidifies it on paper and you'll be less likely to have those feelings, expressions, visuals of your meditation, going round in your head.



Glynis Brits

I am a clairvoyant medium and spiritual teacher. Working from my home in North Riding, Fourways (Gauteng SA), I do private readings for clients where with the help of my Spirit Guide Oshvaria, I connect to my clients' Spirit Guides and Passed Loved ones to bring through messages of love and inspiration.

Our Spirit Guides are always with us and so with both my courses that I run – one to learn to connect to your Spirit Guides and develop your Mediumship should you so wish, and the other to work with Lightworkers wanting to start their own Spiritual Business Practise, or to develop their existing business – I teach my clients how to communicate with their Spirit Guides and the Universal Consciousness. Knowing that you are not alone and that you have their constant guidance in every aspect of your life, makes it so much easier for you to navigate your life.



Connecting to your Spirit Guide and Mediumship
Development Course

If you'd like to do the full course, learning to connect to your Spirit Guides or develop your Mediumship, please do contact me.

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