



# INTRODUCTION TO CONNECTING TO YOUR SPIRIT GUIDES

*by Glynis Brits*

- THE PROCESS OF CONNECTING
- THE IMPORTANCE OF MEDITATION
- WHY DO WE HAVE SPIRIT GUIDES
- HOW DO YOU CONNECT TO YOUR SPIRIT GUIDE



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Meeting and working with your Spirit Guides will take you on a journey of discovery. Discovery of a magical and enchanting world that exists, right here where you are! Discovery too of yourself, your amazing capabilities and your power ability to create a wondrously abundant life.

## The process of connecting

We connect to our guides through meditation. It takes time and dedication. Everyone sees things slightly differently, all guides work slightly differently and it's about getting to understand how your guides energy feels to understand when they are around you. As you become familiar with connecting to them, you will find how easy it is to interpret the messages that they bring. Connecting to your guide is beneficial for you. They know your life path. They can assist you along your life path, giving you inspiration and guidance where needed. They do need to be asked for help, they cannot interfere and will never tell you what to do. Through meditation we get to raise our vibrations. Spirit vibrates on a higher level than we do, so lifting your vibration will help you to connect into the high vibration of spirit.

## The importance of meditation

It's really important that we know how to meditate. Many people believe that they can't focus and have any meaningful meditation, because they find it difficult to quieten their minds. What you have to know is that it's impossible for us to not have thoughts running through our heads. So, it's about learning how to allow those thoughts to arise but to not pay attention to them as they do.

If you'd like to know more about how to meditate, please download "Meditation 101"

## Why do we have Spirit Guides

Before learning how to connect with our spirit guides, it helps to know why we have guides in the first place. The following is my interpretation and my understanding.

*"We are spirit and not human. We are spirits who have chosen a lifetime to continue with our journey of development and growth as spirits; our ultimate destination – pure perfection, one with our Creator."*

When we first set out to experience a human existence, our protector guide was allocated to us by the hierarchy of the Great Lords of Karma, Spirit Guides, Helpers and Angels who work within our particular spirit 'family' and who are there to advise us in terms of our choice of lessons and experiences for any lifetime that we choose to experience. And whilst along this amazing journey of joint spiritual and human existence, we have many other guides who are allocated to us, it is generally our main protector guide with whom we first make contact whilst we're in human form.

This guide has absolute knowledge of our contract and they are there to ensure that we stick to that contract as much as we possibly can which ensures that we ultimately learn all the lessons and experience all the experiences that we set out to achieve. The beauty of being able to connect with this guide, is that we are able to check in with them on a daily basis to see where we are and to ask for advice and to allow them to guide us along our spiritual journey.

## How do I connect with my guide? How do I know who my guide is and more importantly, how do I communicate with him or her?

Learn to quieten your mind through meditation. When you finally manage to gain control of the noise that goes on inside your head, you enter a space of peaceful bliss and your mind is opened to the beautiful world of spirit. Then the only thing left to do, is allow the flow of communication to happen between you and spirit and your guide will be able to introduce themselves to you. In essence they are pure emanations of light, an absolute extension of the Great I Am, who gives life to all life. We too are exactly the same emanations of life and extensions of the Great I Am.

Whilst in meditation, a name may pop into your head or you may sense what your guide looks like. There is no right or wrong way to receive this information and I don't know anyone who can actually explain how that particular process works. Having been a clairvoyant medium for longer than I can even remember, I still am unable to articulate exactly how I get information to pass on, it just happens when you trust that your guides will always be there to answer you and to love and inspire you and most importantly they will never let you down.



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.



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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