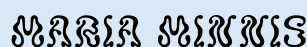


Tips for Intuitively Connecting with Your Guides

I'm so happy to provide some ways that I and others have developed or deepened relationships with guides. As always, feel free to take or evolve whatever feels right for you! Also, please know that your guides are benevolent spirits, and there's no reason to fear them.

- Meditate more often. I personally think that this is the #1 tool for witches. Get even more comfortable getting quiet, with spending time with the void to allow your guides' energy to become apparent.
- Call on your spirit guides and invite whatever messages they have for you to come in, then meditate. Afterward, try automatic writing and see what comes through. Ask them to write through you. Your writing might not make much sense at first, but you can use your intuition to connect the dots.
- Ask for signs and synchronicities as a way for guides to "show" their presence. For me, these signs have shown up most often when I see a number on a clock over and over again. These signs can show up in many ways, so make a practice of looking for and being open to whatever signs or patterns that may appear.
- Try asking for help more often. The more help you ask for, the more help you become open to receiving.
- When asking guides for support, be clear but don't be restrictive. Allow space for even more than what you want to come in, or whatever else they want to help you with. Trust in them is a big part of developing a relationship with them.
- You can also write to your guides, if talking isn't your thing.
- Practice more awe in your everyday. Try looking at everyday objects, like a spoon, and identify what's magical about it. This type of openness is a good way to open your eyes to what's beyond our everyday gaze.
- Develop trust in your own intuition. I've spent a lot of time doubting my intuition ("Oh that's a sign! Wait, no it's not, I'm being dumb"), but this communication works best without resistance. Trust, trust, trust!
- You can spend some time building a sacred space you can come back to over and over again to speak to them. Initially, it can be easier to connect with them when you're in a space where you're especially comfortable doing this type of work.
- You can write down your signs, learnings, messages, etc. in a journal for you to track or reflect back upon. Sometimes it's difficult to have faith in the presence of guides without tangible proof, and this journal can serve as that reminder that they're there with you.
- You might try psychic development to grow your openness to intuitive messages (*You Are Psychic* by Debra Lynne Katz is a common recommendation, though I still haven't fully gotten into it!)



- Try past life regression meditation—There are several meditations on Spotify that I've used, and I'm sure they're in other places like YouTube.
- Try dream magic and invite your guides to communicate with you in your dreams. You might keep a dream journal to follow any patterns.
- Call in guides' energy from the direction/element in which you feel you may need the most support. For example, you might call in any benevolent spirits from the west for any psychic or emotional support.
- Practice breathwork, and open up by unwinding yourself wherever you feel tightness.
- Do a full body scan meditation, then ask for your guides to communicate with you through physical sensation. Interpret any feelings or energy shifts intuitively. Guides try to communicate in ways that you, personally, understand, so don't hold back -- trust your interpretation, your gut instinct.
- Remember to practice grounding exercises regularly. It can be more difficult to trust the messages that come through when we're carrying excess energy that we no longer need.
- Practice gratitude. Guides ask very little from us, and gratitude is a good way to let them know that you see, hear, and appreciate them.
- Nurture yourself by practicing self-trust as much as you can! You are so special, so powerful, so magical just as you are today!