



ANGELA BIXBY

Energy Intuit

Intuitive Consultant, Consciousness Mentor
& Certified Psychic Medium

Meet Your Spirit Guidance Team **Audio Lecture Transcription**

Welcome to the Meet Your Spirit Guidance Team audio lecture transcription.

We all have spirit guides and they take on many forms. Guides can be humanoid, animal, vegetable or mineral. They can be mythical in nature. I've seen numerals and colors as guides as well as elements. It is extremely rare that a loved one in spirit would be a guide for you. When humans pass on they go to the upper echelons of the third dimension and lower echelons of the fourth. While spirit guides can be fourth dimensional, most are fifth dimensional and higher.

All guides have a specific reason that they work with us. Or, a mission to serve with us may be another way to put it. Each spirit guide that you do encounter ought to be able to tell you what they work with you on. It may be parenting, love, romance, writing, work, humor, focus, attitude, a project, past life work, etc. Guides also come in for a reason or a season or a lifetime. Very few are lifetime guides.

You will have new guides come in as you take on new adventures, switch jobs, close out hobbies and move to new places. Spirit guides offer a rich level of support to us from the unseen realms.

Whether you ever see your guides or not – it's important to assume the faith and trust that they are there, even when you don't sense them. We all have different contracts and lessons to learn here. Some of us may be strengthening faith when we turn to get to know our guidance team and therefore will have to lean on faith to cultivate the relationships with them.

Your relationships with your guides is like any relationship – you'll get out of it what you put into it. Treat it as a relationship and your knowing of and communication with your guides will grow over time.

Some ways to build the relationships with your guides include the meditations and exercises here, as well as making offerings to them, placing representations of them in your home, car or on an altar, intending that they meet you in your dreams and asking them for advice and guidance.

Spirit Guides will never speak condescending nor insultingly to you. They may be firm and honest – they won't judge you though. If you ever feel that a guide is doing so – tell them to leave and disengage. One way to avoid this is to ALWAYS intend that you are connecting to guides from the fifth dimension or above.

If you are quite new to this and wonder where to start with meeting and invoking guides, intend to connect to the sixth dimension. The sixth dimension is where archangels and ascended masters hang out. It's a solid dimension with very little, if any, riff-raff. It's an uber safe dimension to work with guides from!

What you've got here in this course are three meditations to experience spirit guides within. You've also got two exercises, Automatic Writing and Pendulum Dowsing as ways to connect with your guides.

There are some general classifications of guides that you may find helpful.

Elementals which are fairies and pixies and gnomes and such and they are of the earth. They like shiny objects if you want to leave an offering in your yard for them.

Angelics include all of the types of angels, including archangels. Some ETs are angelics also. They will identify themselves as such.

Ascended Masters are guides that once walked the earth and ascended spiritually to stay on the other side and be an Ascended Master to us humans. They are solid and reside in the sixth dimension.

Deities from religion, folklore and myths and all of the world cultures are often guides
Animals are often spirit guides. A great way to understand them is to search, 'spiritual meaning of ___' and see what resonates for you in their symbolism.

Galactics are known as ET's off-planet beings, starbeings, etc.

Mythical Beings such as dragons, centaurs, mermaids and such. These guides are often shapeshifters, meaning they morph and transmute into different forms. So while they may appear as a dragon initially, they may show up next as a human or a different sort of mythical being.

While there are many resources to learn about different sorts of guides, I strongly recommend experiencing them yourselves and building your own knowledge of them for you, in your life.

Spirit guides will communicate with you mostly telepathically. It's as if the thoughts that enter your mind are what they are saying to you. You may feel them, see them or hear them too.

Enjoy the exchanges of knowing that you have with them.

Guides are most often recognized by their energy signatures. Their energy signature will leave you feeling a certain way, it may be a scent or a sound or a glimpse of a piece of their jewelry or their shoes if they are wearing any. You may hear a bell or feel like smiling when they are near.

Enjoy their different energy signatures, they are like our fingerprints and each one is different from the other.

Enjoy the offerings of this course and your spirit guidance team!