

---

# BUILDING RAPPORT WITH YOUR INTUITION

GYP-Module 3

## HELPFUL TIP

To honor and better connect with your guides during this exercise and as you continue to develop you can choose to connect with your guides in a myriad of ways.

A few ways I know to connect is to create a spirit guide altar, designate sacred space, draw symbols at the top page in your journal, say a special prayer or affirmation calling all helpful guides to assist you or whatever feels right for you!



## GET STARTED RIGHT AWAY

The purpose of this exercise is to help you get to know one of your Spirit/Helping Guides. Take 10-20 mins for this exercise in a calm, quiet space where you'll not be disturbed.

## HOW TO DO

To begin take some deep, calming breaths and get centered or grounded in the space. Set the intention that you'll communicate with a Spirit/Helping Guide to get to know them a bit better. Next pose a question and write it at the top of the page like, "Who are you?". Then be in your receptively peaceful state and begin to sense or feel an answer 'come through'. Write down whatever comes to mind.

As you go, continue with the questions and answer format. Examples of this could be: How will you help me? What might I learn from you? Why will we work together? How can I best learn from you? How will I know when you are near? Is there a symbol or name that you can be called by? Is there a way for me to honor you?

In shamanic traditions, it is customary to honor your Spirit Guides with a totem on your altar. We haven't covered altar settings because I feel that they are more a personal preference. We can develop intuitively without an altar ☺. To the point of honor though – if your guide is an ascended master for who you find a small statue – Buddha, Ganesh, etc. or if your guide is an angel you may have some clip art of an angel, or if it's a butterfly you may collect butterfly images – these are ways of honoring your Spirit Guide whether you place these objects on an altar, carry them with you in your bag/briefcase/purse or tape an image to your bathroom wall. Honoring them is one more way to build rapport with them. Know that you can write to them at any time and talk to them at any time as you become accustomed to their energy signature – how you feel when they are around.