

# SPIRITUAL HELPERS

GYP-Module 3

## WHO'S WHO?

This document is a “Who’s Who,” of the spirit world, if you will. These beings are the entities and energies that are available to help you from behind the scenes.

These other dimensional beings are crucial to your ID and will help you navigate the new dimensional territories as you continue to develop. They are always available and only want what is for your greatest good.



## YOUR SPIRITUAL TEAM

Here are a few of the spiritual helpers cheering you on from the side lines. They serve as your stage crew, helping to put together what you’re manifesting in your physical world. You may work with one or more of these beings while working on your ID.

### Angels

Angels feel positive, light, cherubic and may appear as cherubim or seraphim, as bright, light-filled beings where you almost feel elevated in their presence. There tends to be not much personality distinction with Angels – they all feel similar.

### Archangels

Archangels are high beings and ‘above’ the Angels in any hierarchy you may encounter. Their presence will feel powerful and larger than angels. You will experience colors or personalities often or hear a name. There is an attached spreadsheet with more distinction on Archangels. You may even hear or feel the air move as their strong, powerful wings flap. It is said that humans perceive angels and archangels with wings for our own comfort – they can fly without them.

### Elementals and Fairies

Any spirits you may encounter in nature – in trees, rocks, water, fairies, gnomes, sprites, etc. fall into this category. They are playful, fun and are often attracted to children and places where children may play.

### Guides

This category is a little like a “catch-all” for all other types of energy that are supporting your spiritual and intuitive development. Guides can come in all forms and I’ve seen them present as orbs, flashes of light, numerals, letters, animals or objects – musical instrument, etc. As you work with Guides more frequently you’ll understand distinctions between these and why they may come forward to work with you. Everything is energy, including the spirit realm so remember and be open to its taking varied forms.

### Formerly Human Spirits

These would be loved ones, people we may have known or didn’t know who are in Spirit form now. Often there are distinctions made between discarnate Spirits – those who haven’t yet gone into the light and those who have crossed over. I don’t tend to make these distinctions. If you desired more concentrate Mediumship work these distinctions come into play later.