



# SPIRITUAL COMMUNICATION

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# BACKGROUND

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- Long, involved NDE and healing in 2014
  - Have had ongoing communication with my guides since then
  - Communication and connection were hard to leave behind
  - Learned how to re-establish them
  - Will discuss some simple techniques today
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5 weeks later



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# KEEP IN MIND

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- No “there” and “here”...it’s not *necessarily* a separate place but a shift in phase or energy level
  - Some in the spiritual realm want to hear from us and have ongoing communication
  - You must be *\*truly\** willing and receptive
  - Give them permission to contact you
  - You set the boundaries
  - Power of Choice: You don’t have to follow the guidance
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# HOW TO CONNECT

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- Some simple techniques that I will discuss today. Other include:
  - Prayer, contemplation, invocations
  - Shamanic Journeying and related practices
  - Nature; walks, hikes, meditation
  - Silence; daydreaming; being creative
  - Talking to them, out loud or silently
  - Essential oils, crystals, sounds, etc., can facilitate
  - Many more
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# WITH WHOM CAN WE CONNECT?

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- Divine Presence/God/Spirit/Universe
  - Ascended Masters
  - “Angels” \*\*
  - Spiritual Guides \*\*
  - Deceased Loved Ones
  - Energy of a place; historical energies
  - Many more, including animal guides
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# WHAT IS IT LIKE FOR ME?

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- Via intuition, telepathy, power dreams, auditory, visual/visions, and via writing and painting
  - Often humorous
  - Humbling in a good way
  - Sometimes overwhelming
  - “Wow, this stuff is real...”
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# A FEW EXAMPLES

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- Asariel (Ashk-ar-iel) - “angelic” being
  - Miriam - spiritual guide
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# ANGELS

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- They do not refer to themselves this way
  - Messengers and servants, but can act directly to intervene
  - Many functions...we will only work with a few here:
    - “Archangels”
    - “Guardians” - one may handle many who are in physical
    - “Helpers” - do stuff to help us
  - We can call on them for both guidance and assistance
  - Some actually do incarnate to experience the physical
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How we portray them



Closer to real appearance



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# MORE ABOUT ANGELS

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- Many faiths and cultures had winged messengers: Ur, Assyria, Egypt, Zoroastrianism, Greece, Rome, Judaism, Christianity, Islam, Native American cultures, etc.
- Embodiment of Divine Love and Light; not “human”
- Joyful and grateful/graceful service



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# SPIRITUAL GUIDES

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- Have usually incarnated in the past
  - Their “job” is to be a spiritual guide for us; counselor, coach, spiritual helper
  - Not supposed to make our decisions for us or directly intervene
  - Huge responsibility
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Miriam:



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# MORE ABOUT GUIDES

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- We can call on them for clarity and guidance
  - They make suggestions: “You might think about \_\_\_\_\_”
  - Can help clarify a situation, event, or potential course of action
  - They work on spiritual “time”...not ours
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# CAUTION

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- Newly deceased loved ones - talk to them, send them love, but they may not be able to respond at your convenience
  - Mischievous entities - yes, they exist
  - Those who have not completely crossed over: stuck or chose not to go toward Divine Love
  - I always ask for help from the “highest” entity possible
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# HOW DOES IT WORK IN SPIRITUAL REALM?

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- To Divine: Constant one-ness, song, contact, beyond-telepathic communication
  - To each other: Telepathic and beyond telepathic (spiritual links)
  - Mind/soul melding, yes, kind of like *Star Trek*
  - There is a sense of individual at the same time there is one-ness
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# SPIRIT-TO-PHYSICAL COMMUNICATION

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- Telepathy
  - Intuition/heart-sense/knowing
  - Automatic writing
  - Sounds: vocal guidance, music, etc.
  - Animals and nature
  - Events, synchronicities, other people
  - Visions, prayer/meditation, power dreams, semi-awake states, etc.
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# REAL COMMUNICATION...

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- Has your best interests at heart
  - Challenges you to do better, be better, get better
  - May not always be easy (tough love)
  - Is often positive or uplifting
  - Is helpful, loving
  - Tells you things you don't know or could not know
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# SPIRITUAL COMMUNICATION IS NOT...

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- Derogatory
  - Negative/Abusive
  - Mean
  - Evil
  - If you get this it might be: wounded psyche, mental illness, mischievous entities, your ego-self
  - Get help and spiritually protect yourself
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# QUIET AND INTUITION

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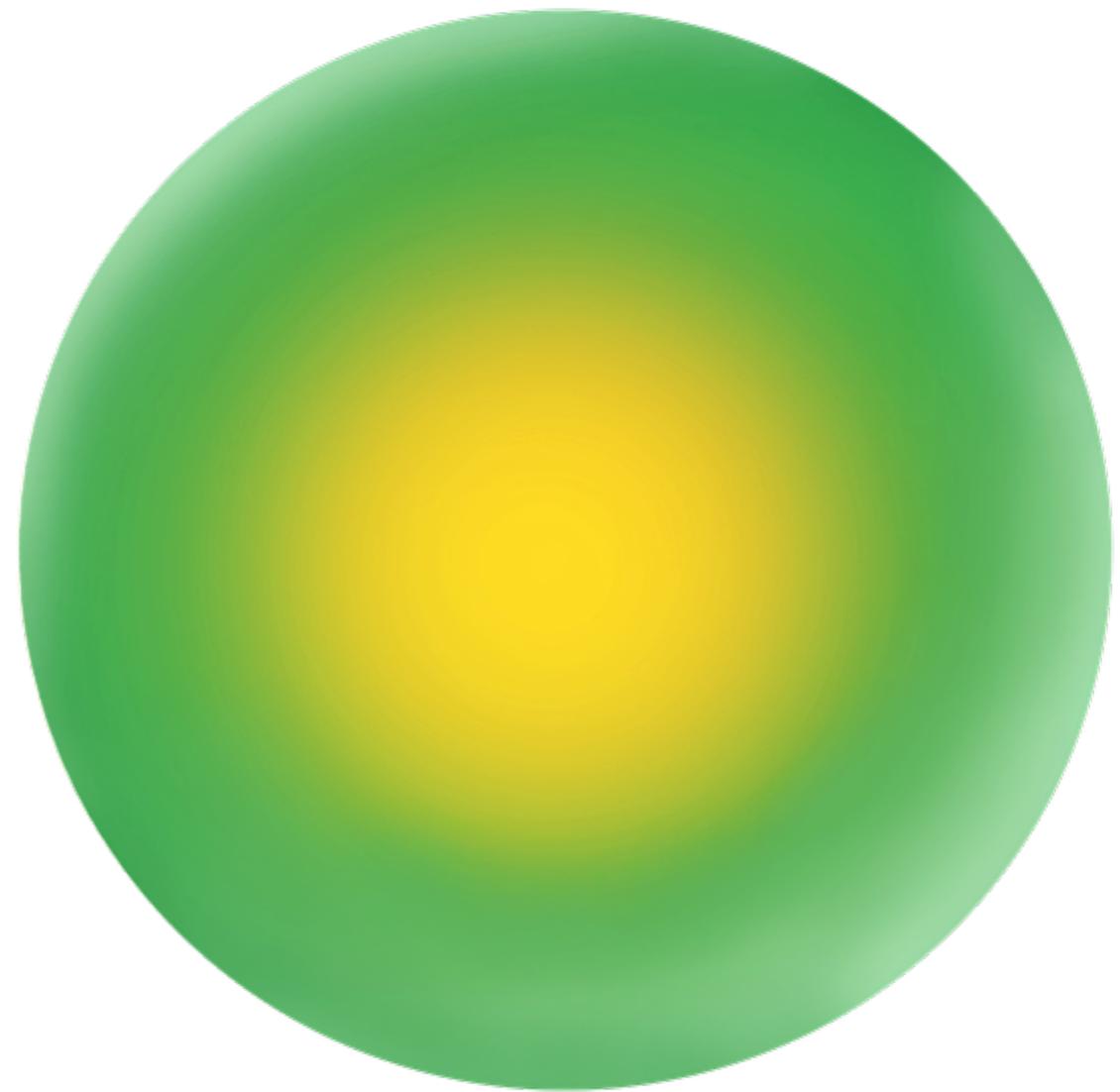
- **Develop quiet time practice:** meditation, prayer, or other mind-quieting activities.
  - **Develop your intuition:** play with it, learn to listen to it. The more you do, the stronger it will be.
  - **Daydream more!**
  - **Exercise: Sacred Words Contemplation**
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# PROTECT

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- Protect yourself, your home
- Make it a daily habit
- Simple Exercise: **Protective Energy**



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# SIMPLE COMMUNICATION: PREPARE

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Prepare questions in advance. Some examples:

- “What are some things that I need to know about \_\_\_\_\_ in order to make a decision?”
  - “I’m ready to learn about \_\_\_\_\_. Please help me find the right teacher, book, or seminar.”
  - “I am confused about \_\_\_\_\_. Would you help clarify the situation for me?”
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# SIMPLE COMMUNICATION: INVITE

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- Get grounded and protect yourself
  - “Only that which is for my highest good is allowed in this space.”
  - “Spirit, angels, guides, and my own higher self, thank you for helping me in my life. I now have an issue that is confusing me and I would like your help with it.”
  - Ask your question. Finish with: “Please make your guidance clear and obvious to me.”
  - Thank Spirit and your guides.
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# SIMPLE COMMUNICATION: RECEIVE

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- The hardest part.
  - Be open to the ways they can communicate: events, powerful dreams, signs, auditory/visual cues, etc.
  - Don't get too attached to expecting and looking. Let it go and get back to your life.
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# WRITE LETTER

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To Spirit, Guardian Angel, or Guide:

- Thank them for past intervention. Ask them your questions.
  - Hold letter in your hands and ask for their help.
  - Optional: burn the letter.
  - Optional: use the God Jar.
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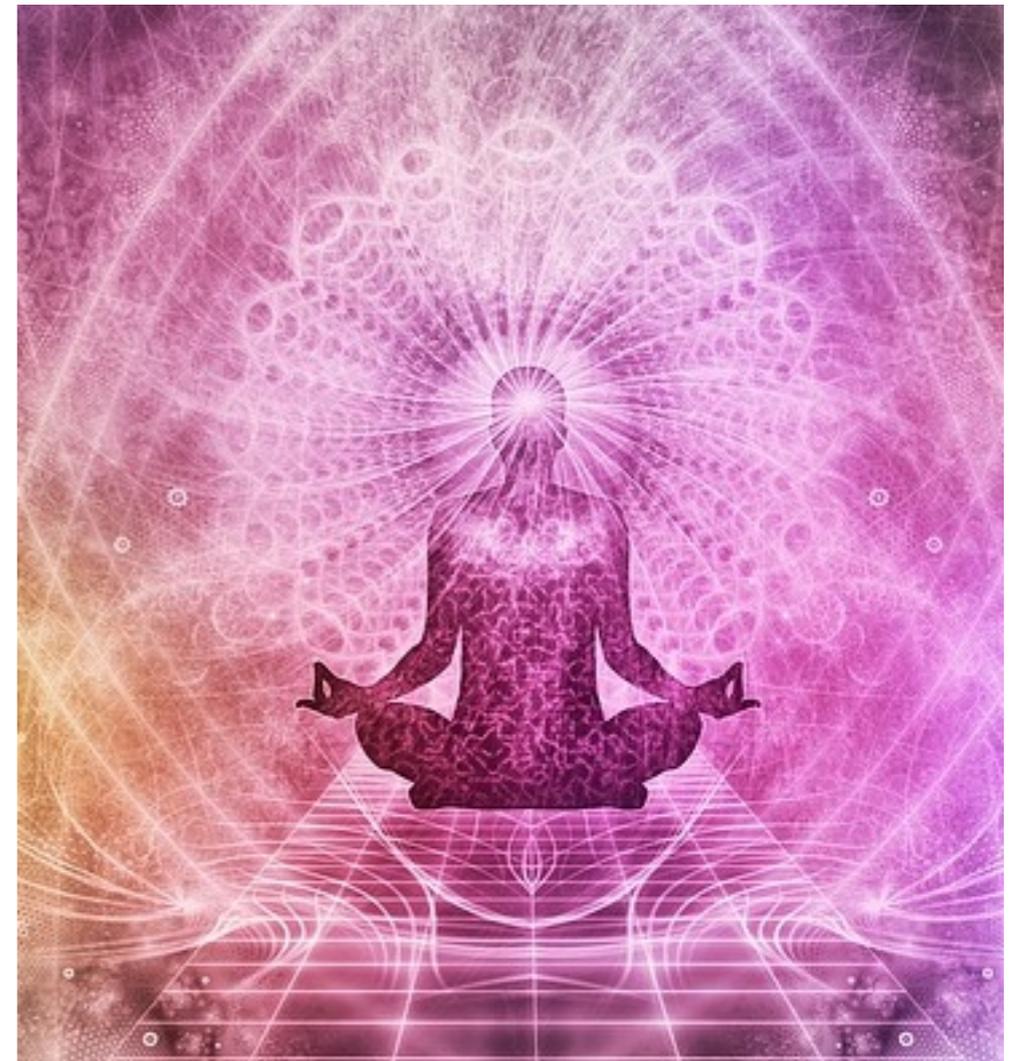


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# INVOCATION OF LIGHT

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- Sit and quiet your mind (Sacred Word works great)
- Visualize: Breathe in Divine energy; Breathe out a bubble of loving light
- Fill the bubble with your favorite color
- Ask an angel or guide to come join you
- When you sense its presence, start a conversation
- When finished, thank the entity, then come back to the present



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# IN SUMMARY

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- We can communicate with spiritual entities for assistance and clarity
  - Many ways - find a few that are right for you and practice
  - Take notes, keep track of what you asked and the guidance you received
  - Have fun and be grateful!
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# MORE INFORMATION

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- Book *Awakenings from the Light* on Amazon, Barnes and Noble, and through local bookstores
  - <http://NancyRynes.com> for classes, events, and more information
  - Email newsletter signup sheet available
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QUESTIONS?

