



Connecting with Your Angels and Guides

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Each one of us has the ability to connect with our angels and spirit guides in a more tangible, consistent way. I actually connect with my guides using many different methods including: contemplative prayer, automatic writing, power dreams & visions, journeying, meditation, and intuition. In this article, though, I'll give you a relatively straightforward way to connect with your guides that doesn't assume any prior training: the art of asking.

Prepare

Prepare some questions in advance. Are you running into obstacles in your life and would like clarity? Is there a problem that you can't seem to solve? Is a friend's behavior perplexing? Some of the questions I have asked my guides in the past include:

- ***Trouble with a friend:*** "I don't know what to do about the situation with my friend Jane. Please help me find a resolution that will benefit all involved."

- **Getting a new job:** “What are some things that I need to know about my potential new employer, positive or negative, that would help me make a decision?”
- **Spiritual question:** “I’m ready to learn more about xyz. Please help me find the right teacher, book, or seminar.”

I recommend asking only one question at a time if connecting with your angels or guides is new to you.

Invite

Before you begin any communication, get grounded by sitting quietly, taking some deep breaths, closing your eyes, and visualizing yourself surrounded by a sphere of loving, bright, protective light. Speak aloud or silently, “Only that which will be for my own highest good, and for the good of all involved, is allowed into this space.”¹

Next, say something like “Spirit, my angels and guides, and my own higher self, thank you for helping me in this life. I now have an issue that is confusing me and I would like your help with it.”

Now ask your question, aloud. Finish with: “Please make your input clear and obvious to me.”

Thank Spirit and your guides again, then open your eyes.

Note: I find that I receive the clearest, quickest responses when I ask aloud. Other people report their communication is clearer if done silently. Experiment to see which way works best for you.

Be Receptive

Now comes the hard part: waiting for and recognizing a response. Be open to the many different ways your angels and guides might communicate with you:

- **If you tend to have powerful dreams or visions, look for responses there.** Sometimes you may have a powerful dream where you interact with one of your angels or guides directly. Did you have a very clear, powerful dream or vision within a few days of asking your question? Have you had a series of dreams with a similar theme? If you’re not in the habit of keeping a dream or vision diary, I suggest you start one so that you can more easily spot patterns and messages.

¹ Your true spirit guides, those who have your best interests at heart, rarely, if ever, tell you what to do. In my experience, they suggest things that might be helpful but in the end, it is up to you to choose a course of action. If an entity consistently tries to tell you what to do, be very cautious about taking that advice and work on increasing your spiritual protections.

- **Spend some quiet time paying attention to your inner wisdom.** Are you getting some sense of *just knowing* what the answer might be? In your heart, are you feeling a stronger tug in one direction over another? Developing your intuition can take practice, but our heart-voice is one of the common ways that our guides attempt to speak with us.
- **Outward signs:** sometimes our angels and guides take a more active role in answering our questions. A book may “magically” fall off the shelf when we’re in a bookstore, and it happens to be exactly the book we need in order to clear up a situation. If you’re dating someone, an unexpected event may cause you to see the amazing person he or she really is under the surface.
- **Pay attention for auditory or visual cues:** has your guide spoken or appeared to you directly? This has happened to me only a few times, but they were also some of the most powerful communications I have ever received.
- **Sometimes in a half-awake state when your logical brain is quiet,** your guides have more opportunity to speak to you in a way you can understand. As you’re falling asleep or waking up, are you getting cues, hearing communication, or seeing a presence in your home?

The examples above are just some of the most common methods spirit guides use when they want to communicate with us. Be open, receptive, and grateful for *any* input they give.

One very important thing to remember: always express your gratitude for the guidance you receive, and give their input serious consideration. You may decide on a different course of action, but respecting their guidance keeps the spiritual door open and energy flowing for future interaction.