



THE  
*Awakening*  
— WITHIN —

HOW TO CONNECT  
with your **SPIRIT**  
**GUIDES**

# HOW TO CONNECT with your SPIRIT GUIDES

## About This Guide

Discovering your spirit guides and listening to their wisdom is one of the wisest choices you can make in life if you're seeking transformation and growth.

This ebook will guide you through how to discover who your spirit guides are and how to connect with them so you can receive guidance and clarity directly from Source, or "God". It will give you a process to follow to ensure you connect with the light spirit guides, rather than with false spirit guides who are trying to drain your energy and sabotage your life.

## Table of Contents

### **Chapter 1**

The Purpose of a Spirit Guide

### **Chapter 2**

How to Tune In and Connect With Your Guides

### **Chapter 3**

The Next Step





# CHAPTER 1

---

# THE PURPOSE OF A SPIRIT GUIDE

Before you connect with your spirit guides, it's important to understand exactly what they are and what their purpose is.

A spirit guide is an energetic being of light here to guide you through your walk of life. Everyone has their own personally assigned spirit guide(s) to guide them through their journey.

Have you ever heard that soft, still voice inside you which you just couldn't shake? That's your spirit guide communicating a message with you.

As you probably would've found out the hard way, life can be challenging.

Although it sometimes may not seem this way inclined, but spirit guides **ONLY** desire the best for you.

When you tune in and connect with them regularly to receive their guidance, you'll notice life flowing smoothly for you and see your finances, health, relationships, happiness, soul purpose etc. all flourishing.

However, when you abandon them and trust in your own logical mind to guide you and stop trusting in them and Source, you'll notice the difference in your life.

Have you ever gone through a period of your life where you seemed to be doing all the right things, such as eating healthy, going to the gym, exercising regularly, and yet, you still end up sick or injured?

Or maybe you've seemed to meet all the right people, gone to the right places, invested your time in the right things, and yet, you always end up in a career your heart isn't aligned with and finances seem to drain from it.

These are common signs your spirit guides are in action.

The beauty is, your spirit guides only desire the best for you! Sometimes it may not appear that way, but think of this way ...

When you misbehaved around your parents, what would be the best way for them to get through to you?

**Would it be telling you it's ok to do it and allow you to keep misbehaving, or would it be through hardship, discipline, telling off, etc.?**

The best way to get through to you would probably have been through tough love. I bet you felt like your parents were disappointed in you and wanted to make you feel really bad, but when you saw the results which came out of the consequence, you could see their tough love shaped you in a better way and realised they only wanted the best for you.

Spirit guides are no different.

## Why Should You Trust in Spirit Guides?

Think of it this way.

I'm sure you can relate when I say there is a "God" or higher beings which created this planet. There's no coincidence in how the stars, sun, trees, and all of life's wonders are in perfect alignment and order.

There has to be some kind of higher being which created all this. It couldn't have just magically happened out of nowhere.

Even the process of evolution and how babies enter this world. It can't just be magic how there's perfect order in the process of a birth. There has to be a "God" or higher being which created this.

When you put all this into perspective, doesn't it seem like the logical thing to seek guidance from these light and higher beings which created the universe?

They have so much knowledge to share, and actually desire to share it with people who are willing to learn and trust in their guidance.

If you're seeking to grow your finances, find true love, discover your soul mission and purpose, achieve great health, etc. your spirit guides have all the answers.



## Tip #1:

One important thing to know is when you tune into your spirit guides, they won't give a direct answer to your question. They will give out hints to you in the form of synchronicities, people around you, sensations you feel, etc.

Let me warn you...

## Tip #2:

### Avoid false spirit guides at ALL costs

False spirit guides operate in darkness and will do everything in their power to lead you astray and take you off path.

The problem is, they're hard to notice because they appear as a "wolf in sheep's clothing".

By this, I mean they have the ability to appear as a light form of energy here to help you. Even when you feel into their energy, the most powerful false spirit guides can have the energy of a pure Divine spirit guide.

If you're not careful and end up connecting with a false spirit guide, you'll instantly notice your energy drain, happiness suddenly go away, desire for living disappear, finances drastically drop and worst of all, if it goes on for too long, you'll miss out on the earth's ascension cycle and have to come back to this planet to complete what you couldn't in your past lifetime.



## CHAPTER 2

---

# HOW TO TUNE IN & CONNECT WITH YOUR GUIDE

Before you connect with your spirit guides, you **MUST** be mindful of avoiding encounters with false spirit guides.

When you choose to enter the realm of spirit, you're entering into a realm which has so much more power than this physical world.

With everything in life, comes balance. The yin and yang.

When you enter into spirit, it won't be all love and light. In principle it will be, but you're also going to find false spirit guides and negative beings if you're not mindful and protected.

Follow this process to connect with your spirit guide(s).

## STEP #1:

---

# SET YOUR INTENTION

Before you start the process of tuning in, it's important to know exactly why you're going within and what you desire to get out of your session.

This step doesn't have to be complicated.

Set the intention in your heart on what question you'd like to be answered, which spirit guide you feel drawn to connect with, and most importantly, what you'd like to get out of your session.

## STEP #2:

---

# PROTECT YOURSELF

Once you've set your intention, this is a crucial step.

To ensure you're fully protected and cannot be influenced by negative energies and false spirit guides, cover yourself with an energetic pyramid and forcefield.

To do this, simply visualize a golden pyramid covering your entire physical and energetic bodies.

Next, visualize a purple or magenta forcefield covering this pyramid.

Set the intention this protection will last for your entire session.



## STEP #3:

# GET INTO A DEEP BRAIN STATE

We have 5 different brain states.

- ✓ Gamma
- ✓ Beta
- ✓ Alpha
- ✓ Theta
- ✓ Delta

In your everyday life, you'd be operating in "beta" brain state. This is when your mind is going quickly and thinking about lots of different things at once. Such as work, duties to fulfil, tasks to be completed, etc.

When you desire to seek guidance and answers from within, the first step is to get yourself into the brain state to hear and feel the messages. You must enter into an "alpha" or "theta" brain state.

These brain states are when your mind is completely still, with no distracting thoughts bothering you. You feel half asleep when you're in these brain states. When you reach delta brain state (which is ideal but takes practise), you're in a state where you're asleep but aware of it. This is the best state to receive answers from within.

To get into a deep brain state, have some relaxing music playing, and follow this breathing pattern:

- ✓ Inhale through the nose for 4 seconds
- ✓ Exhale through the mouth for 8 seconds
- ✓ Repeat this pattern until you feel in a deep brain state



## STEP #4:

---

# COME INTO STILLNESS

Keep breathing slowly until you come into a place of complete stillness in your mind, heart and soul.

Feel your heart slowing down and entering into a state of balance and peace.

Notice the sensations and vibrations which come to your body. You'll most likely feel a lot of tingling in your body when you become still.

Don't think. Just trust.

## STEP #5:

---

# LISTEN

Once you're in a state of complete stillness, feel the energy flowing through you.

Allow any sensations to pass, and keep trusting you'll receive the guidance you need.

Continue listening within. You'll know you've heard an answer when you hear a soft, still voice deep inside you.

Your spirit guide won't be loud. Their guidance and messages will come from a soft, still voice within as well as synchronicities in your daily life.

## STEP #6:

---

# WRITE DOWN THE MESSAGES YOU GOT

Once you've received the messages from your guides, write them down in a journal so you can keep track and know what to action.

Hand-writing always works best. Keeping a journal of your progress and messages works wonders.

It's best to write down your messages as soon as you get them, otherwise if you hold it off, you'll most likely forget about what you got in your session.

## STEP #7:

---

# ACTION THE MESSAGES FROM YOUR GUIDES

Once you've received the messages you were searching for, action them in your life immediately.

If you got guided to change your diet, do it.

If you got guided to action a task you've been holding off for weeks, do it.

If you got guided to go to a certain place, do it.

The list goes on.

Nothing will change overnight. It starts with YOU.

#### Tip #4:

If you don't receive messages the first, second, third try, etc... don't get discouraged. Remember, it took Thomas Edison over 1,000 tries to invent a lightbulb! Practise makes perfect. Keep practising this method until you hear your spirit guide.



## CHAPTER 3

---

# THE NEXT STEP

Congratulations for making it to the end of this short book.

We trust you've gained some basic insight into how your spirit guides help you on your path to ascension and fulfillment.

Life truly works in remarkable ways. No matter what you're going through, your guides will always be there by your side throughout your entire walk of life. Through the thick and thin.

Today, you've gained the basic knowledge of your guides, how they operate and how to connect with them.

However, there's more to learn.

Ever since we came onto this earth, we've embarked on a lifelong journey of learning, growing and evolving.

In other words, when you learn something new, there's always something greater to be learned.

In this case, it's now time to explore the deeper teachings and knowledge about how you can improve every area of your life by connecting with your spirit guides.

If you're looking to increase your finances, gain clarity on your purpose, improve your health, attract high frequency relationships, and most importantly, live the most desirable life you've always been destined for... look no further.

We've put together an incredible course for a very affordable price (\$19 USD) to take you to the next step in your journey.

When you truly learn to connect with your guides, you find peace within yourself, which then manifests into the physical in all areas of your life.

In this course, we reveal the secrets to tap into your inner wisdom and find abundance in every area of your life with the help of your spirit guides.

More details on this course can be found with this link.

<https://theawakeningwithin.net/how-to-connect-with-your-spirit-guides/>

Trust your instincts. If you know this is right for you, act fast. Do what's best for your journey.

If this isn't for you, we thank you sincerely for reading this manual and we trust you've gained much value from this book.

# THE AWAKENING



The Awakening Within's mission is to create a new breed of spiritual community to align people with their truth and be sovereign in all areas of life. We are reluctant to use the word "church" as we're about awakening individuals across the planet to connect directly to the Source. No longer do we need outdated childish religions ... or reliance on an external God ... but in Ken Wilber's words, a new type of religion is arising to connect people directly to Source and help awaken them to the highest teachings and evolve into their full potential and be free and sovereign as they were originally created to be by Source.

Keep an eye on your email inbox to receive more amazing content about how to use spirit guides to transform your life.