

The Way of the

Mystic

8 WEEK COURSE

The Way of the Mystic is an 8-week experiential program designed to help you develop and refine your intuitive, psychic, and mediumship skills.

Learn the tools to SEE yourself and others, to KNOW yourself and others, and to CREATE whatever your heart desires.

Ready To Step Into Your Magic?



WITH
Sabrina Rising

Worksheet: Meeting Your Spirit Guides

Week 4: Working with Spirit Guides and Higher Beings - Meet your support team

Here's a gentle and structured exercise for connecting with spirit guides. This practice creates a safe, calming space for participants to meet their guides and receive insights from them.

Exercise: Meeting Your Spirit Guides

Connect with your spirit guide(s) in a relaxed, meditative state, opening a channel to receive guidance and wisdom. The following exercise creates a supportive structure for meeting a spirit guide(s), welcoming guidance with peace, trust, and respect.

Preparation:

1. **Find a Quiet Space:** Choose a comfortable place where you won't be disturbed. Sit in a relaxed position or lie down with your arms by your sides.
2. **Set an Intention:** Take a moment to set a clear intention, such as, "I am open to meeting my spirit guide(s) who are here for my highest good."
3. **Gather Objects of Comfort:** If it feels right, bring a crystal, journal, or any other object that helps you feel grounded.

Step-by-Step Guide:

Step 1: Centering and Grounding

- Close your eyes and take a few deep breaths, inhaling deeply through the nose and exhaling slowly through the mouth.
- Visualize roots growing from the base of your spine or your feet, reaching deep into the earth, grounding you to its stability and calmness.
- With each exhale, release any tension, anxiety, or distractions.

Step 2: Entering a Safe Sacred Space

- Imagine yourself in a peaceful, natural setting, a space that feels safe and sacred to you. This could be a forest clearing, a beach at sunset, or a quiet garden.
- Take a few moments to notice the details of this space: the sounds, the smells, and the colors around you.

Step 3: Inviting Your Spirit Guide

- Silently or aloud, invite your spirit guide to join you in this space. You might say, "I welcome my spirit guide who supports me in love and wisdom. Please join me here."
- Open yourself to any sensation, image, or feeling that arises without judgment or expectation. Your guide may appear in a specific form, as a color, or as a feeling.

Step 4: Receiving Your Guide

- If you see, sense, or feel a presence, greet them warmly. Trust whatever comes, even if it's subtle or surprising.
- Allow yourself to sit with your guide's energy, noticing any feelings, symbols, or messages that arise.
- You might mentally ask your guide questions, such as:
 - "What do you wish for me to know at this time?"
 - "How can I deepen my connection with you?"
 - "What is one small step I can take today that will align me with my path?"

Step 5: Listening for Messages

- After asking your questions, quiet your mind and listen for any thoughts, images, or emotions that arise in response. These could be messages from your guide.
- Remember that communication with your guide may come in unexpected ways. Trust whatever insights you receive, no matter how subtle they seem.

Step 6: Expressing Gratitude and Closing the Meeting

- When you feel complete, thank your guide for meeting with you and for any guidance offered.
- Imagine your guide gently departing from your sacred space, leaving you with a sense of peace and assurance.
- Take a few more grounding breaths, feeling your connection to the earth, then gently bring yourself back to your present environment.

Reflection :

- Take a few minutes to write in your journal about your experience. You might note any feelings, messages, symbols, or questions that arose.
- Reflect on how you can integrate any guidance you received into your life.

Tips for Success:

- **Practice Patience:** Meeting your spirit guide might take a few tries. Every session strengthens your connection, so trust the process.
- **Stay Open:** Your spirit guide may appear in different forms depending on your needs and openness. Trust whatever form or message arises.
- **Repeat Regularly:** The more you practice, the stronger your connection will become. Try this exercise weekly to deepen your relationship with your guide(s).

