

## **Accessing Your Guides Practice by Paul Smith**

This practice is specifically aimed at introducing and connecting with your spiritual guides and companions. We begin by opening the windows of spiritual knowing in your body. After that, we can begin to engage our guides.

**Let's begin with the visible world.** With your eyes open, look closely at your surroundings, Notice the visible details around you.

*Now move to your unseen but experienced breath by breathing slowly and deeply.*

***Let your mind sink down to your physical heart and become aware of the invisible but very real love flowing there. I Open the windows of the heart by consciously letting love radiate from you deep heart. Let yourself be safe and protected as you are held in that sacred love.***

***Drop your attention down to your feet, wiggle your toes while you open the windows of your feet to the earth and your body. See yourself rooted and safely anchored to the earth. Draw up earth energy into your feet and legs, opening the windows of your physical body. Be aware of any sensations.***

***Now let that energy flow up into your spiritual womb. Let the windows of spiritual knowing begin to open from your innermost being where you are being continuously created in the powerful image and likeness of God. Pay attention to any sensations or impulses that come up from the center of your abdomen.***

**Move back up to your heart,** feeling the warm love flowing out there  
Let yourself be held in the sacred love flowing out from deep within you

**Now move up to your head** space becoming aware of your peaceful still mind. The mind's windows of spiruta knowing may be opening if you see any colors, shapes , or images arising. Or you may hear words or sounds. Rest in the cleared stillness.

At any time, if would like to, you can move to the top of your head and open the window there to the vast space above and all around you.

Now move back your heart and know that you are **already in a thin place**, a place where the windows of spiritual knowing are open to you. So become aware of any desire you may have to know your spiritual guides. They may have been your companions for a long time. If you feel any hesitation, know that Jesus is with you in this sacred space where you are safe and free to explore. Your spiritual guides and companions are always a safe and protective haven.

**Set your intention by asking God or others present for what you want.** Listen the response in brief, fleeting, inner words, sensations, or inner knowing. Follow your guidance.

**Let your heart-source love and gratitude flow out to any spiritual companions present.**

**If your guide is not already touching you, ask them to.** Notice any sensations in your body.

Enjoy their touch and presence. Ask them anything else that comes to you.

When you are finished, let your love and gratitude for their presence flow out from your heart to them.

When you are ready slowly come on back.