

Meeting Your Spirit Companions Guided Meditation Script

Paul Smith

Become aware of your breathing. Feel your breath going in and out of your nostrils. WAIT

Now feel your breath gently moving in and out of your chest. WAIT

Follow your breath **into your heart space**. Rest your consciousness in your heart. If you need more help to be there, you can tap down from your head to your heart. You can also place your hands on your heart space. And you can think of someone you love. Then release them to focus on your heart space when the love is beginning to flow from within. WAIT

If you feel even a fleeting pleasurable feeling or sense of love in your heart, focus on it. Let it intensify. WAIT

Sense God's presence in this intensified consciousness of love. God is love and is with you to support and surround your experience. The love you feel in your heart is both your love and God's love. This is the Face of God Being You. This is how God's presence feels in the language of your mystical heart space. WAIT

Now let this divine love and light expand out to encompass your whole body. Then let it radiate out to an arm's length all around you. WAIT

Now it's time to reflect on who you would like to meet and talk with.

A spirit guide is a reality given to you by God and shaped by you. For instance, the spiritual master, Jesus, will come to you in any form that connects with you. You shape the form such as the traditional appearing Jesus, a feminine form as Christ Sophia, or in Eastern, Western, African, or any other cultural appearance. Appearance is only for our benefit. The reality of the presence of the being of light is what transforms us.

Aim for the highest level of spirit guide you can. You may be drawn to a spiritual master such as Jesus or Mary, a spirit companion, or even an evolved deceased friend or relative, or other being of light and love. Take your time to decide. The

most helpful spirit guides are evolved beings who are wise, compassionate, and often amusing

Now that you may have some idea of who you would like to meet, set your intention to meet that spirit companion. Intention is a spiritual practice. You can say, “I want to connect with my spirit guide,” or however you want to phrase it. Keep this thought in your head and heart, repeating it as often as needed if you sense yourself drifting from it.

Reflect about your guide before you begin connecting with them. How do you picture them? See their clothes, posture, and facial expression. Picture them as vividly as you can. What feelings or thoughts are stirred up? Describe your relationship with this spirit being. All of this picturing creates a space for non-physical beings to enter and participate in the conversation with you. WAIT

Now assume your guide is present and **begin the conversation**. Greet your spirit friend. Call them by name or ask their name if you don't know it already. You might say why you want to meet. Ask how the other feels about it. WAIT

Don't be shy. Ask your spirit companion to touch you. Be aware of an itch, a tingle, pressure, or sensation anywhere on your body. WAIT

You can learn from your spirit friend by asking them questions. Trust the first image, words, or feeling that come to you when you seek your spirit companion and talk with them. Sometimes the answer comes even before the question is fully formed. The first response is nearly always the most relevant. Bring up whatever you like. WAIT

When the conversation feels complete or has given you all you can handle, feel free to end the encounter. Say what it meant to you, thank the other, and say goodbye for the time being. WAIT

Continue to sit quietly. Reflect on the encounter. What did you learn? WAIT

Finally, when you feel complete, return to your everyday consciousness, and resume the rest of your day in the glow of your luminous conversation