

ask your guides pdf

ask your guides pdf is an essential resource for individuals seeking spiritual guidance and personal growth through the wisdom of their spiritual guides. This document offers practical tools, insights, and techniques designed to help users connect with their inner guidance and higher self. Whether you are new to the concept of spiritual communication or looking to deepen your understanding, the ask your guides pdf provides comprehensive information to facilitate this journey. This article will explore the benefits of using the ask your guides pdf, how to effectively utilize it, and key tips for enhancing your spiritual practice. Additionally, it will cover common questions about spiritual guides and how this PDF can serve as a valuable companion for self-discovery and clarity. The following table of contents outlines the main sections covered in this detailed exploration.

- Understanding the Ask Your Guides PDF
- How to Use the Ask Your Guides PDF Effectively
- Benefits of Connecting with Your Spiritual Guides
- Techniques Included in the Ask Your Guides PDF
- Frequently Asked Questions About Spiritual Guides

Understanding the Ask Your Guides PDF

The ask your guides pdf is a digital document designed to facilitate communication with spiritual guides. These guides are often perceived as higher-dimensional beings or energies that provide wisdom, support, and direction. The PDF typically contains structured questions, prompts, and exercises that help users tune into their intuition and receive messages from their guides. It aims to bridge the gap between the material world and spiritual insight.

What Is Included in the Ask Your Guides PDF?

This PDF usually includes a variety of components such as guided meditations, journaling prompts, affirmation statements, and practical advice on how to recognize and interpret the signs and messages from guides. It often also explains the nature of spiritual guides and their roles in personal development.

Who Can Benefit from the Ask Your Guides PDF?

Anyone interested in spiritual growth, intuitive development, or gaining clarity in life decisions can benefit from this resource. It is especially helpful for those who want a

structured approach to connect with non-physical entities or to deepen their spiritual practice in a meaningful way.

How to Use the Ask Your Guides PDF Effectively

To maximize the benefits of the ask your guides pdf, it is important to approach it with an open and focused mindset. The document provides step-by-step guidance on creating a conducive environment for spiritual communication and offers methods to enhance receptivity.

Setting the Right Environment

Creating a quiet, comfortable space free from distractions is crucial when using the ask your guides pdf. Many users find that dim lighting, calming music, or incense can help foster a meditative state that enhances connection with spiritual guides.

Following the Prompts and Exercises

The PDF contains specific prompts designed to encourage reflection and intuitive responses. Engaging fully with these exercises, such as journaling answers or practicing guided meditations, allows the user to build a stronger connection with their guides over time.

Consistency and Patience

Regular practice is emphasized to develop trust and clarity in the messages received. The ask your guides pdf encourages users to be patient and persistent, as spiritual communication often improves gradually with continued effort.

Benefits of Connecting with Your Spiritual Guides

Utilizing the ask your guides pdf to establish a relationship with spiritual guides offers numerous benefits that extend into various aspects of life. These advantages contribute to emotional well-being, decision-making, and overall personal growth.

Enhanced Intuition and Insight

Regular interaction with spiritual guides can sharpen intuitive abilities, providing deeper insights into life's challenges and opportunities. This enhanced intuition helps individuals make more informed and aligned choices.

Emotional Support and Healing

Spiritual guides often provide comfort during difficult times, offering reassurance and healing energy. This support can alleviate stress, anxiety, and feelings of isolation by fostering a sense of connection and understanding.

Greater Life Clarity and Purpose

By receiving guidance from higher wisdom, users gain clarity about their life's direction and purpose. This guidance can lead to more meaningful goals and a stronger sense of fulfillment.

Benefits Summary

- Improved decision-making skills
- Increased self-awareness and mindfulness
- Emotional resilience and peace
- Stronger connection to spiritual or universal energy

Techniques Included in the Ask Your Guides PDF

The ask your guides pdf typically incorporates various techniques to facilitate communication and connection. These methods are practical and adaptable to different spiritual traditions and personal preferences.

Guided Meditation

This technique involves following a narrated meditation designed to calm the mind and open channels of communication with spiritual guides. Meditation in the PDF helps users enter a receptive state to receive intuitive messages.

Journaling and Reflection Prompts

Journaling is a key component, providing a structured way to record thoughts, feelings, and any messages perceived during meditation or quiet reflection. This practice helps track progress and deepen understanding over time.

Affirmations and Intentions

The PDF often includes affirmations that align the user's energy with openness and trust. Setting clear intentions before each session is encouraged to focus the mind and invite positive guidance.

Visualization Exercises

Visualization is used to mentally picture connecting with guides or receiving wisdom. This technique strengthens the user's ability to access inner guidance through creative imagination and sensory focus.

Frequently Asked Questions About Spiritual Guides

Many individuals have common questions regarding spiritual guides and the process of connecting with them. The ask your guides pdf addresses these queries to provide clarity and reassurance.

Who Are Spiritual Guides?

Spiritual guides can be ancestors, angels, ascended masters, or other benevolent entities that assist individuals on their life path. They offer wisdom, protection, and insight tailored to the user's needs.

How Do I Know If I Am Receiving Messages?

Signs of communication include intuitive feelings, vivid dreams, synchronicities, or sudden insights. The ask your guides pdf teaches users how to recognize and interpret these subtle messages accurately.

Is It Safe to Ask My Guides Questions?

Yes, it is generally safe as spiritual guides are supportive energies that respect free will. The PDF advises maintaining clear boundaries and using discernment to ensure a positive experience.

Can Anyone Connect With Spiritual Guides?

Connecting with spiritual guides is accessible to anyone willing to cultivate openness and practice regularly. The ask your guides pdf provides beginner-friendly tools to facilitate this connection.

Frequently Asked Questions

What is the 'Ask Your Guides' PDF?

The 'Ask Your Guides' PDF is a downloadable guide or workbook designed to help individuals connect with their spiritual guides through meditation, journaling, and intuitive exercises.

Who created the 'Ask Your Guides' PDF?

The 'Ask Your Guides' PDF was created by Sonia Choquette, a well-known spiritual teacher and intuitive, who specializes in helping people develop their psychic and intuitive abilities.

How can the 'Ask Your Guides' PDF help me?

The PDF provides tools and techniques to help you communicate with your spirit guides, gain clarity on personal issues, and enhance your intuition for better decision-making and spiritual growth.

Is the 'Ask Your Guides' PDF suitable for beginners?

Yes, the 'Ask Your Guides' PDF is designed to be accessible for beginners, offering step-by-step instructions and simple exercises to start connecting with your guides.

Where can I download the 'Ask Your Guides' PDF?

You can download the 'Ask Your Guides' PDF from Sonia Choquette's official website or from authorized platforms that offer her spiritual resources.

Are there any costs associated with the 'Ask Your Guides' PDF?

Some versions of the 'Ask Your Guides' PDF may be available for free as a promotional resource, while others might be part of a paid course or spiritual program.

Can the 'Ask Your Guides' PDF be used alongside other spiritual practices?

Absolutely. The exercises and guidance in the PDF complement other spiritual practices such as meditation, journaling, and energy healing, enhancing your overall spiritual journey.

Additional Resources

1. *Ask Your Guides: Connecting with the Wisdom of Your Spirit Guides*

This book serves as a comprehensive guide to understanding and communicating with your

spirit guides. It offers practical exercises and meditations designed to help readers develop a deeper connection with their inner wisdom and spiritual helpers. Readers will learn how to ask meaningful questions and interpret the guidance they receive.

2. Spirit Guides and How to Connect with Them

A beginner-friendly introduction to the world of spirit guides, this book explains who spirit guides are and the various ways they can support your life journey. It includes techniques for recognizing signs and messages from your guides and tips for building a lasting relationship with them. The author shares personal stories that illustrate the transformative power of this connection.

3. Ask Your Guides: A Practical Guide to Receiving Spiritual Guidance

Focused on practical application, this book provides step-by-step instructions on how to ask your guides questions effectively. It covers different methods such as meditation, journaling, and dream work to enhance communication. The book also discusses common obstacles and how to overcome them to maintain a clear channel.

4. Messages from Your Guides: Unlocking the Secrets of Spiritual Communication

Explore the various ways your guides communicate with you through this insightful book. It delves into interpreting symbols, synchronicities, and intuitive nudges that often go unnoticed. Readers will gain confidence in recognizing and trusting the messages intended for their highest good.

5. Awakening Your Guides: Tools for Spiritual Growth and Guidance

This book offers techniques to awaken and strengthen your connection with your spirit guides. It integrates mindfulness practices and energy work to deepen your spiritual awareness. Perfect for those seeking to enhance their personal growth and receive ongoing support from the spiritual realm.

6. Guide Yourself: The Art of Asking and Receiving Spiritual Guidance

Emphasizing self-empowerment, this book teaches you how to become your own guide by learning to listen and trust your inner voice. It combines ancient wisdom with modern psychological insights to help you navigate life's challenges. Readers are encouraged to develop a personal practice of inquiry and reflection.

7. Connecting with Your Spirit Guides: A Journey to Inner Wisdom

Take an inspiring journey inward with this book that focuses on building a meaningful relationship with your spirit guides. It includes exercises to enhance intuition and deepen spiritual connection. The author shares techniques for creating sacred space and honoring your guides in daily life.

8. Ask Your Guides: The Path to Healing and Clarity

This book highlights the healing potential of communicating with your guides. It explores how guidance can bring clarity to confusing situations and offer comfort during difficult times. Readers will find meditative practices and affirmations designed to support emotional and spiritual healing.

9. Divine Guidance: How to Ask and Receive Help from Your Spirit Guides

Offering a practical yet spiritual approach, this book teaches how to invite divine guidance into your life. It covers the importance of intention, openness, and gratitude in the communication process. Readers will learn to discern genuine guidance from ego-based

thoughts, fostering a more harmonious relationship with their guides.

[Ask Your Guides Pdf](#)

Ask Your Guides: Unlock the Wisdom Within

Are you feeling lost, uncertain about your path, or struggling to make important life decisions? Do you crave clarity, guidance, and a deeper connection to your intuition? You're not alone. Many people long for a clearer understanding of their purpose and a stronger connection to their inner wisdom, but feel overwhelmed by the noise of everyday life and unsure how to access this powerful resource. Frustration mounts as you grapple with unanswered questions and a persistent feeling of being adrift. This feeling of disconnect can lead to anxiety, indecision, and a sense of being unfulfilled.

This book, *Ask Your Guides: A Practical Guide to Connecting with Your Spiritual Team*, offers a proven pathway to overcome these challenges and tap into the wisdom of your spiritual guides.

Contents:

Introduction: Understanding the concept of spiritual guides and the importance of communication.

Chapter 1: Preparing Your Space: Creating a sacred space for connection and clearing energetic blocks.

Chapter 2: Techniques for Connecting: Exploring various methods for communicating with your guides, including meditation, visualization, journaling, and intuitive exercises.

Chapter 3: Interpreting the Messages: Deciphering the subtle signs and symbols your guides use to communicate with you.

Chapter 4: Asking the Right Questions: Learning how to formulate clear and effective questions to receive meaningful guidance.

Chapter 5: Integrating Guidance into Your Life: Applying the wisdom received to make informed decisions and navigate life's challenges.

Conclusion: Maintaining a consistent connection with your guides and continuing your spiritual journey.

Ask Your Guides: A Practical Guide to Connecting with Your Spiritual Team

Introduction: Understanding Your Spiritual Team & the Power of Connection

(H1) Understanding Your Spiritual Team and the Power of Connection

Many people feel a deep intuitive knowing that they are not alone on their life journey. This feeling often manifests as a sense of guidance, inspiration, or even a direct knowing that transcends the limitations of our five senses. This inner wisdom, often referred to as intuition, is frequently connected to a team of spiritual guides – benevolent beings who offer support, guidance, and unconditional love. These guides can take many forms, from ascended masters and angels to loved ones who have passed on and animal spirits.

(H2) Who Are Your Guides?

Your guides are not necessarily religious figures; they are beings of light who resonate with your soul's purpose and are dedicated to your highest good. They exist on a higher vibrational plane and communicate with you through subtle signs, symbols, and intuitions. They may have been with you since your birth or have joined your team at various points in your life, offering assistance and wisdom during pivotal moments. Understanding this connection is the first step towards effective communication.

(H2) The Benefits of Connecting with Your Guides

Connecting with your spiritual guides offers numerous benefits, impacting all aspects of your life:

Increased Clarity and Direction: They help clarify your path, providing insights into your life purpose and guiding you towards fulfilling your potential.

Reduced Stress and Anxiety: Their support and unconditional love offer comfort and reassurance during challenging times.

Enhanced Intuition: Regular communication strengthens your intuition, allowing you to make more informed and aligned decisions.

Improved Self-Awareness: Connecting with your guides deepens self-understanding, leading to greater self-acceptance and love.

Greater Self-Confidence: Their encouragement and validation boost self-esteem and confidence in your abilities.

Accelerated Personal Growth: They provide guidance and support for personal transformation and spiritual development.

(H1) Chapter 1: Preparing Your Space – Creating a Sanctuary for Connection

(H2) Clearing Energetic Clutter

Before attempting to connect with your guides, it's essential to prepare a sacred space, a sanctuary where you can clear your mind and open yourself to receiving their messages. This involves more than just physical tidiness; it's about creating an energetically clean and peaceful environment.

Start by physically cleansing your space. Declutter the area, remove any distractions, and ensure the space is well-ventilated. Next, use methods to clear the energetic residue, such as smudging with sage or palo santo, playing calming music, or using crystals known for their cleansing properties like

selenite or clear quartz. Visualization techniques are also powerful; imagine white light washing over the space, dissolving any negativity and replacing it with calm, positive energy.

(H2) Setting the Intention

Clearly define your intention for connecting with your guides. What specific questions do you want answers to? What kind of guidance are you seeking? Write down your intentions; this clarifies your purpose and helps focus your energy. Having a written list helps you stay grounded during the process and ensures you remain focused on your objectives.

(H2) Creating a Relaxing Atmosphere

Create an atmosphere conducive to relaxation and receptivity. This might involve dimming the lights, using candles or essential oils with calming scents like lavender or chamomile, and playing soothing music. Comfortable seating is also crucial; you want to be relaxed and able to sit or lie down comfortably for an extended period. Ensure your environment is free from interruptions – turn off phones and any other potential distractions.

(H1) Chapter 2: Techniques for Connecting – Opening the Channels of Communication

(H2) Meditation as a Gateway

Meditation is a powerful tool for connecting with your guides. Find a comfortable position, close your eyes, and focus on your breath. Visualize your guides as beings of light and love, and invite them to join you. You may experience subtle sensations, feelings, or images as they communicate with you. Don't judge what you experience; simply observe and allow yourself to be present in the moment.

(H2) Guided Visualizations

Guided visualizations involve actively creating an image or scenario in your mind, creating a pathway for connection with your guides. This might involve visualizing yourself in a peaceful natural setting or engaging in a conversation with your guides. Many guided meditations are available online or through apps designed specifically for this purpose.

(H2) Journaling and Intuitive Writing

Journaling can be a powerful way to receive messages from your guides. Ask your questions, then simply write whatever comes to mind, without censoring or judging your thoughts. Pay attention to recurring themes, symbols, or words that emerge; these may hold significant meaning.

(H2) Pendulum Dowsing

Pendulum dowsing uses a pendulum to receive yes/no answers to your questions. This requires practice and developing trust in your intuition, but it can be a helpful tool for receiving clear, concise guidance.

(H1) Chapter 3, 4, and 5: Interpreting Messages, Asking the Right Questions, and Integrating Guidance (These chapters require similar detailed explanations as above – focusing on specific techniques for interpretation, examples of effective questions, and practical methods for integrating guidance into daily life decisions).

(H1) Conclusion: Maintaining the Connection and Embracing Your Journey

Connecting with your guides is an ongoing process, not a one-time event. Regular practice, consistency, and an open heart are key to maintaining a strong connection and continuing your spiritual growth. Remember to show gratitude for their guidance, trust your intuition, and embrace the journey of self-discovery.

FAQs:

1. How long does it take to connect with my guides? This varies for each person. Some experience immediate connection, while others may need time and practice. Consistency is key.
2. Can anyone connect with their guides? Yes, everyone has spiritual guides. The ability to connect consciously requires practice and an open mind.
3. What if I don't receive any messages? Don't get discouraged. Continue practicing, and trust that the connection will deepen over time.
4. Are my guides always right? Your guides offer guidance based on your highest good, but they won't make decisions for you. They provide insights to help you make informed choices.
5. Can my guides help me with specific problems? Yes, they can offer support and guidance with various challenges. Be specific in your questions.
6. Is it dangerous to connect with spiritual guides? No, connecting with benevolent guides is a safe and beneficial practice.
7. What if I'm skeptical? Maintain an open mind and approach the process with curiosity. The experience itself will be a powerful indicator.
8. How do I know if I'm communicating with my guides or my own thoughts? Pay attention to the clarity, peace, and resonance of the messages. Genuine guidance brings a sense of inner knowing.
9. How often should I connect with my guides? This is personal; some connect daily, others weekly or monthly. Listen to your intuition.

Related Articles:

1. Developing Your Intuition: Explore techniques to strengthen your innate ability to receive guidance.
2. Types of Spiritual Guides: Learn about different types of spiritual beings who can support you.
3. Overcoming Spiritual Blocks: Identify and address common obstacles that hinder connection.
4. The Power of Meditation: Discover the numerous benefits and techniques of meditation.
5. Working with Crystals for Spiritual Growth: Learn how crystals can enhance your spiritual practice.
6. Interpreting Dreams as Messages from Guides: Understand the symbolic language of dreams.
7. Using Affirmations to Attract Positive Energy: Learn how to use affirmations to support your connection.

8. Creating a Sacred Space for Spiritual Practice: Develop a space to connect with your inner self.
9. Grounding Techniques for Spiritual Wellbeing: Learn techniques to keep you grounded during spiritual practice.

ask your guides pdf: Ask Your Guides Sonia Choquette, 2021-01-05 The New York Times best-selling author of *Soul Lessons* and *Soul Purpose* We're all spiritual beings with a spiritual support system on the Other Side that oversees and helps guide our lives from the moment we're born to the moment we leave our physical bodies and return to Spirit. Not knowing this fact is a severe handicap, as the Universe is designed to care for and nurture all its creatures and help make our life's journey easier and more successful. When we learn how to connect with our angelic guides, our lives naturally fall into a pattern of ease and flow during which we grow our souls, fulfill our life's purpose, and make our time on Earth endlessly entertaining. This fascinating and inspirational book by Sonia Choquette provides all the information you need to help you connect with your spirit guides so that you can enjoy all the love, abundance, and joy you're entitled to.

ask your guides pdf: Ask Your Guides Oracle Cards Sonia Choquette, 2005-03 *Ask Your Guides* is a 52-card psychic-intuitive oracle card deck (with accompanying guidebook) based on the traditional minor arcana of the tarot. The deck is designed to not only guide you, the seeker, through present and upcoming life events and challenges, but will also connect you directly with specific spirit guides and Divine helpers who are there to help you navigate through these transitions and challenges successfully.

ask your guides pdf: Let Your Spirit Guides Speak Debra Landwehr Engle, 2016-09-01 Live without your spirit guides and you miss out on an enormous support system that could make your life infinitely easier and more enjoyable. This is a clear and thoughtful introduction to building relationships with your spirit guides. It shows readers how helpful spirit guides and angels can be in everything from the simplest to the most challenging of life decisions and how easy they are to connect with, too. Our spirit guides help us to: Fulfill our purpose Make decisions that will move us forward faster Stop sabotaging ourselves as well as judging ourselves and everyone else Remember that we are more than our job or house or relationship See ourselves as beautiful and everything in life as a gift Give ourselves and everybody else a break Keep growing until the day we leave our bodies behind Go beyond the life we hoped for and onto the life we never even imagined And they do all of these things when we're ready and not a nanosecond before. They also often come quietly. As the author states: If we expect help from Spirit to arrive with the sound of trumpets and blinding light, we'll overlook all the nuanced help that's delivered in small ways every day.

ask your guides pdf: **Trust Your Vibes** Sonia Choquette, 2010-09 In this fascinating book, spiritual teacher Sonia Choquette reveals the secrets you need to awaken your intuitive voice and ... trust your vibes. If you're ready to step into a Divine, more energetically uplifting experience and live an easier more satisfying life, you'll learn how to do so within these pages...

ask your guides pdf: Ask Your Guides Sonia Choquette, 2006 We all have a spiritual support system on the Other Side that oversees and helps us to guide our lives from birth to death. Not knowing this fact is a severe handicap, as the universe is designed to care for and nurture all its creatures and help make our life's journey easier and more successful. When we learn how to connect with our angelic guides, our lives naturally fall into patterns of ease and flow during which we grow our souls, fulfil our life's purpose, and make our time on Earth endlessly entertaining. This book will help you connect with your spirit guides so that you can enjoy all the love, abundance, and joy you are entitled to.

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impossible—unless we gain access to the three sacred blessings of Spirit, made available to us from God. Without them, we fail. These sacred blessings are God's grace, inner guidance, and personal gifts. Grace lifts us beyond our own ability, inner guidance leads the way, and personal gifts are both the inner and outer resources given to us to succeed at every step. It is up to us to ask for these sacred blessings, and we must do so now more than ever before. This inspiring book will show you how. Through the use of daily lessons, specific prayers, personal intentions, and powerful mantras, you will be showered with these blessings every day of your life. Simply open up this book and call upon your sacred blessings right now. Use it every day to keep your blessings flowing and guide your way back home.

ask your guides pdf: Spirit Guides & Angel Guardians Richard Webster, 1998 They come to our aid when we least expect it, and they disappear as soon as their work is done. We all regularly receive messages from our guardian angels and spirit guides but usually fail to recognize them. This book aims to help the reader to realize when this occurs.

ask your guides pdf: Your Heart's Desire Sonia Choquette, 2010-04-14 Nationally known intuitive and spiritual leader Sonia Choquette shares the nine universal principles for creating the reality of your dreams. Step by step, with practical advice, specific exercises, and modern-day parables, she teaches readers to make the changes in thought and behavior that will lead them to the attainment of their most heartfelt desires. 256 pp. National publicity. 30,000 print.

ask your guides pdf: Asking Jerold Panas, 2009-02 It ranks right up there with public speaking. Nearly all of us fear it. And yet it's critical to our success. Asking for money. It makes even the stout-hearted quiver. But now comes a book, *Asking: A 59-Minute Guide to Everything Board Members, Staff and Volunteers Must Know to Secure the Gift*. And short of a medical elixir, it's the next best thing for emboldening you, your board members and volunteers to ask with skill, finesse -- and powerful results. Jerold Panas, who as a staff person, board member and volunteer has secured gifts ranging from \$50 to \$50 million, understands the art of asking perhaps better than anyone in America. He has harnessed all of his knowledge and experience and produced what many are already calling a landmark book. What *Asking* convincingly shows -- and one reason staff will applaud the book and board members will devour it -- is that it doesn't take stellar communication skills to be an effective asker. Nearly everyone, regardless of their persuasive ability, can become an effective fundraiser if they follow Jerold Panas' step-by-step guidelines.

ask your guides pdf: A Single Thread Tracy Chevalier, 2019 After the Great War took both her beloved brother and her fiancé, Violet Speedwell has become a surplus woman, one of a generation doomed to a life of spinsterhood. She is drawn into a society of women who embroider kneelers for the cathedral. When forces threaten her new independence and another war appears on the horizon, she fights to put down roots in a place where women aren't expected to grow.grow.

ask your guides pdf: The Spiritual Guide Which Disentangles the Soul Miguel de Molinos, 2018-12-17 The Natural Man may hear and read these Spiritual Matters, but he can never comprehend them, as St. Paul saith; (I Cor.c.2) 'The Natural Man receiveth not the things of the Spirit of God.' If you condemn it, you condemn your self to the number of the wise men of this World, of who St. Denis says, that God imparts not this Wisdom to them, as he does to the simple and humble, though in the opinion of Men they be ignorant. Mystical knowledge proceeds not from Wit, but from Experience; it is not invented, but proved; not read, but received; and is therefore most secure and efficacious, of great help and plentiful in fruit; it enters not (Mat.II.) into the Soul by Ears, nor by the continual Reading of Books, but by the free Infusion of the Holy Ghost, whose Grace with most delightful intimacy, is communicated to the simple and lowly. There are some Learned Men, who have never read these Matters, and some Spiritual Men that hitherto have hardly relished them and therefore both condemn them, the one out of Ignorance, and the other for want of Experience.-MIGUEL DE MOLINOSThe Spiritual Guide which Disentangles the Soul

ask your guides pdf: Soul Lessons and Soul Purpose Sonia Choquette, 2010-09 Soul Lessons and Soul Purpose is a book channeled by Sonia Choquette's spirit teacher guides, The Three Bishops, as well as Joachim and the Emissaries of the Third Ray. These highly evolved and loving

guides work specifically to bring about understanding, direction, and support to all souls so that we may learn to become the creative masters of the life that we're intended to have on Earth. The guides state that Earth is "soul school," and that we're here to master 22 basic soul lessons in order to fulfill our purpose. Each lesson is laid out in such a way that anyone - on any level - will be ready to follow the instructions. The guides make it very clear in this book that the timing to learn our soul lessons, open our hearts, and raise our vibration on the Earth plane is now. Negative occurrences will worsen if our energy doesn't shift and elevate to a more loving plane. We have no time to waste!

ask your guides pdf: [Piecing Me Together](#) Renée Watson, 2018-02-08 2018 Newbery Honor Book and Coretta Scott King Author Award Winner: a beautiful, powerful coming of age story 'Important and deeply moving' JOHN GREEN 'Timely and timeless' JACQUELINE WOODSON Jade is a girl striving for success in a world that seems like it's trying to break her. She knows she needs to take every opportunity that comes her way. And she has: every day Jade rides the bus away from her friends to a private school where she feels like an outsider, but where she has plenty of opportunities. But some opportunities Jade could do without, like the mentor programme for 'at-risk' girls. Just because her mentor is black doesn't mean she understands where Jade is coming from. Why is Jade always seen as someone to fix? But with a college scholarship promised at the end of it, how can Jade say no? Jade feels like her life is made up of hundreds of conflicting pieces. Will it ever fit together? Will she ever find her place in the world? More than anything, Jade just wants the opportunity to be real, to make a difference. NPR's Best Books of 2017 A 2017 New York Public Library Best Teen Book of the Year Chicago Public Library's Best Books of 2017 A School Library Journal Best Book of 2017 Kirkus Reviews' Best Teen Books of 2017 2018 Josette Frank Award Winner

ask your guides pdf: [Tune In](#) Sonia Choquette, 2013-09-09 Connect with your Spirit with practical, daily routines that will unleash your true spiritual self. Join New York Times best-selling author and internationally renowned teacher and intuitive guide Sonia Choquette as she reveals a simple four-step plan for achieving lifelong inner transformation. In this revised and expanded edition of her book *The Power of Your Spirit*—and distilled from more than 35 years of helping others get in touch with their true selves and discover their souls' purpose—Sonia provides profound yet accessible wisdom to those seeking to transcend the strictures of an ego-driven existence and experience the joy and fulfillment of an intuitively guided, Spirit-driven life. Illuminated with even more engaging and powerful stories of personal transformation from her life and practice than in the original version, this invaluable book instructs seekers at all stages of their spiritual journeys how to directly tune in to their intuition. Sonia also provides additional practical exercises and rituals—including breathing techniques, visualizations, journaling questions, and a step-by-step guide to setting up and using a personal altar—to help us place our intuition at the helm of our spiritual quests and in the heart of our daily lives. Whether you're just beginning to tap into your intuition or are already living in the flow, *Tune In* offers a wealth of inspiration that will enable you to engage more deeply with your inner Spirit, your authentic Self, and live a more rewarding, fearless, and compassionate life.

ask your guides pdf: *The Power of Now* Eckhart Tolle, 2010-10-06 Celebrating 25 Years as a New York Times Bestseller — Over 16 Million Copies Sold It's no wonder that *The Power of Now* has sold over 16 million copies worldwide and has been translated into over 30 foreign languages. Much more than simple principles and platitudes, the book takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. In the first chapter, Tolle introduces readers to enlightenment and its natural enemy, the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present. The journey is thrilling, and along the way, the author shows how to connect to the indestructible essence of our Being, "the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death." Featuring a new preface by the author, this paperback shows that only after regaining awareness of Being, liberated from Mind and intensely in the Now, is there Enlightenment.

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thrilling book that offers a look at our changing world through the eyes of an unforgettable narrator, and one that explores the fundamental question: what does it mean to love?

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jungle, where the muddy waters and susurrating grasses hide countless unknown perils and temptations, she will face challenges beyond her wildest imagination. Marina is no longer the student, but only time will tell if she has learnt enough.

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life in America. Stacking shelves at a Korean grocery store, the last thing she expects is to fall in love. But that moment leads to repercussions for Mina that echo through the decades, leading up to the truth of what happened the night of her death. Told through the intimate lens of a mother and daughter who have struggled all their lives to understand each other, *The Last Story of Mina Lee* is a powerful and exquisitely woven debut novel that explores identity, family, secrets, and what it truly means to belong. **HIGHLY ANTICIPATED BY FORTUNE · POPSUGAR · PUREWOW · BETCHES · GMA.COM · VULTURE · BUSTLE · THE MILLIONS · LITHUB · BOOKRIOT · BOOKISH** “Painful, joyous... A story that cries out to be told.” —Los Angeles Times “Kim is a brilliant new voice in American fiction.” —Alexander Chee, author of *How to Write an Autobiographical Novel* “Suspenseful and deeply felt.” —Chloe Benjamin, author of *The Immortalists*

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inconvenience of having to locate a signer to have them personally verify their signature, as well as to document the execution of a document perhaps long after the lifetime of the signer and the notary. An oath is a sworn statement. In most cases a person will swear that a written statement, oral statement, or testimony they are about to give is true. A notary can document that the notary administered an oath to an individual.

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