A surreal landscape featuring a sunset with a bright sun partially obscured by clouds, a crescent moon in the dark sky, and a rainbow arching across the upper right. The foreground shows a dark, rocky formation on the left and a vast, textured ground surface. The overall scene is ethereal and otherworldly.

**EXPANDING 5-D
CONCIOUSNESS**

**CONNECTING
TO YOUR GUIDES**

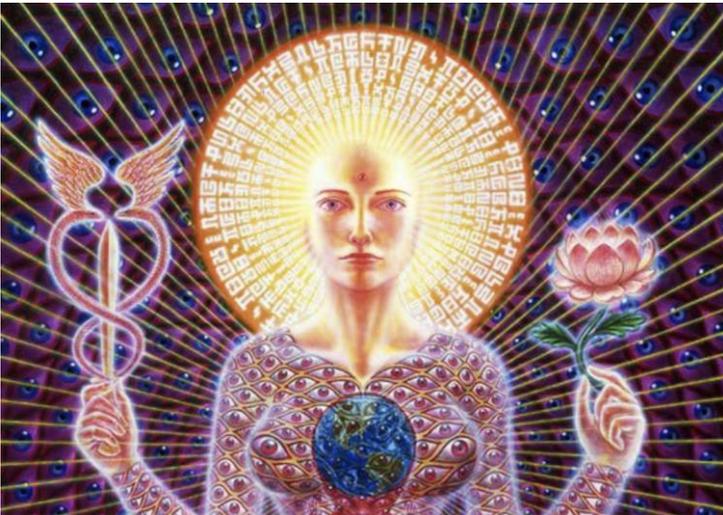
EXPANDING 5-D CONSCIOUSNESS

CONNECTING TO YOUR GUIDES

In the last couple of weeks I have asked you to start creating a new vision for yourself, to start feeling into what it is you desire to create and why.

Yet this was no ordinary 'why'. It is a why birthed from the emotional realm, that place where we become conscious creators with the world we see around us.

Consider this. Unless you decided to read this, then these words would not exist for you. Unless you made the conscious intention to interact with anyone in your world and formed an emotional connection with them, that person would not be in your existence! Wow!



And we base our consciousness based on the feelings we alchemize it with to create the story book of our lives and who we invite in to participate and co-create with.

So as you have started to alchemize your future by resonating with the emotional tone of what it feels like you have started to create pathways: neuropathways, creative pathways, energetic pathways and spiritual pathways to lead you to a version of that emotion. Rest assured that if you keep strengthening the frequency of that emotional tone it will most certainly be created.

You are re-patterning a belief and substituting it with one that is in alignment with your desired feelings. Make it a practice to keep coming back to this future vision and allowing it to serve as your guidepost.

This is how conscious creation in the '5-D' begins to take shape.

There are numerous factors that we will bring light to and expand upon as we continue our journey together.



This week I would like to invite into a practice to call in the support you have from places both seen and unseen. To call in your spirit guides, angels, your higher self, your star family and other Beings of Light who are ready and able to assist and guide you if only we ask and are receptive to seeing, hearing, feeling and even dreaming in the signs.

Some of you may be aware of some of these exercises yet I encourage you to a daily ritual to allow access of the new energies that are facilitating an opening as we have never experienced before to supercharge your ability to connect in a deeper, more meaningful and sustainable way as we are setting a foundation for a rarified field and a brand new co-creative environment that will be the basis for everything you choose to birth into your reality.

Items suggested for your daily ritual:

Candle

Blank paper (at least 3 sheets)

Pen

Optional:

Sage

Your favorite crystal

Your singing voice

I conduct this practice after my morning workout and after my first cup of coffee!

I also make this practice a priority before checking emails, social media or any other distraction that will take me down a rabbit hole where my mind and to do list will take over from the sacredness of this intimate time with myself and the guidance that is ready to communicate.

This is a writing exercise so choose a place where you can sit comfortably, and where you will not be easily distracted.

We are creating a sacred space for you to invite this special and very intimate communication to come into your greater awareness.

This has been one of the most profound exercises in my experience and with time and practice your connection to realms unseen and energies that once seemed to be etheric to connect with will become more consciously prevalent as sources of love and creative expression.



Step 1:

Clear your space of clutter

Step 2:

Light your candle while either singing or citing a prayer for your intention to invite this 'higher' awareness in.

I sing it most if the time but sometimes I say a prayer.

'Spirit Guides please come with me and show me what you want me to see, what I'm ready to see and how I can be of service in the world in me and around me'

Btw, the guides LOVE to hear you singing!

Step 3:

If you have sage or palo santo or sweet grass use it to clear your space. Continue your prayer, chant or song as you prepare your space. The clearing process does not have to be long and it is not absolutely necessary. I use it as a time to open my heart more, as sacred ceremony and as a meditative practice sometimes.

Other times I just drop right in for the exercise and skip this step. It's all ok. Do what feels right for you up to this next step.

Step 4:

Grab a pen or pencil and at least 3 pages of 8x11 paper. I prefer blank paper so I do not have to think about staying in the lines. (I started my practice with 3 pieces and went up to 10 pages sometimes after a while)

You'll find that when you get in the flow you just won't want to stop! Important to note is that when the energy is finished communicating, you will absolutely know. It's like someone turned off the radio.

Step 5:

As you sit at your writing station take a few deep breaths and set the intention of being an open vehicle for light source to flow through you. For benevolent relationship to interact and share with you insights, awareness, and guidance for your life.

Step 6:

Write one basic question on the first piece of paper. Make it generic yet personal to you.

Examples include:

What would you like for me to know?

What guidance do you have for me?

I'm confused... What do I do now?

Can you help me get some clarity?

I ready for my next step. Is there anything you can share with me?

After you write this question, just start writing. No stopping, no thinking, no interacting. Just write, write and keep writing. Do not pick your pen up off of the page to pause and do not edit anything!

If you don't know what to write, write the following: "I don't know what to write" over and over again until the flow comes in again.

This is an exercise of letting go and allowing the information to pour in for you.

When you get a reply that you want to deepen into. Ask the next heart felt question in the simple form possible. So, no story or explanation just simple easy questions like:

Example:

So what next?

Can you clarify?

And how about "xyz"

The question should come from a stream of consciousness and should be lightening fast if it is to be asked. If you contemplate on the question too long you are stepping outside of the channel zone and have come back to linear thinking. What we are creating here is opening your pathway to channeling directly to other realms.

Keep writing until you have finished at least 3 pages front and back.

Step 7:

Close the space. Thank your guides, your higher self and inner child to showing up for you. Send a wave of gratitude from your heart to theirs and then blow out your candle.

The ritual is hereby finished and you can now go back and review what you have written and what was shared with you.

This practice may be challenging for some at first but I can assure you that it is worth keeping with it. After a couple of weeks of deepening with this you might find that if you miss a day your day feels incomplete.

Also be aware of symbols that start to show up in your waking life as you open this new line of communication and pay special attention to your dreams as messages may become more vivid during this stage as well.

As a closing suggestion.

Be bold and wild in your communication with your guides and spirits. Talk to them, acknowledge them, question them, play and be curious with them and also dare to teach them a thing or two!

