

HOW
TO
CONNECT
TO YOUR
SPIRIT
GUIDES

TRANSCRIBED OF TALK
BY

RIZ MIRZA



HOW TO CONNECT TO YOUR SPIRIT GUIDES



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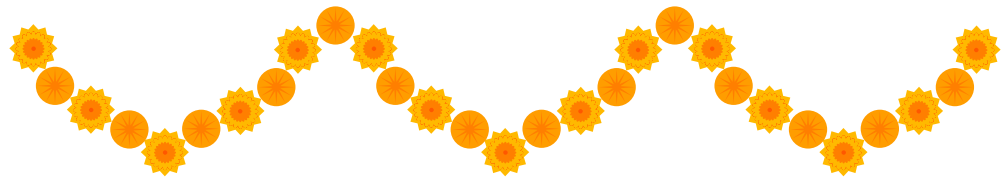
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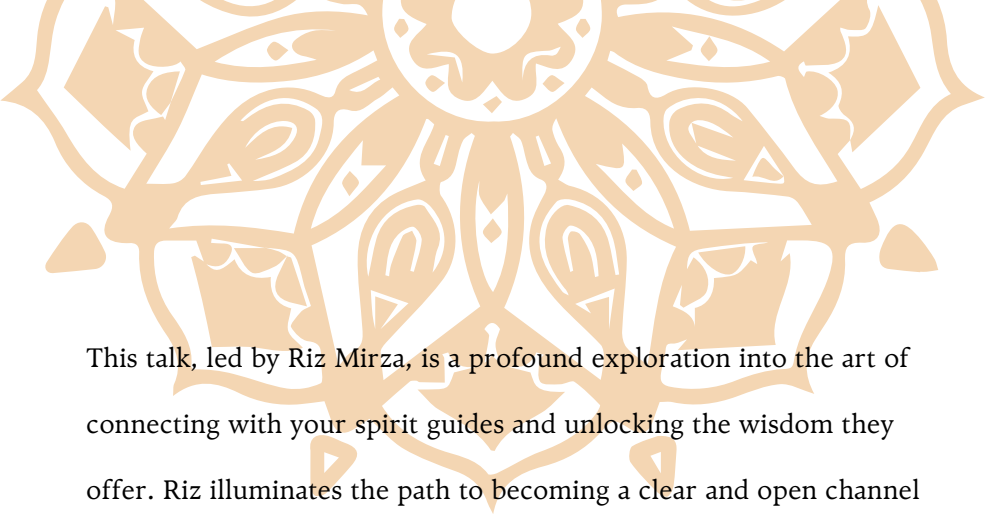
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*"The frequencies, again,
are always there. You
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receiver."*

~ Riz



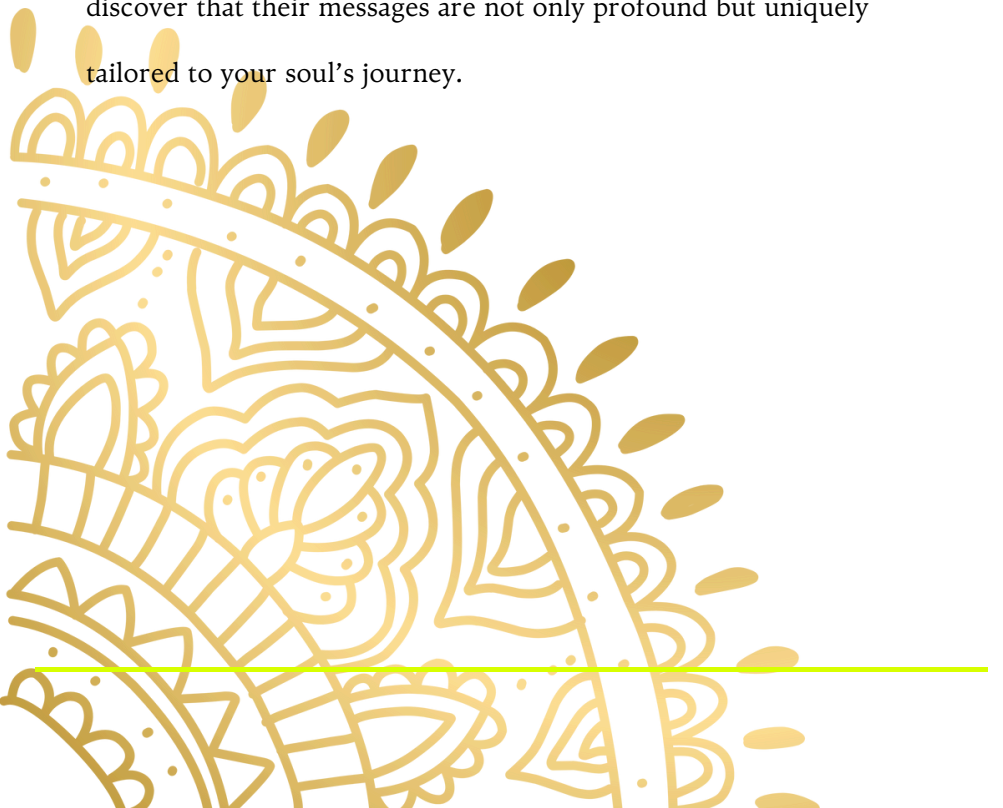
This talk, led by Riz Mirza, is a profound exploration into the art of connecting with your spirit guides and unlocking the wisdom they offer. Riz illuminates the path to becoming a clear and open channel for divine guidance, emphasizing the importance of stillness, neutrality, and surrender. With his signature warmth and insight, he demystifies the process of communication with spirit guides, likening it to tuning into a frequency—a skill available to all, not just the gifted few.

Riz draws upon years of experience as a trance channel and spiritual teacher to guide listeners through the intricacies of altered states of consciousness and how these states allow access to dimensions beyond the physical. He encourages us to see spirit guides not as distant, unreachable beings but as ever-present allies helping us navigate our soul's journey. From decoding signs and symbols to understanding the nature of dreams and synchronicities, Riz offers practical tools and profound wisdom to deepen your connection with these unseen guides.

Dear Seeker,

It is with deep gratitude and reverence that I share this journey of connecting to your spirit guides with you. In these sacred conversations, we step into a space where the unseen becomes seen, where whispers of guidance transform into profound clarity, and where your path aligns with the rhythm of the universe.

Your spirit guides have been with you through every breath, every challenge, and every triumph. They are not distant or detached but rather loving allies who speak to you in the language of intuition, signs, and synchronicities. As you open your heart and mind, you'll discover that their messages are not only profound but uniquely tailored to your soul's journey.

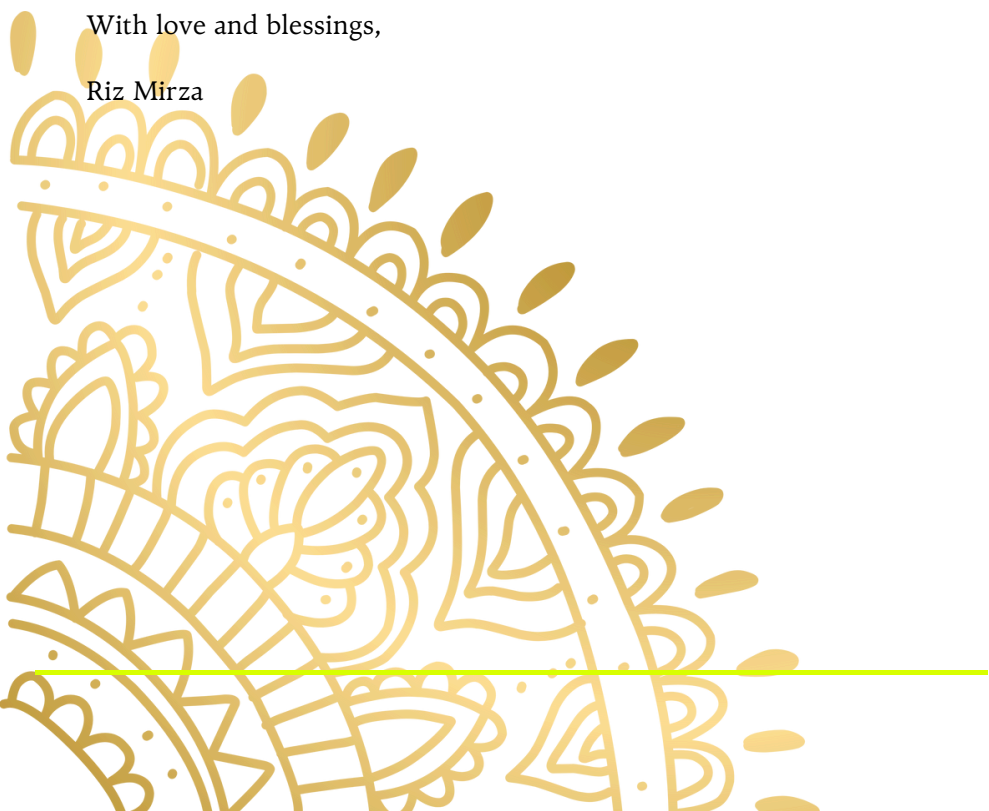


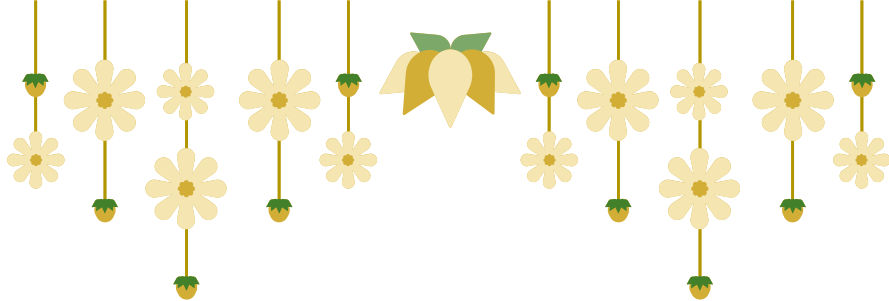
his process is not about seeking perfection or mastering control—it is about surrendering to the flow of life and trusting the divine within you. Your ability to connect with your guides is not a skill reserved for a few; it is your birthright. With each quiet moment of stillness, with each act of gratitude, you will find their voices becoming clearer, their guidance more resonant.

Know that as you embark on this path, you are never alone. The universe, your guides, and your own higher self are all conspiring to lead you to greater love, wisdom, and peace. Trust in the process, and remember: the answers you seek are already within you.

With love and blessings,

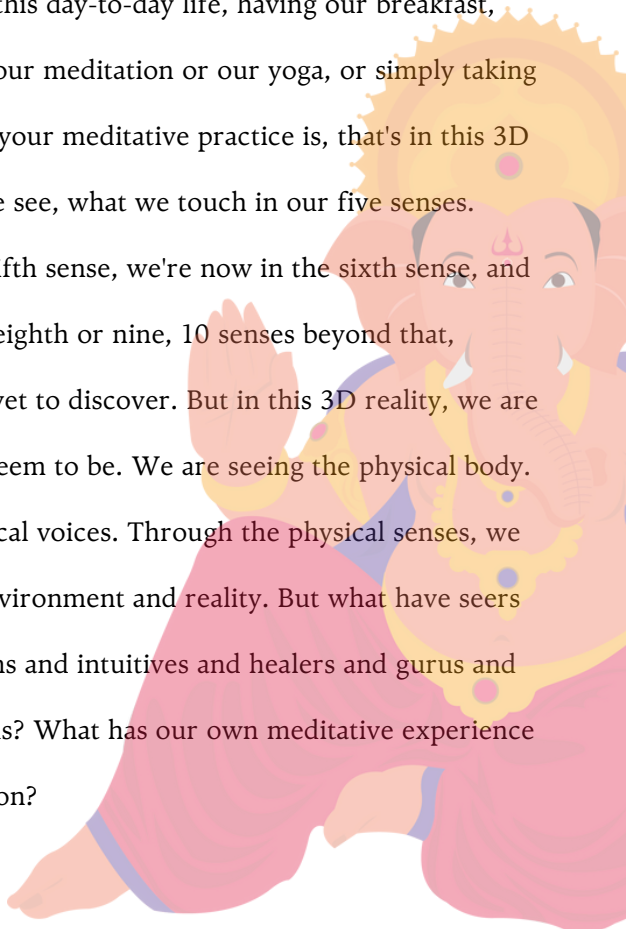
Riz Mirza



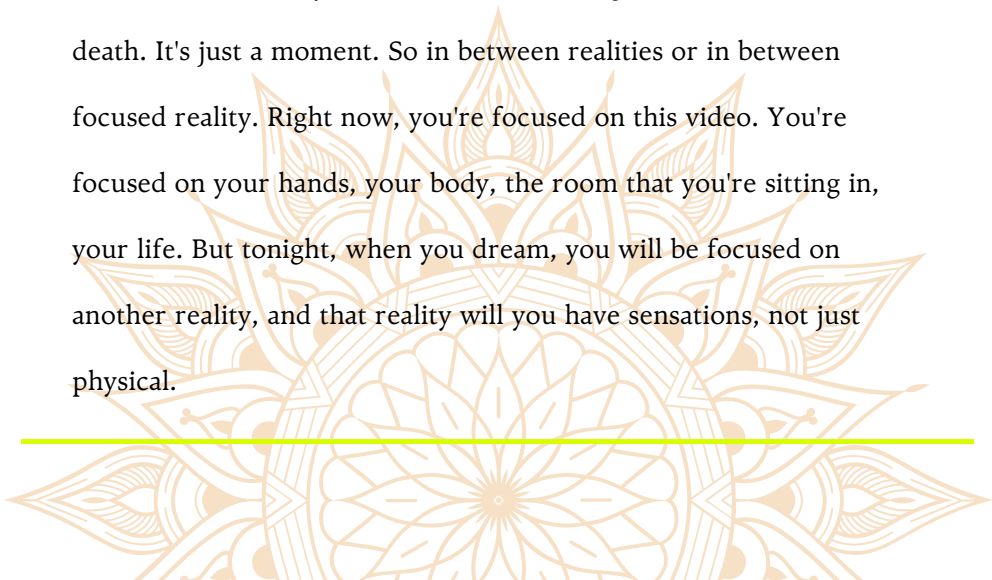


I have been called over the years a trance channel medium because that is the best term right now to describe what it is that I do. Part of what I do, and if you have worked with me before or have been to my Circle of Light gathering, you know that I trance channel and during the trance channeled state, spirit guides speak through me and to the participants in the circle directly. Trance channel mediumship is where the medium or the channel, as we call the channeler, allows themselves to enter into a deep state of trance. It is very similar to sleep, except the person channeling is not dreaming. They are in an altered state of consciousness. So one may say it is somewhere between sleep and being awake, and some simply say it is being out of the body. But it is a conscious, unconscious experience. What does that mean? It means that I'm unconscious to what's happening in the room, and I'm doing this consciously. So as we begin to explore what this week's topic is about, which is connecting to your guides, allowing yourself to learn how to open the third eye, right here, and also, and also, helping others to find their path.

Why are these two topics connected into one topic? Well, because the universe, if you were to call it the universe, meaning one reality, universe, it's the one reality. Within that universe, there may be different multiverses. Some people will say there's a multiverse. But overall, there's one experience, no matter where it is your focus is, whether your focus is in this day-to-day life, having our breakfast, our cup of coffee, doing our meditation or our yoga, or simply taking a walk outside, whatever your meditative practice is, that's in this 3D reality, right? It's what we see, what we touch in our five senses. Once we go beyond the fifth sense, we're now in the sixth sense, and perhaps there's seven or eighth or nine, 10 senses beyond that, maybe 100 that we have yet to discover. But in this 3D reality, we are seeing each other as we seem to be. We are seeing the physical body. We are hearing the physical voices. Through the physical senses, we are understanding our environment and reality. But what have seers and channels and mediums and intuitives and healers and gurus and shaman has been telling us? What has our own meditative experience as we open up our intuition?



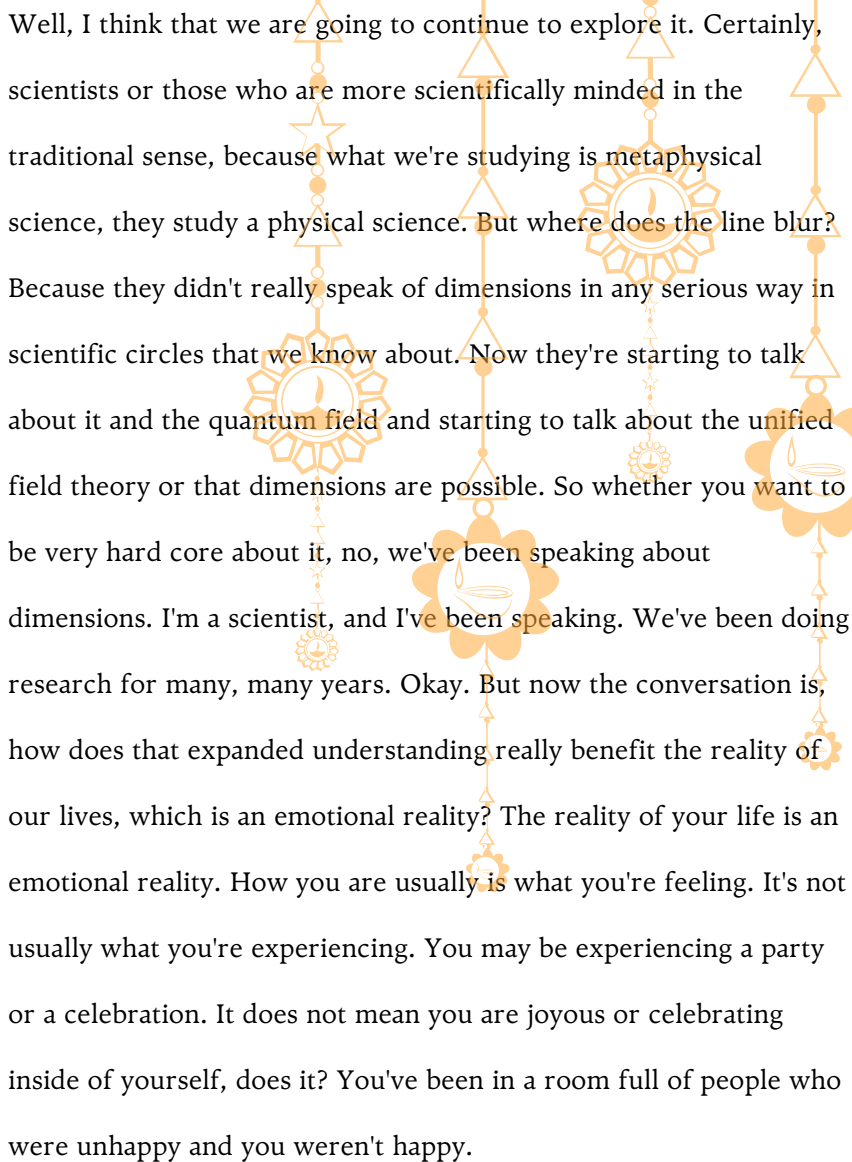
What has that been telling us? It has been telling us and showing us that there's more than what meets the eye in this 3D reality, that there are dimensions, and that dimensions are a reality that exists right here, right now, but beyond the veil, the proverbial veil, as Rumi wrote about the veil, as the Keltics and the Druids spoke about the veil between worlds, and so on Halloween, and on all Hallows Eve, it was the night where the veil was thinnest, and we could commune with those who have crossed over to the other side. I don't say who has died because physical death is but a moment. What is physical death? Imagine a door frame. The door swings both ways. Death is just that moment where if a body was walking through that door frame, the one second that they're actually dead center in the frame, and then they're on the other side, right? That's what I call death. It's just a moment. So in between realities or in between focused reality. Right now, you're focused on this video. You're focused on your hands, your body, the room that you're sitting in, your life. But tonight, when you dream, you will be focused on another reality, and that reality will you have sensations, not just physical.



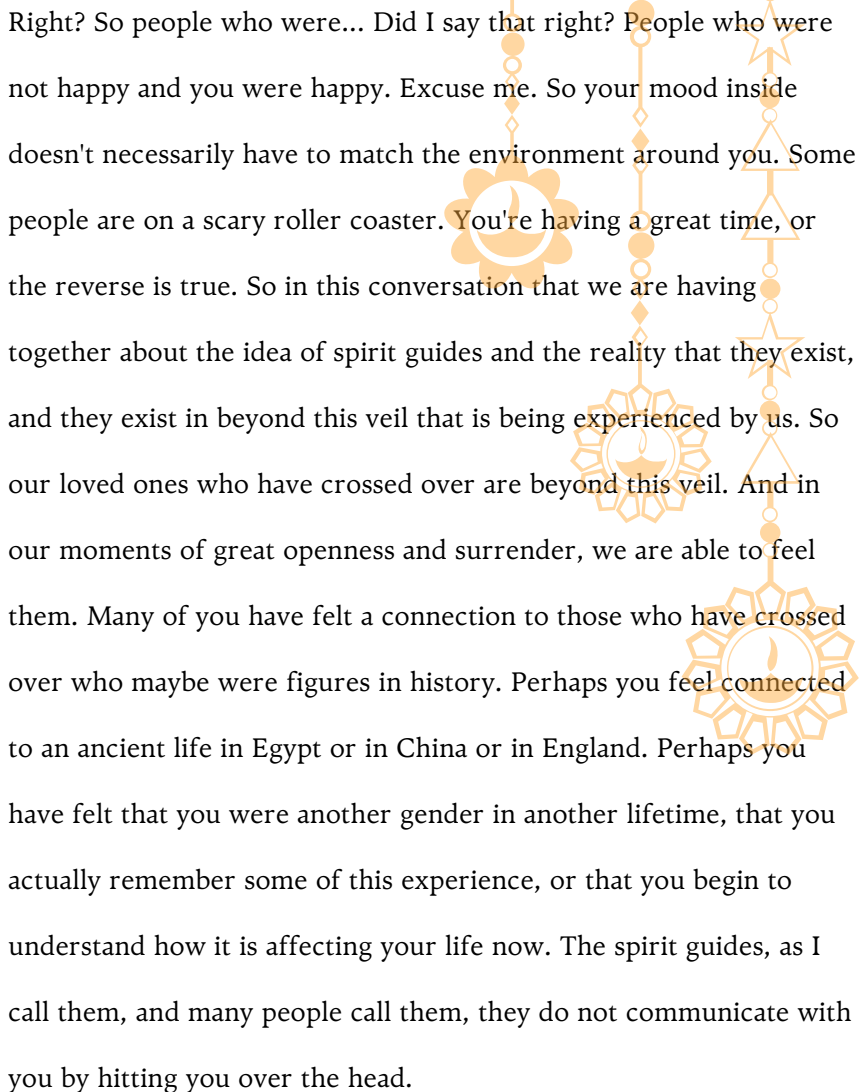


You feel physical sensations in a dream, whether they are pleasurable or painful. You also feel an emotional reality in those dreams, whether it is joy or fear or panic or frustration or confusion. It is very convincing, isn't it? The dream time is very convincing, as I've spoken to you about this before, that when you awake, and you suddenly say, I can't believe that was a dream. You've done this many times, haven't you? How many dreams have you had in your lifetime where you've woken up at 3:00, 4:00 AM, and you couldn't believe it was a dream. It was so real. It was so potent, so resonant. And yet we continued to do that, right? Because you did it again and again where you couldn't believe it was a dream. You're conscious in the dream. And yet now you're another focused Reality. Back to your bedroom. You were just in another state with another person, some people you didn't even know. Faces that you have not yet seen in this lifetime and may never see in this lifetime. Who are those people? Do they really exist? Did what you experienced in the dream actually occur in another dimension?




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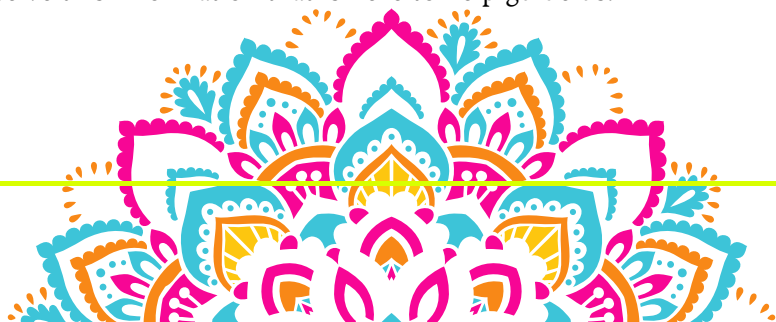
Well, I think that we are going to continue to explore it. Certainly, scientists or those who are more scientifically minded in the traditional sense, because what we're studying is metaphysical science, they study a physical science. But where does the line blur? Because they didn't really speak of dimensions in any serious way in scientific circles that we know about. Now they're starting to talk about it and the quantum field and starting to talk about the unified field theory or that dimensions are possible. So whether you want to be very hard core about it, no, we've been speaking about dimensions. I'm a scientist, and I've been speaking. We've been doing research for many, many years. Okay. But now the conversation is, how does that expanded understanding really benefit the reality of our lives, which is an emotional reality? The reality of your life is an emotional reality. How you are usually is what you're feeling. It's not usually what you're experiencing. You may be experiencing a party or a celebration. It does not mean you are joyous or celebrating inside of yourself, does it? You've been in a room full of people who were unhappy and you weren't happy.



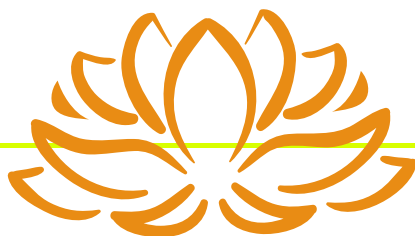
Right? So people who were... Did I say that right? People who were not happy and you were happy. Excuse me. So your mood inside doesn't necessarily have to match the environment around you. Some people are on a scary roller coaster. You're having a great time, or the reverse is true. So in this conversation that we are having together about the idea of spirit guides and the reality that they exist, and they exist in beyond this veil that is being experienced by us. So our loved ones who have crossed over are beyond this veil. And in our moments of great openness and surrender, we are able to feel them. Many of you have felt a connection to those who have crossed over who maybe were figures in history. Perhaps you feel connected to an ancient life in Egypt or in China or in England. Perhaps you have felt that you were another gender in another lifetime, that you actually remember some of this experience, or that you begin to understand how it is affecting your life now. The spirit guides, as I call them, and many people call them, they do not communicate with you by hitting you over the head.



That's rare. Their vibration is very subtle to us in this dimension. Meaning you would have to become very quiet and very still inside of yourself to feel them, let alone actually decipher messages from them. Now, why can't they make it easy Why can't they just tell it to us? Well, it happens. There are many people who have had dreams where a guide has appeared in the dream and clearly said a message. But it isn't all the time, is it? It's because we must go back to understanding why we are here. The reason we are here on this planet or this plane of existence is to understand and to experience self-realization. Anything you do, whether it is giving you pain or pleasure, all of it leads to your self-realization. Whether it is a physical thing you are receiving or whether it is an emotional breakthrough you're having, any emotional breakthrough, of course, will have It's a great up and down, the roller coaster of emotions, till you reach that conclusion for yourself, which is that you are free. Then what we are always discussing and coming back to is how to receive this information that is here to help guide us.



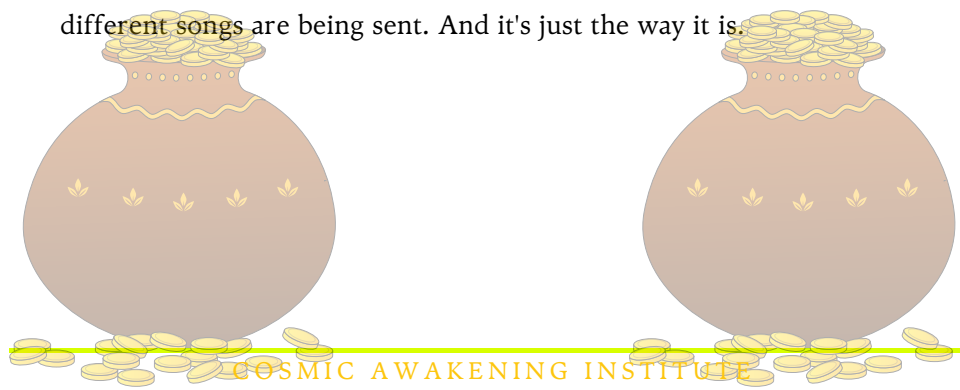
So the guides give us messages to guide us. They're not here to interfere or intervene, but more about helping us to understand how we have created our reality thus far, how we are creating our reality now, and how we are creating the reality in the future that shall soon be unfolding. There are many meditations you can probably find online. There are probably one or two good ones out there that will resonate with you. I will guide you in a meditation education to help facilitate the understanding of how to navigate to connect with your guides. But before we do that, what's as important or perhaps even more important, is this is for you to understand... your belief system about that which is metaphysical, that which is beyond what you see or hear with your eyes or ears. This is for you to understand that you have always been guided, that your spirit guides have been with you really before this lifetime, so even before you became a human being. These are your divine teachers who have walked with you throughout the course of many, many lifetimes. The guides, some of them, well, I have found that they all have personalities, but some of them are very direct.

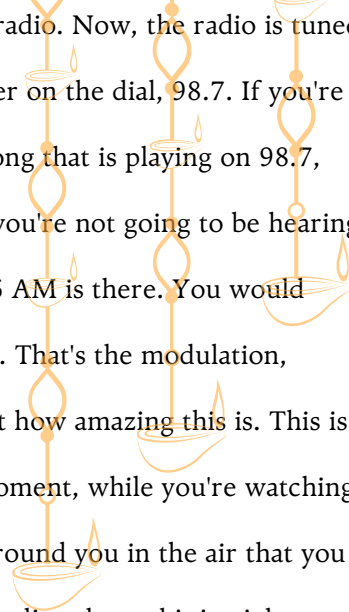




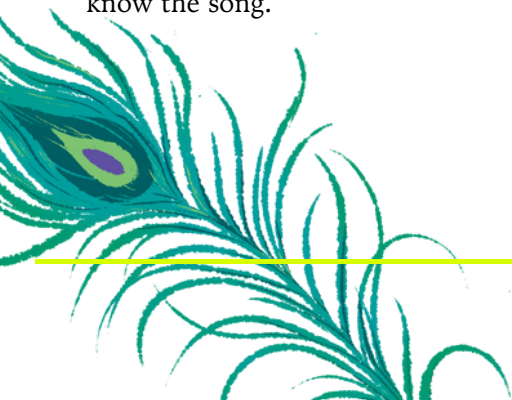
You can almost see their words written across your mind. Some of them send their messages to you through symbology or through sometimes the numbers that you see that are repeating. Sometimes it is through spirit animals. An animal crosses your path and you allow yourself permission to say, That was a message for me. Because how magical do you want your world to be? How magical is your world? Your world will be as magical as you deem it is. So if you become very tiny inside of yourself, what does that mean? Right now, you're sitting in a room. Maybe it is a room that you have sat in many, many times. Maybe it is a room that you like the way it looks, you're ambivalent, or you really love it, but you're used to it. So you understand the room. It's not really the primary focus as you are watching this teaching today. And yet, if you were to shrink yourself down to this big, right there, imagine if you were this big. Now look around the room and picture yourself this big. Just do it. Look down over there on the floor, look over there at that furniture, look at the wall.

Imagine what it would look like if you were that big. Imagine if you were standing there on the floor looking up at your giant body, and you could see the very close fabric and texture of the clothes you are wearing because it would be this big, right? The entire room would be a whole new world because you became smaller. That's what I mean when I say become very tiny, if you want to increase your capacity and the potency of the messages that are always present for you. Always. It's like oxygen. It is always in the air. It's like the frequencies from radio stations and television stations beaming their signals out all around you right now. All around you right now, radio stations and television stations are sending out a signal. Let's just say it's a radio. Your car has a radio, has an antenna. In the air, let's say there are 100 radio stations, and you know there's much more than 100, but let's say there's 100. That means that at all times, 100 signals are being sent through the air all around you. A song, a hundred different songs are being sent. And it's just the way it is.





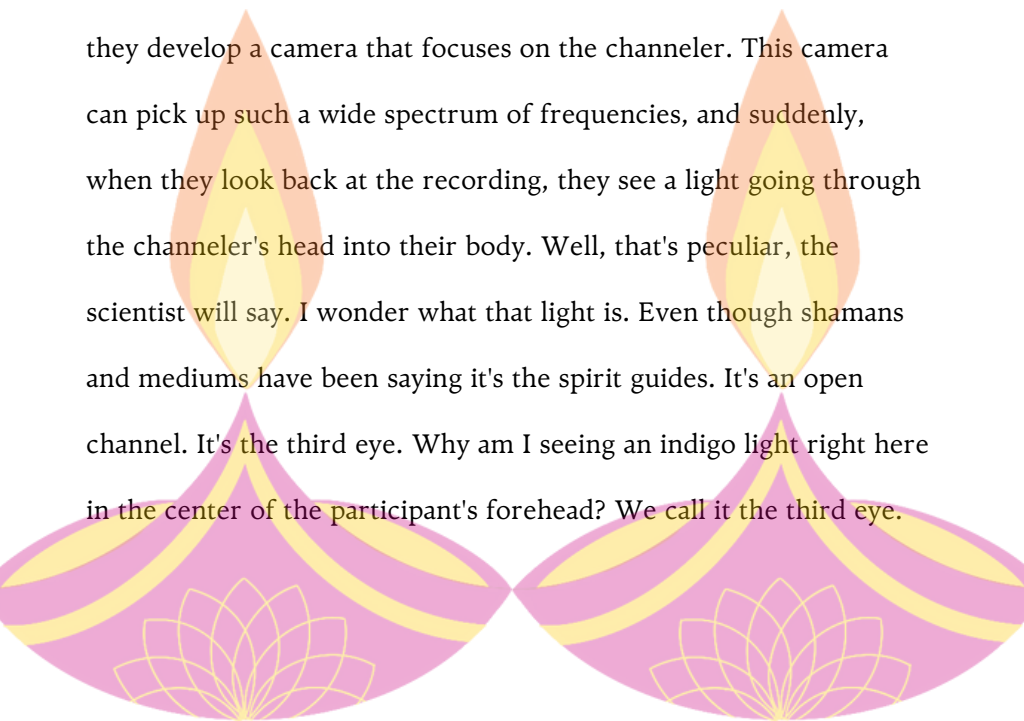
You don't hear them unless you have a radio. Now, the radio is tuned to a specific frequency. There's a number on the dial, 98.7. If you're at 98.3, you are not going to hear the song that is playing on 98.7, are you? Certainly, if you're at 66 AM, you're not going to be hearing 88.7 FM. But yet the song playing on 66 AM is there. You would have to turn your dial to that frequency. That's the modulation, right? Just for a moment, let's talk about how amazing this is. This is really amazing that right now, at this moment, while you're watching this video, there's these songs playing around you in the air that you can't hear. Unless you got a traditional radio, plugged it in right now where you're sitting, and you turned it, you'd say, Wow. Or you might not say, Well, you'd go, Of course, it's a radio. But remember, we're being tiny right now, so it means that you're going to be more excited and blown away by things that you're used to. The radio goes on and you hear a song. You might know the song. You may not know the song.



You may know the artist, may have never heard of the artist. May have heard of the artist, but never heard their song. May have heard of Archangel Michael, but never really got a message. The frequencies, again, are always there. You would need become a better antenna or receiver. Stereo receiver, remember that back in the day for those of you who are at my age? There were stereo receivers, which is simply a stereo that could get a radio signal in. And then that song is being sent through the air from the radio station. Your little antenna catches it and puts it through your speaker. You're tapping into the frequency that is flying past you. Tap. Here's the I hear it now. Close the frequency, you don't hear it anymore. So we have learned how to send sound through the air without you hearing it. That doesn't blow you away. There's all these 100 songs playing around you in your room right now that you can't hear unless you have a device made of metal and metals and with electricity coming through it, which is another frequency. Everything is frequency. The color that you're looking at in this video is frequency.



Each color has a certain numerical value. It's frequency. Let's say that one day they develop a camera that they can focus on the person channeling spirit guides. So the camera goes on. It's very special. This could be in 200 years. Remember this phone or computer you're watching it on? This wasn't even a possibility 100 years ago. It would have blown your mind. It would have blown Abraham Lincoln's mind if you had shown him an iPhone, and that wasn't that long ago because we have photographs of Lincoln, so at least we had cameras. But a phone, an iPhone? Internet? Wireless technology? So, let's say they develop a camera that focuses on the channeler. This camera can pick up such a wide spectrum of frequencies, and suddenly, when they look back at the recording, they see a light going through the channeler's head into their body. Well, that's peculiar, the scientist will say. I wonder what that light is. Even though shamans and mediums have been saying it's the spirit guides. It's an open channel. It's the third eye. Why am I seeing an indigo light right here in the center of the participant's forehead? We call it the third eye.

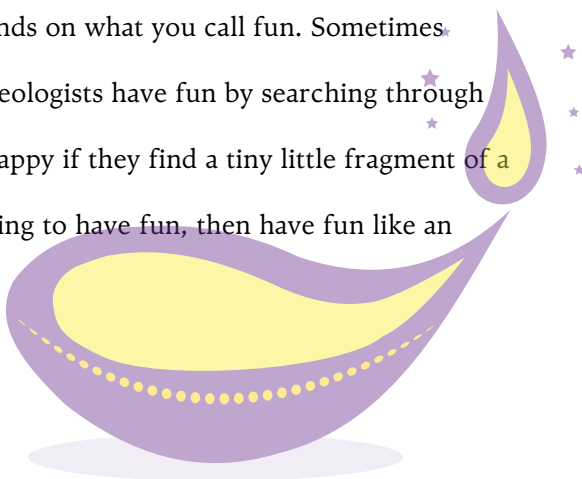


We always knew it was indigo-colored. Welcome to our reality. So it was always there. Your guides, some of them can come in the form of a male or a female. Some of the spirit guides are names that you have known. Merlin is one spirit guide. Archangel Michael, different archangels, different deities from different cultures and traditions, and across all boundaries and languages. I think almost any culture that I have studied, there's always been a reference to either angels or spirit guides in some form who are watching and who are participating in how we are navigating through our life. Not dictating and not intervening or interfering, but assisting. You are the one who is driving the boat. Always remember that your future self is also driving the boat Oh, your future self. It's one of my favorite terms. If someone doesn't really connect with the universe, because sometimes you might say, Well, the universe tells me, or the universe is guiding me. Why did the universe do this? But are you speaking of stars and galaxies? Because that is what we tend to think of when we think of the universe, I don't think we're referring to why did the stars and galaxies and space in between make you lose your job.

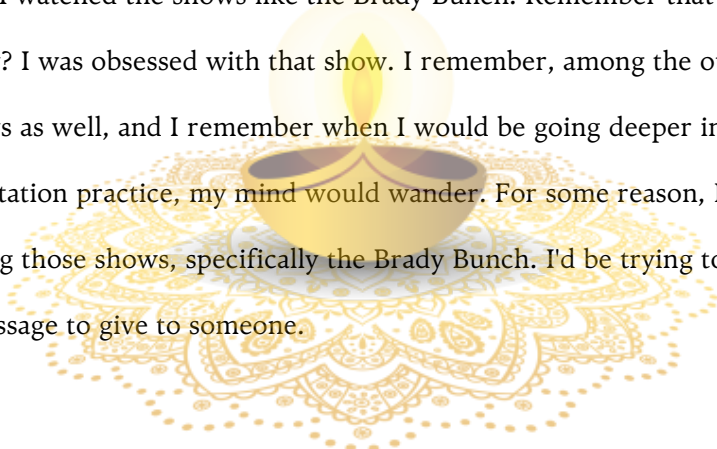
That's not the universe we're talking about. We're talking about the universe in a metaphysical way. We're talking about the force of creation of reality of all things being interconnected. Why? What is the grand scheme? Why did that force make me lose my job or get a flat tire or win the lottery? Who knows? Let's replace the words the universe with my future self. Why did my future self make me get fired from that job? Why did my future self decide it was time for me to get a promotion or start my own business or suddenly be fruitful? Why did my future self have me meet this person now? Well, the answer will always be because it is for your self-realization. Let's establish that so we're not floating around in space. It's for your self-realization. Notice I don't use the word lesson, and I don't use the word... Well, let's just say I don't use the word lesson. It's just a harsh word. Teach you a lesson. No. It is there for your self-realization. If you have self-realization, then others will feel more comfortable around you. Or maybe they won't because you have self-realization, and then they'll go where they need to go.

The point is, are you at peace? Are you free of blame? Are you free of victimhood? Are you free of your nervous system being fried? What is very important for you in understanding how to connect to your guides is how to quiet the mind. All of your meditation practices, the reason you take courses like this, is to quiet your mind. Therefore, you are able to really experience things in a clear way, in a way that it feels more organized. All of your reality feels more organized rather than bombarding you all the time. Letting go of control. That's a big one for learning how to connect with your guides. Letting go of control. What does that mean? Well, you may think when you are meditating to connect to your guides that you are imagining it. That's when you do a meditation or you see a face or you hear a message that it's really you, it's not really the guide. Well, I thought that sometimes in the beginning, many years ago, close to 20 years ago, when I began this work in channeling, I thought it must be just my higher consciousness. They're good messages, but it's me.

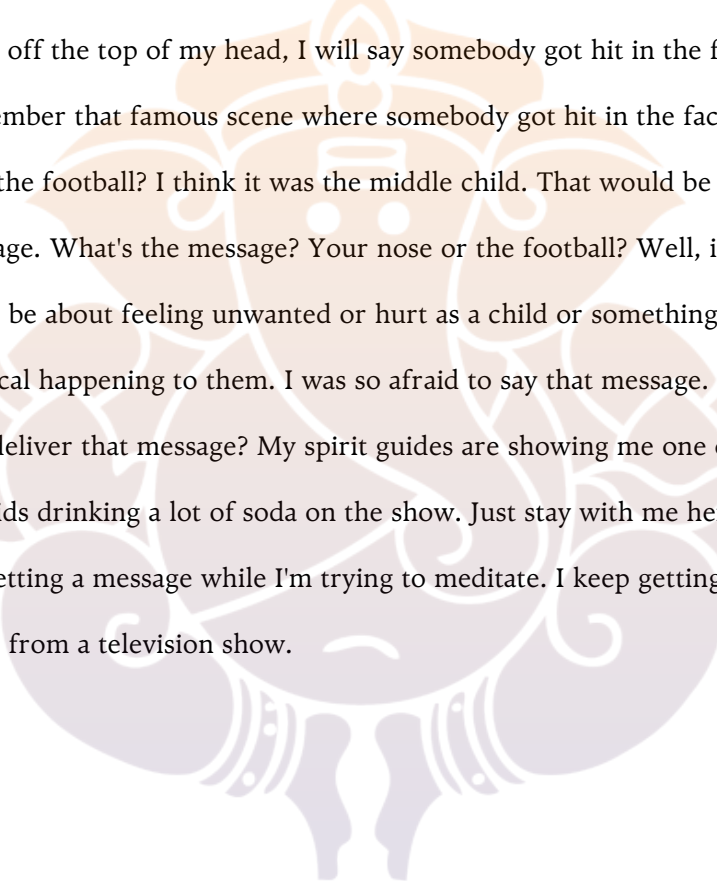
It's not really Merlin or an Archangel or, or whoever it may have been who gave me the message. As I began to venture forward and continue to surrender, how do I surrender? Here's how I surrender. I always say, I don't know. And there are plenty of things that may be completely new to me. Why not? Why not? Why not is a great phrase to ask yourself. So that allows you, that state of humility and wonder and innocence allows you to receive messages better. So you're not thinking that it's you giving the message. Connecting to your guides? Why do you want to connect to your guides? This is a question I will ask you. Why? Well, it would be fun. Hey, that's a good enough reason for me. In fact, I like that reason more than any other reason because there's looseness with it. The fun, though, may not be entertaining. Depends on what you call fun. Sometimes searching through... Archeologists have fun by searching through rubble, and they're very happy if they find a tiny little fragment of a vase. So I say, if you're going to have fun, then have fun like an archeologist.



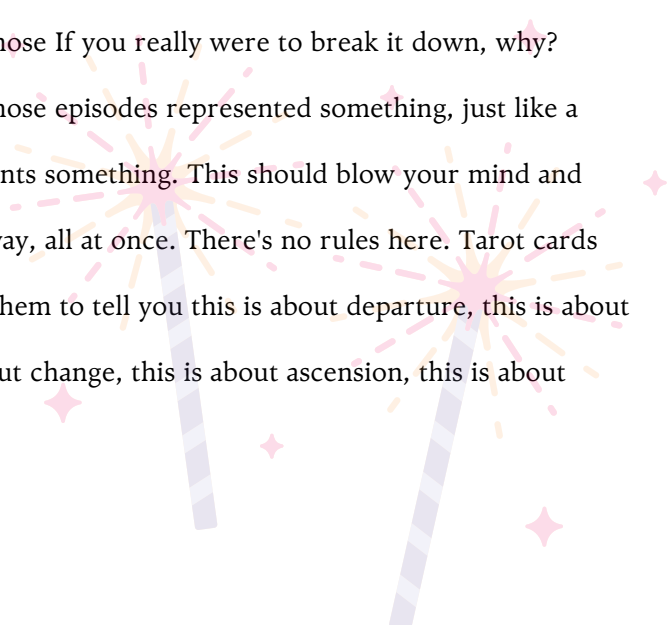
Limitless patience, an open mind, consistent practice, and you're just glad to be there. That's what I recommend. The guides have their own vocabulary. Let's talk about that for a moment. Spirit guides have their own vocabulary. That means that they will speak to you. That means communicate with you in a way that actually speaks your language. I will give you an example of this. 20 years ago, when I first began my practice into connecting with my guides, I thought I was always getting distracted by the wandering mind. Now, I was a child who was raised in an immigrant household. Latchkey Kid came home and watched TV and was, in a sense, babysat by the television. It's how I learned to speak English better, and it's also what informed me of fun and creativity and imagination. I watched all the shows. In fact, I watched the shows like the Brady Bunch. Remember that show? I was obsessed with that show. I remember, among the other shows as well, and I remember when I would be going deeper into meditation practice, my mind would wander. For some reason, I kept seeing those shows, specifically the Brady Bunch. I'd be trying to get a message to give to someone.



I thought, Boy, I'm really bad. I'm such a bad kid. I really have to get serious. If I want to be a shaman one day, I have to really get serious and focus. But But guess what happened? What was really happening was that my spirit guides were showing me episodes of television shows where the theme was the message I had to give. For example, in the Brady Bunch, there were episodes where somebody, let's just... Now, off the top of my head, I will say somebody got hit in the face. Remember that famous scene where somebody got hit in the face with the football? I think it was the middle child. That would be the message. What's the message? Your nose or the football? Well, it could be about feeling unwanted or hurt as a child or something physical happening to them. I was so afraid to say that message. How do I deliver that message? My spirit guides are showing me one of the kids drinking a lot of soda on the show. Just stay with me here. I'm getting a message while I'm trying to meditate. I keep getting a scene from a television show.

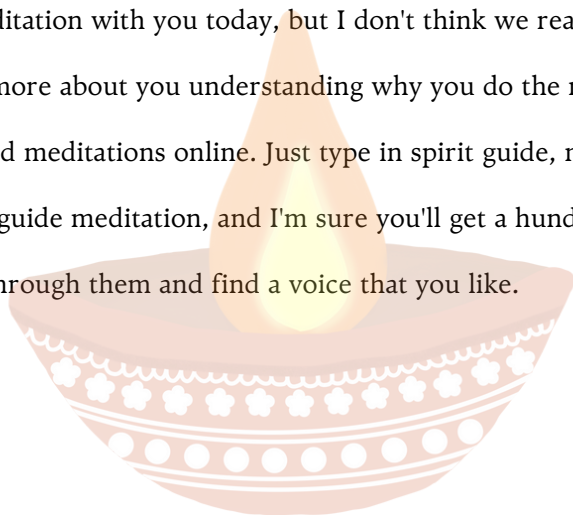


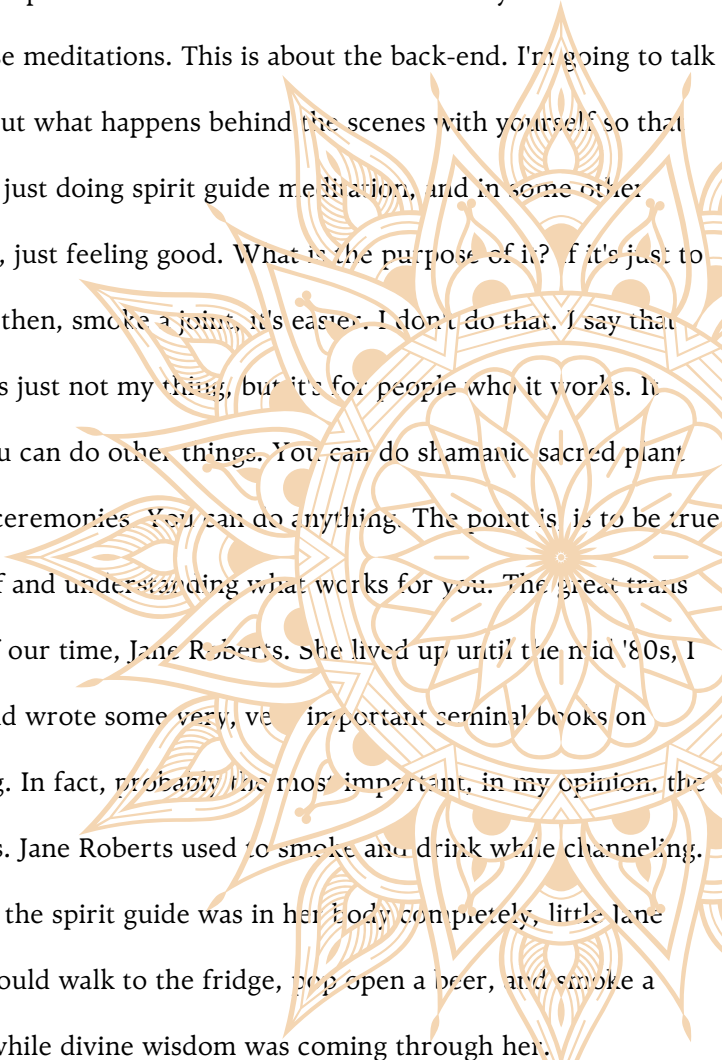
That scene had the message I had to give to this person. Why? Because my spirit guides know that's the way Riz is going to listen. They've been with you your whole life. They're going to use a vocabulary that works. It doesn't have to be, Oh, the message is coming down in this way. It doesn't have to come down like that. It can come through a message, and that's how it happened for me. I'm here to tell you how it happened for me because that's the truth. As I I began to... And then other shows were coming into my mind. That's how the messages came through. Some people need tarot cards. All I needed was television and the memories that were locked in here. Because each of those If you really were to break it down, why? Because each of those episodes represented something, just like a tarot card represents something. This should blow your mind and free you, by the way, all at once. There's no rules here. Tarot cards have symbols on them to tell you this is about departure, this is about arrival, this is about change, this is about ascension, this is about loneliness.



Those are what the cards basically are. For me, it was just episodes of television shows that had those themes. My spirit guides know that I wasn't studying Tarot, so they were going to use, again, a language I would understand. Will your guides. But you will have to become very quiet and still. Therefore, all meditation practice that makes you quiet and still, all transformational work that helps you to not be so reactive but receptive transformational work. You know what I'm talking about, meaning being able to get your mind and your emotions in order so that you are no longer plagued by your past or your future or your present. You're neutral. If I want to move car. Right? Your spirit guides want to, in a sense, move you in a particular direction to see that thing they want you to see. You can't be parked. Your gear cannot be in park. Your gear must be in N, like on your car, N for neutral. That's how you must be in order for the movement of the guides to come through you and move you. Neutral That means you're not in any reaction mode or any reaction that happens, you're able to let it go very quickly.

This is very important. Let's go over things here. In order to connect to your spirit guides, number one, find a reason why you want to. If it is because you already want to feel the fun and the joy of it, great. While knowing that there is wisdom there for you when you are a seeker and you understand that that's what life is about, is about understanding the nature of reality and reality creation. Then you will have peace here. Also, you must be surrender. You must be free of the reactive mind as best as you can so that the messages, when they come through, they are not colored by you, the person. They are coming from you as the portal or the channel for these messages. I find it's important for you to seek out meditations. I was planning to do a meditation with you today, but I don't think we really need to. This is more about you understanding why you do the meditation. You can find meditations online. Just type in spirit guide, meeting your spirit guide meditation, and I'm sure you'll get a hundred of them. Go through them and find a voice that you like.





Put the headphones on and set the environment in your room and do it. Do those meditations. This is about the back-end. I'm going to talk to you about what happens behind the scenes with yourself so that you're not just doing spirit guide meditation, and in some other dimension, just feeling good. What is the purpose of it? If it's just to feel good, then, smoke a joint, it's easier. I don't do that. I say that because it's just not my thing, but it's for people who it works. It works. You can do other things. You can do shamanic sacred plant medicine ceremonies. You can do anything. The point is is to be true to yourself and understanding what works for you. The great trans channel of our time, Jane Roberts. She lived up until the mid '80s, I believe, and wrote some very, very important seminal books on channeling. In fact, probably the most important, in my opinion, the Seth series. Jane Roberts used to smoke and drink while channeling. Yes, while the spirit guide was in her body completely, little Jane Roberts would walk to the fridge, pop open a beer, and smoke a cigarette while divine wisdom was coming through her.

In fact, there's a film footage, old film footage, not a lot of it, of Jane Roberts, but you can find some. You might see a cigarette or a beer in her hand while this booming voice of Seth, the spirit guide, is speaking through her. The Seth material is very dense. You can read it if you like. I love it, but it's pretty much you must only read a page a day because the language is very dense and concepts are intricate. Back to understanding that you must find your own personal way. Doing the meditations that you find great. I also want to speak to you about spirit guides that I call the regulars and the Temps. The Regulars, who are they? The gatekeeper. There's usually one gatekeeper. This is, you might say, your big brother or big sister, the one who is the master teacher, really in charge of working with and they allow other guides to come through or not. Therefore keeping the gate, it's like the bouncer at a club who lets them in and lets them out, doesn't want the shady characters in, only wants the cool people in. It's the same thing.



The gatekeeper. My gatekeeper is Red Eagle. Some of you know him, and therefore, he allows what I call the most beneficial or appropriate guides for me to channel. You will have that as well. Eventually, you will learn your gatekeeper's name. Then you have guides who work with you. Yes, just like a corporation. There's some who work in the financial part of your life, some in your marketing department. You might call that networking for you and getting you to be seen by those who need to see you so you can create what it is that you want to create. Then there is the health and wellness section. Then there is the, you might say the inner. It is the inner sanctum. It is the part of you, the guides who help you in deep spiritual transformation. You will discover them more and more through your meditations. I want to speak to you about what I touched upon earlier, which is helping others to open to their light. It's not something we actually need to spend a lot of time on. How do you do it? There are people you have tried to do this with that after a while could not hear you.



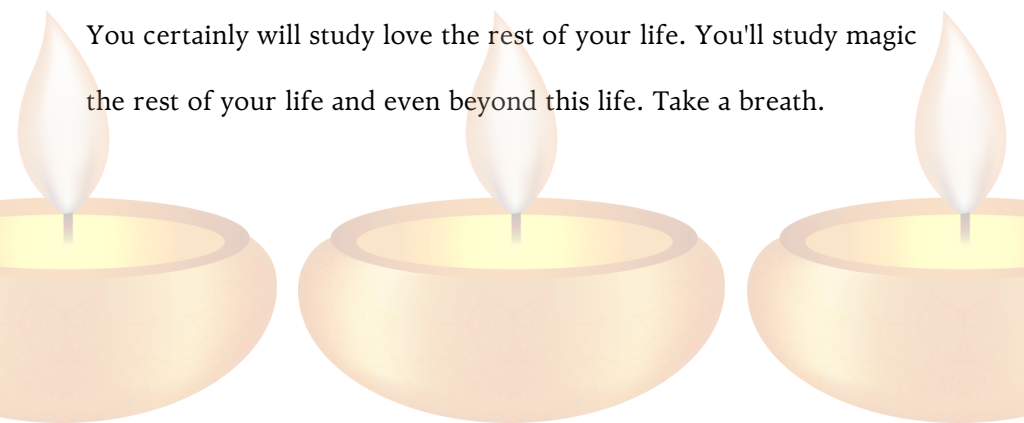
And so either you moved on or you have relegated them from your A list of friends to maybe your B list, meaning you don't talk to them as much and you're not as invested in it anymore. Then there are some whom you see who are on a path that is completely ignorant of their light, their true light, and they're spending a lot of time in sadness or negative emotions, and you wish you could awaken them. Okay, I've done that. I've spent a lot of time with certain people to help awaken them. And yes, at times they frustrated me and I wasn't able to continue that level of intensity with them, so I switched gears. What I want to speak to you about is having more energy so that you are no longer drained by the resistance of others around you as you are transforming, as you are shifting. How do you stay more in your power? Here's how. Keep this in mind and allow yourself to let this become one of your strengths. And that is everything empowers you. What you get empowers you. What you don't get empowers you. They act the way that you like, that empowers you.

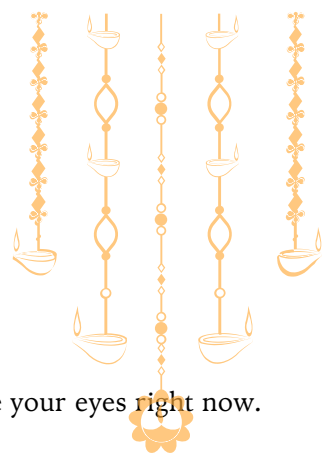
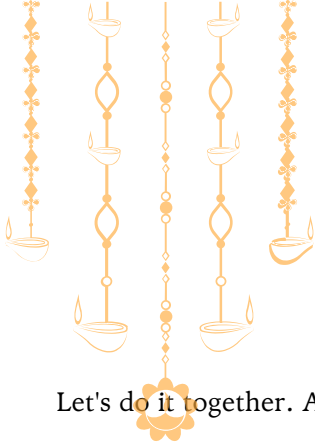


They act in a way you don't like, that empowers you. Very lofty and high ideals, aren't they? But I do imagine that there's a great power of freedom in a being like that, where everything empowers you. You're exhausted, even that empowers you. How? How can being exhausted empower you? Because you are having the wisdom to allow yourself to rest, therefore that will empower you. So you are not fighting exhaustion. You are welcoming its message that you must rest. What if you can't rest? What about that frustration? Well, you thank the frustration for reminding you that in a sense, nothing is more important than your wellness, and so that your self-care needs to be the and that your self-care also is how you care for others because they're getting the better version of you. This is how you help others. You're surrendering to your light, which is inexhaustible. And so that light is sending this beautiful vibration of love and warmth, even when others can't feel it, right? Sometimes they can't feel it, even though you're coming from that good place. That's fine. Remember, you're doing this for you. It's a choice that you like to be that way.



Not that, well, I do this, but they don't receive it, so I will stop. The sun does not do that. The sun is giving sunshine to everyone on the planet. So be like the sun. Be like the water flowing. Be like the Earth and be grounded. Be like the stars so that you're expansive and be thankful for the stars and be thankful for the spaces in between the stars. Be like the wind. Be thankful that you can be like the wind and flow. You can be a gust or a breeze and that you can move through everything and with everything The elements of nature are one with you, and understanding how to surrender to that. The key for that is gratitude. The key to your sanity is gratitude. The key to receiving messages from your spirit guides is gratitude, because even if you just get one word from your guides, be grateful. Look into that word. Look at the word gratitude. You may study that the rest of your life. You certainly will study love the rest of your life. You'll study magic the rest of your life and even beyond this life. Take a breath.





Let's do it together. At the count of three, close your eyes right now.

Let's do that. Close your eyes. At the count of three, we're going to take a nice deep breath in through our nose. I want you to send the air past your throat, past your heart, and deep into your belly, and hold it there till I ask you to exhale through the mouth, releasing any tension, stagnation or resistance. Let's do it. One, two. Breathe in.

Sending the air all the way down into your belly and hold the breath.

Hold your breath. As you are holding your breath, relax your face, relax your forehead, your eyebrows, your cheeks, your jaw, and exhale. Open your eyes. Just relax your shoulders now. Do this a

couple of more times after this video. I send you love and blessings.

The way of the seer is the way of the heart. The way of the seer is the way of the surrender, and your victory is in your surrender. Many blessings and be well. Namaste.