



BITE SIZE
THOUGHTS

*Spirit
Guides/
Meditation*

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Spirit Guides & Meditation Workbook



5 Exercises



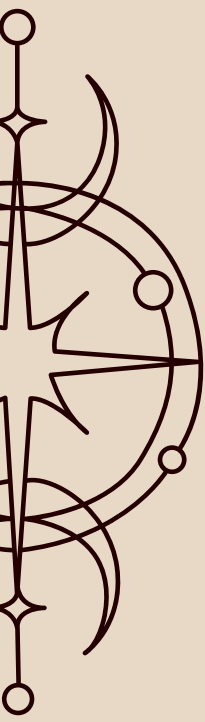


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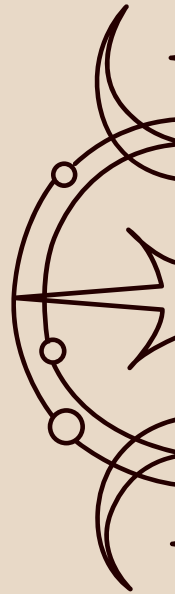
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Summary of Live Talk: "The Role of Spirit Guides and the Purpose of Meditation"



In this insightful Psychic Live podcast discussion, Riz Mirza and Lady O delve into the profound relationship between spirit guides and meditation. Riz emphasizes that the role of spirit guides is to help you see the subtle frequencies of your life, connect the dots, and understand the intricacies of your own creation. He explains that tuning into these subtleties doesn't require painstaking effort but rather a still and focused mind. Riz draws an analogy to the grace and precision of Olympic athletes, illustrating how a still mind allows for strength, speed, and flow. Sharing his own practices, Riz highlights that meditation can take many forms—traditional sitting meditation, listening to music, dancing, or simply playing.

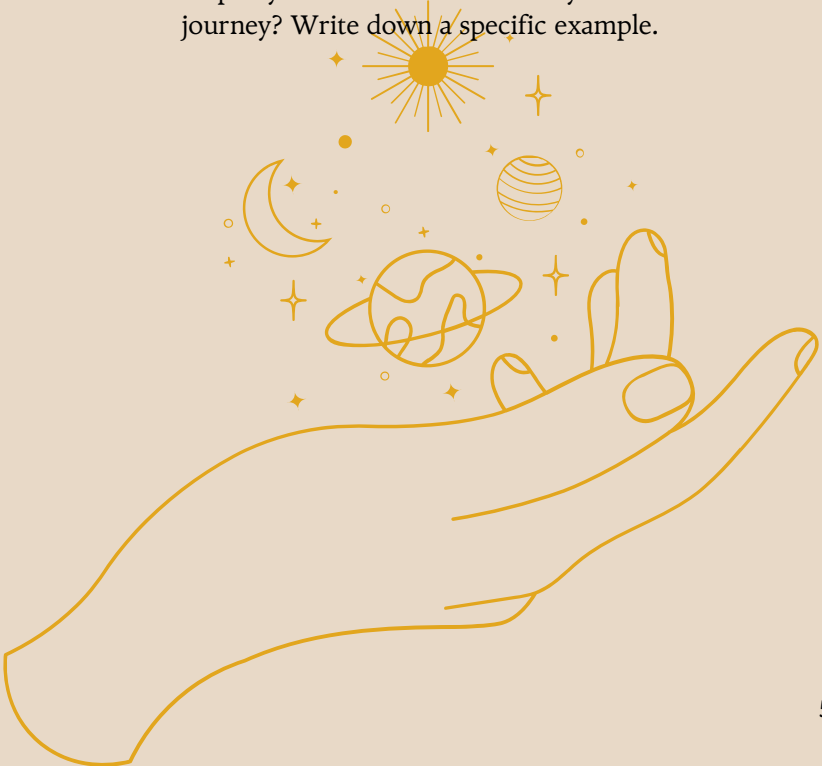


Lady O expands on this by addressing a common misconception: many people think meditation is just about quieting the mind, but there are deeper, more transformative reasons to meditate. Together, they explore how meditation fosters connection, clarity, and alignment with your higher self and spirit guides.

Connecting with Spirit Guides and Exploring Meditation

Exercise 1: Understanding Your Spirit Guides

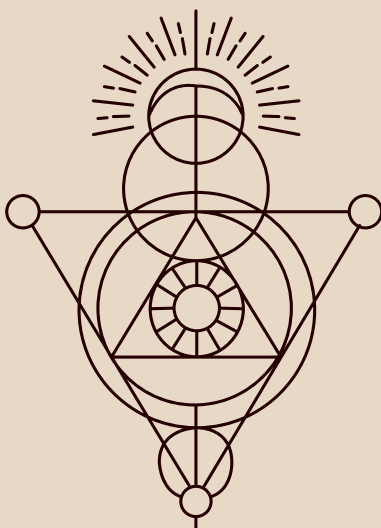
1. Reflect on moments in your life when you've felt guided or supported by unseen forces. How did these experiences shape your understanding of spirit guides?
2. If you could communicate directly with your spirit guides, what questions or gratitude would you express?
3. How do you think your spirit guides have helped you "connect the dots" in your life journey? Write down a specific example.





Exercise 2: Exploring Subtle Frequencies

1. What does the phrase "subtle frequencies of your life creation" mean to you? How can you attune yourself to these subtle energies?
2. Describe a time when you were fully present in the moment—whether through physical activity, art, or quiet reflection. How did that presence impact your awareness or intuition?
3. Experiment with tuning into subtle frequencies by spending 10 minutes observing your surroundings in silence. What do you notice that you may have overlooked before?

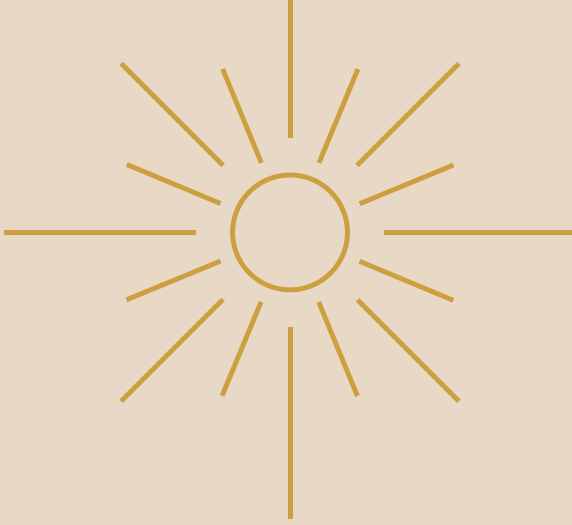




Exercise 3: Meditation Beyond Stillness

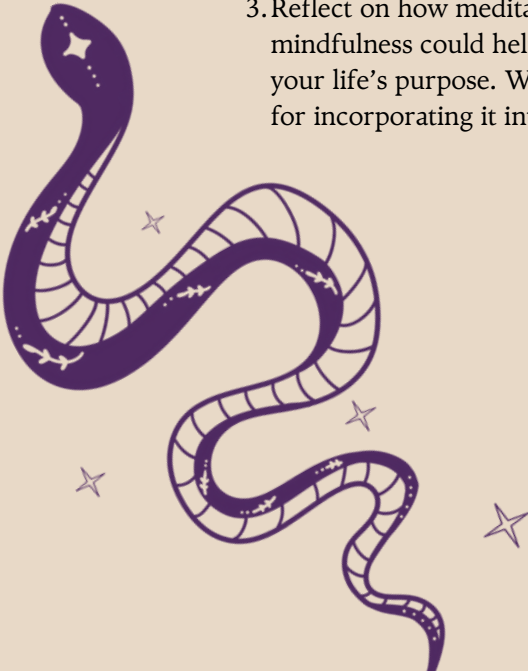
1. How do you currently perceive meditation? Do you view it as a task, a ritual, or something else entirely?
2. Explore alternative forms of meditation. Choose one of the following practices and reflect on your experience:
 - Dancing or movement meditation.
 - Listening to music with focused awareness.
 - Traditional sitting meditation with a mantra or guided visualization.
 - Journaling as a form of meditative reflection.
3. After meditating, write about how the experience impacted your mental clarity, emotional state, or connection to your inner self or spirit guides.

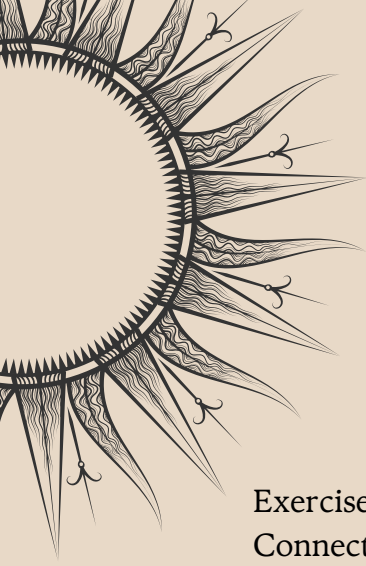




Exercise 4: Embodying the Wisdom

1. How can you integrate stillness into your daily life, even during moments of activity or stress?
2. What practices make you feel most connected to your spirit guides and higher self? Commit to exploring one of these practices for the next week.
3. Reflect on how meditation or mindfulness could help you align with your life's purpose. Write a short plan for incorporating it into your routine.





Exercise 5: Self-Affirmations for Connection and Presence

- "I trust my spirit guides to illuminate the path of my highest good."
- "I attune myself to the subtle frequencies of my life with grace and stillness."
- "Meditation opens the door to deeper connection, clarity, and creativity."
- "I embrace all forms of meditation that resonate with my unique energy."



Closing Thoughts

Connecting with your spirit guides and embracing meditation are deeply personal and transformative journeys. These practices help you understand yourself as both a creator and a co-creator, working in harmony with the divine. Allow yourself to explore meditation in all its forms and recognize that stillness is not the absence of activity but a state of presence within it. Trust that your spirit guides are always with you, whispering wisdom and gently steering you toward your highest potential. The journey is yours to embrace, and every moment offers an opportunity to align with your truth.

"When you change the way you look at things, the things you look at change. You have within you the power to shape your life, moment by moment." -Wayne Dyer

