

Spiritual Relief Courses

20 Methods to

CONNECT

With The Guides

Presented By

ORIAH HERA MIRZA

20 METHODS TO CONNECT
WITH
YOUR SPIRIT GUIDES"



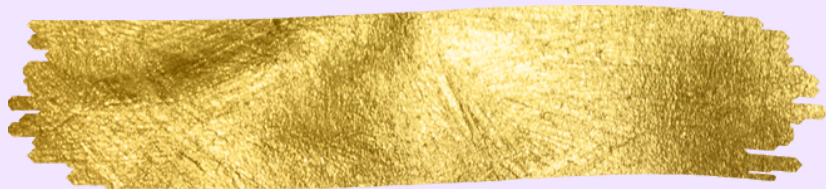


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20 PROVEN METHODS TO CONNECT WITH YOUR SPIRIT GUIDES"

This insightful workbook is a curated guide for deepening your connection with spirit guides through 20 transformative methods, drawn from the teachings of metaphysical luminaries, trance channelers like Edgar Cayce and Jane Roberts, and the wisdom of Riz and Oriah Mirza. Designed for seekers at any stage of their spiritual journey, this resource offers a diverse array of techniques to foster communication and build trust with your spiritual allies. You'll discover practical exercises like automatic writing, guided visualizations, and dream journaling, as well as advanced approaches like energy attunement, sacred rituals, and working with specific tools like pendulums and oracle cards. The workbook also incorporates personal insights from Oriah Mirza's experiences with spirit guides, offering relatable examples of how guidance manifests in everyday life.

Each method is presented with detailed instructions, meditative practices, and introspective questions to enhance your self-awareness. You'll also learn how to recognize signs and synchronicities, raise your vibration to align with higher frequencies, and create a sacred space to invite spiritual communication.

This workbook serves as a comprehensive roadmap to cultivating a meaningful relationship with your guides, empowering you to access divine wisdom, navigate life's challenges, and fulfill your soul's purpose with clarity and confidence. Whether you're a beginner or seasoned practitioner, these proven methods will elevate your spiritual connection to new heights.

Dear Seeker,

As I sit in the sacred stillness, imagining you with this book in your hands, I feel an immense wave of love and gratitude washing over me. You are here, ready to embark on a journey of discovery, connection, and profound transformation. You have answered the quiet, persistent whisper of your soul that longs to remember its divine origin and commune with the unseen forces that guide, protect, and inspire you.

Know this: You are not alone. You have never been alone. You are surrounded by a luminous presence of love and wisdom, patiently waiting for you to turn inward and open the door of communication. Your spirit guides are not distant entities but cherished companions, attuned to your every thought, dream, and desire, gently guiding you toward your highest path.

This workbook is more than a collection of methods; it is an invitation to dance with the divine. Each technique, each practice, is a thread in the tapestry of your spiritual journey, intricately woven with the love of countless masters, sages, and visionaries who have walked this path before you. As you engage with these exercises, remember: this is your sacred time. Trust the unfolding, for there is no rush, no right or wrong way—only the perfect rhythm of your soul.

I encourage you to create a sanctuary for yourself, a space where your heart can soften, and your mind can rest. Light a candle, play soothing music, or sit under the vast expanse of the stars. Speak to your guides as you would to a trusted friend. Share your fears, your dreams, and your gratitude. Be present with the process, knowing that each moment spent in connection is a gift to yourself and the universe.

My own journey with spirit guides has been one of awe and revelation. They have comforted me in my darkest hours and celebrated with me in moments of joy. They have shown me that every step of this human experience is purposeful, every challenge is an opportunity, and every encounter is a mirror of the divine. You are remarkable. You are loved beyond measure.

Your willingness to open your heart and mind to this sacred work is a testament to your courage and readiness to live a life imbued with magic and meaning. Take these pages as a map, but let your heart be the compass. Trust that your guides are already here, smiling upon you, eager to walk beside you as you step into your magnificence.

With infinite love and light,

Oriah Mirza

Intuitive Empath | Spiritual Teacher | Guide on Your Journey



PREPARE

Silencing the mind is a profound practice that can create space for clarity, intuition, and connection to deeper truths. Proven techniques include focusing on the breath, such as rhythmic breathing where you inhale for a count of four, hold for four, and exhale for four, which calms the nervous system and quiets mental chatter. Guided meditations can also help redirect the mind to soothing imagery or affirmations. Another effective method is the practice of mindfulness, where you bring your awareness fully to the present moment, observing sensations or sounds without judgment. Techniques like chanting mantras, such as "Om" or "Ah," can align your thoughts with higher vibrations, creating a natural stillness. Additionally, journaling as a "brain dump" can clear overwhelming thoughts, making space for inner peace. As St. Germain teaches, "Your chakras are portals within you that you carry," and focusing on these energy centers during meditation can help create an inner sanctuary, allowing the mind to rest in a state of tranquility and receptivity.



20 TRANSFORMATIVE TECHNIQUES TO CONNECT WITH YOUR SPIRIT GUIDES

Connecting with your spirit guides is an intimate and life-changing experience, helping you align with higher wisdom, clarity, and your soul's purpose. This workbook brings together 20 profound techniques from the teachings of Riz Mirza, Oriah Mirza (Lady O), Edgar Cayce, Jane Roberts, and other leading metaphysical teachers and psychic mediums. Each method is expanded with real-life examples, practical exercises, and insightful guidance to help you deepen your connection.

CHAPTER 1: FOUNDATIONAL PRACTICES

1. Creating a Sacred Space

- Why it works: Spirit guides are more easily felt in environments infused with intentional energy.
- How-to: Designate a physical area where you meditate or journal. Cleanse the space using sage, palo santo, or sound (e.g., bells or tuning forks).
- Example from Lady O: Oriah creates sacred spaces using candles, crystals, and Celtic music, explaining, “The energy changes palpably. I feel like I’ve stepped into another dimension.”



2. Daily Affirmations to Invite Guidance

- Why it works: Consistent affirmations shift your vibration to align with your guides.
- How-to: Repeat affirmations like, “I am open to the loving guidance of my spirit guides,” morning and night.
- Activity: Write down 5 affirmations specific to your intentions.
- Expanded Insight: Edgar Cayce often emphasized affirmations to attune the conscious and subconscious mind to spirit realms.

3. Grounding for Clarity

- Why it works: Grounding clears distractions and connects you to Earth’s stabilizing energy, making your connection with guides clearer.
- How-to: Stand barefoot on the earth, visualize roots growing from your feet, anchoring you deeply.
- Lady O’s Insight: “When I ground myself, I hear my guides louder, like they’re cutting through the static of everyday life.”



4. Dream Incubation

- Why it works: Guides frequently communicate in dreams when our conscious mind is relaxed.
- How-to: Write down a question for your guides before bed, place the note under your pillow, and keep a dream journal nearby.
- Technique Origin: Edgar Cayce’s dreamwork revealed profound insights during sleep.

CHAPTER 2: DEVELOPING INTUITION

5. Clairaudience Exercises

- Why it works: Heightening your ability to “hear” guidance strengthens communication.
- How-to: Sit quietly, focus on inner silence, and listen for words, whispers, or tones.
- Practice: Play soft binaural beats and imagine a guide whispering wisdom to you.



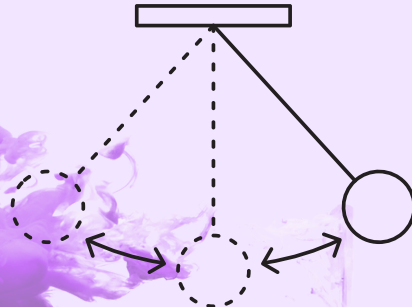
6. Pendulum Guidance

- Why it works: Pendulums tap into the energy of your higher self and guides for yes/no answers.
- How-to: Hold the pendulum steady, ask simple questions, and note its movements.
- Jane Roberts' Insight: In her Seth sessions, pendulum use was a beginner-friendly way to align consciousness with guidance.

7. Journaling Automatic Writing

- Why it works: Writing bypasses the ego, allowing your guides to “speak” through your pen.
- How-to: Meditate briefly, then ask a question and let your hand write freely. Don't judge the process.
- Lady O's Practice: Oriah journals with colored pens, explaining, “The more I trust what I write, the clearer the messages become.”

A pendulum is a sacred tool used for divination, energy alignment, and communication with your higher self or spirit guides. Typically made of a weighted crystal or metal on a chain, it responds to subtle energies by swinging in different directions, offering guidance and answers. Pendulums are widely available at metaphysical shops, crystal stores, or online marketplaces, allowing you to choose one that resonates with your energy and spiritual journey.



8. Scrying with Mirrors or Water

- Why it works: The reflective surface calms the mind and opens the third eye.
- How-to: Light a candle, gaze softly at the reflection, and ask your guides for visions or impressions.
- Expanded Insight: Edgar Cayce emphasized meditation before scrying to receive clearer messages.



CHAPTER 3: RITUALS AND ENERGY WORK

9. Chakra Tuning

- Why it works: Balancing your chakras clears energetic blockages, making you a clear channel for messages.
- How-to: Focus on each chakra, visualizing it glowing brightly, and invite guidance to flow.
- Lady O's Tip: Oriah teaches, "Your chakras are portals; imagine each one like a vibrant door opening to wisdom."

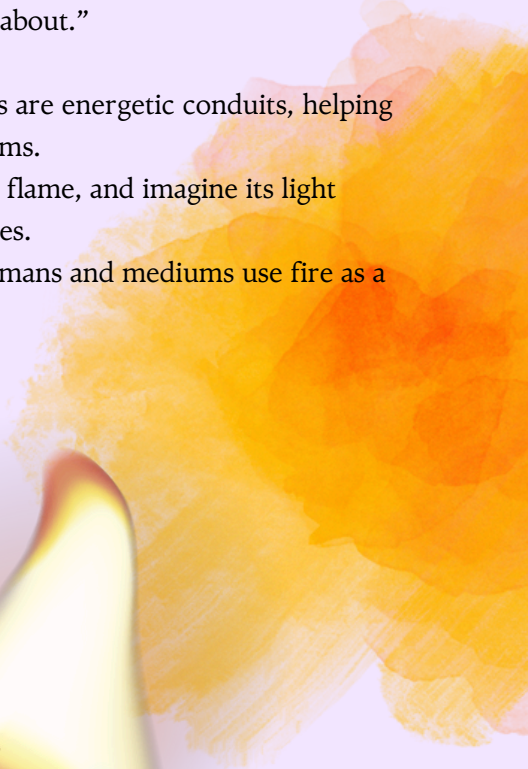
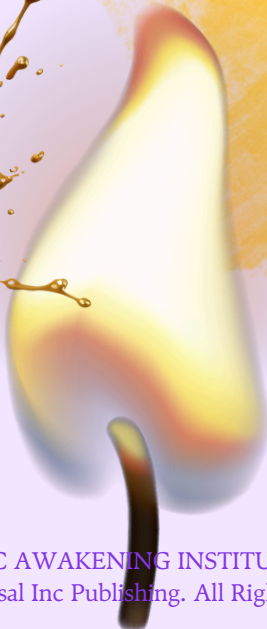
Scrying with Mirrors or Water is an ancient divination technique used to access intuitive insights and connect with the spiritual realm. By gazing into a reflective surface, such as a mirror or a still body of water, practitioners enter a meditative state that allows their subconscious mind to receive messages, symbols, or visions. The practice often involves dim lighting, candles, and focused intention to create a sacred and quiet atmosphere. As the mind relaxes, the reflective surface may reveal images, colors, or patterns that offer guidance or answers to the practitioner's questions, helping them explore their inner wisdom and connect with higher energies.

10. Spirit Walks in Nature

- Why it works: Nature is a high-vibration environment that amplifies connection.
- How-to: Take a meditative walk, paying attention to animal signs, wind patterns, or feelings of presence.
- Lady O's Reflection: "I once saw a hawk circle above me during a walk, and I instantly knew my guides were affirming a decision I had been hesitant about."

11. Candle Flame Meditation

- Why it works: Candle flames are energetic conduits, helping you tune into the subtle realms.
- How-to: Focus on a candle's flame, and imagine its light connecting you to your guides.
- Expanded Insight: Many shamans and mediums use fire as a bridge to spirit.



12. Sound Healing with Mantras

- Why it works: Chanting mantras raises your vibration, aligning you with spiritual frequencies.
- How-to: Use mantras like “Om” or “Ah” during meditation.
- Lady O’s Experience: “When I chant, I feel the presence of my guides as a gentle tingling in my body.”

CHAPTER 4: DEEPENING THE CONNECTION

13. Guided Visualizations

- Why it works: Visualization allows you to actively journey to meet your guides.
- How-to: Close your eyes, imagine a beautiful forest or temple, and see your guide stepping forward to greet you.
- Expanded Tip: Include sensory details—hear their voice, feel their touch, and smell the surroundings.



14. Engaging with Oracle or Tarot Cards

- Why it works: Cards offer tangible symbols that resonate with guide messages.
- How-to: Ask your guides a question, draw a card, and interpret its meaning intuitively.
- Lady O's Reflection: "The cards help me interpret feelings or impressions my guides are trying to convey."

15. Spirit Guide Naming Ritual

- Why it works: Naming your guide creates a personal and intentional relationship.
- How-to: Meditate, ask your guide to reveal their name, and trust the first thought or sound that arises.
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Our friend and assistant Erika Merriweather is a gifted intuitive tarot reader, go [here](#) for her site.



16. Altar Creation for Guides

- Why it works: Altars act as physical focal points for spiritual energy.
- How-to: Decorate with items representing your guide, such as crystals, photos, or candles.

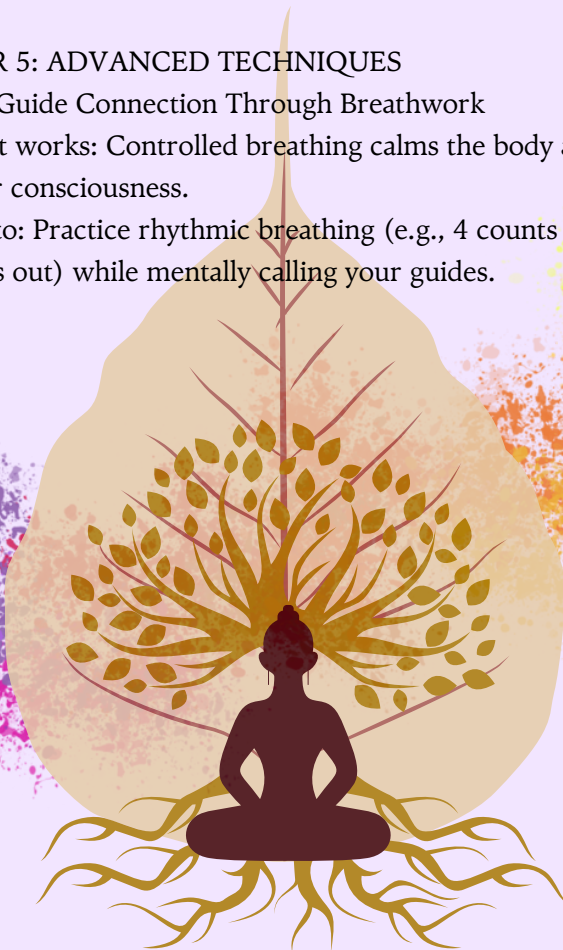
17. Inviting Guides During Group Meditations

- Why it works: Collective energy amplifies spiritual presence.
- How-to: Join a group meditation or virtual session focused on connecting with spirit guides.

CHAPTER 5: ADVANCED TECHNIQUES

18. Spirit Guide Connection Through Breathwork

- Why it works: Controlled breathing calms the body and opens higher consciousness.
- How-to: Practice rhythmic breathing (e.g., 4 counts in, 4 counts out) while mentally calling your guides.



HOW TO CREATE A SACRED ALTAR

An altar is a sacred space that serves as a focal point for your spiritual practices, a bridge between your physical world and the divine. Here's a step-by-step guide to creating an altar that resonates with your energy and intentions.

1. Choose Your Space

- **Find the Right Location:** Select a quiet and private area where you feel at ease. It could be a corner of your room, a windowsill, a shelf, or even a small table.
- **Clear the Energy:** Cleanse the space energetically with sage, palo santo, or incense to ensure a pure and welcoming environment.



2. Set Your Intention

- Reflect on the purpose of your altar. Is it for daily meditation, connecting with your guides, manifesting desires, or honoring your ancestors? Let this intention guide what you place on your altar.
- Write a short affirmation or prayer to state your intention. For example: “This altar is a space of love, guidance, and connection to the divine.”

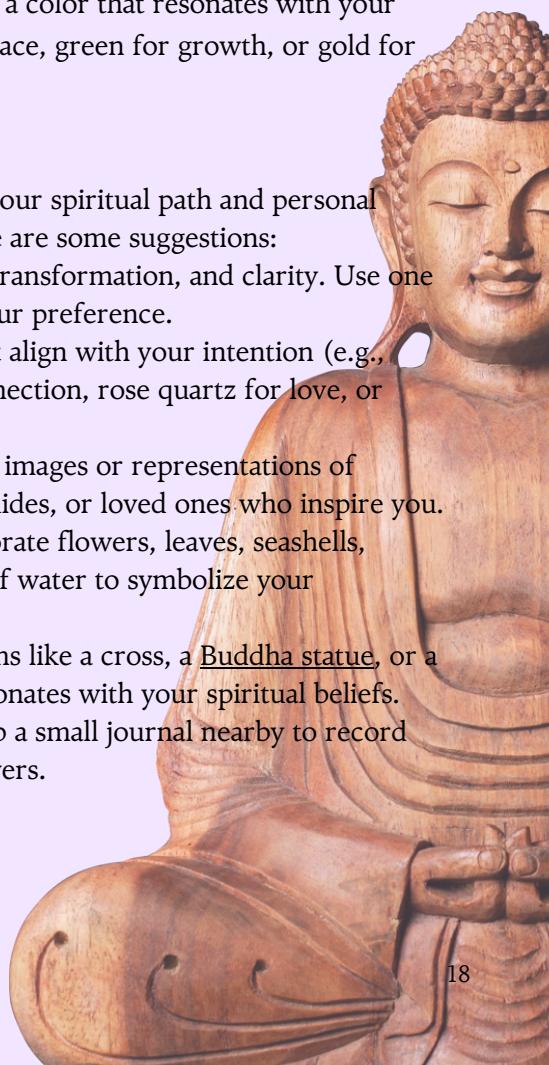
3. Choose a Surface

- Use a flat surface like a table, tray, or shelf. Cover it with a beautiful cloth or fabric in a color that resonates with your intention (e.g., blue for peace, green for growth, or gold for abundance).

4. Gather Sacred Objects

Choose items that symbolize your spiritual path and personal connection to the divine. Here are some suggestions:

- **Candles:** Represent light, transformation, and clarity. Use one or more, depending on your preference.
- **Crystals:** Select stones that align with your intention (e.g., amethyst for spiritual connection, rose quartz for love, or citrine for abundance).
- **Photos or Statues:** Include images or representations of deities, ancestors, spirit guides, or loved ones who inspire you.
- **Natural Elements:** Incorporate flowers, leaves, seashells, feathers, or a small bowl of water to symbolize your connection to nature.
- **Sacred Symbols:** Place items like a cross, a Buddha statue, or a pentagram—whatever resonates with your spiritual beliefs.
- **Journal or Notebook:** Keep a small journal nearby to record insights, messages, or prayers.



5. Arrange Your Altar

- Place the most significant item (e.g., a statue, candle, or crystal) in the center as the focal point.
- Arrange other objects around it symmetrically or intuitively. Trust your inner guidance to create balance and harmony.
- Ensure there's space for new items or offerings, such as fresh flowers or written intentions.

6. Personalize Your Altar

- **Add Items of Personal Significance:** Include meaningful objects like a piece of jewelry, a family heirloom, or a handwritten note.
- **Incorporate Your Senses:** Add incense for scent, bells for sound, or soft fabric for touch.

7. Create Rituals Around Your Altar

- **Daily Practice:** Light a candle, say a prayer, or meditate at your altar each day. This consistency strengthens your connection to the sacred space.
- **Offerings:** Place fresh flowers, food, or written intentions as gifts of gratitude to the divine.
- **Seasonal Changes:** Update your altar to reflect the seasons, festivals, or cycles of the moon.

8. Maintain Your Altar

- Keep your altar clean and organized as a reflection of its sacred purpose.
- Regularly cleanse the space with sage, incense, or sound (e.g., bells or a singing bowl) to maintain its energy.

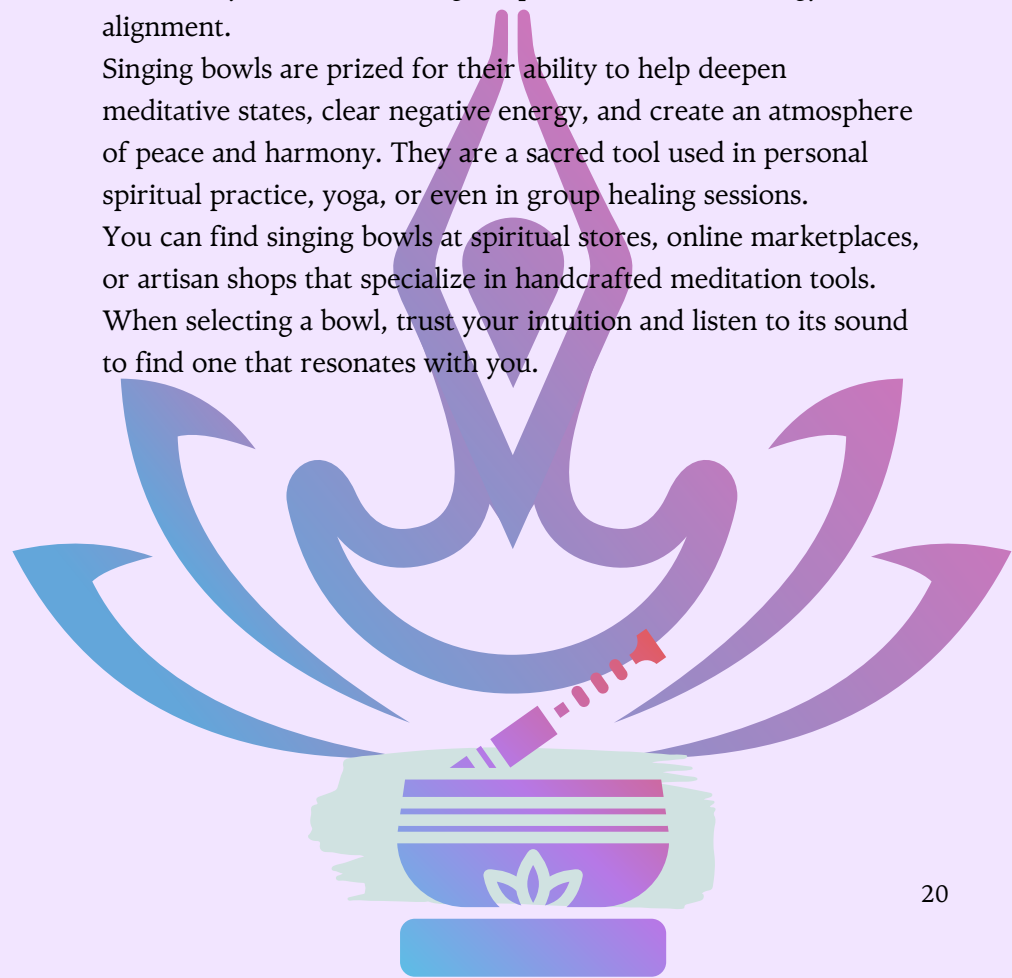
A singing bowl is a beautifully crafted instrument, often made of metal or crystal, that produces a resonant and soothing sound when struck or played with a mallet. Originating from ancient Himalayan traditions, particularly in regions like Tibet and Nepal, singing bowls are used for meditation, sound healing, and spiritual practices.

When the mallet is gently circled around the rim of the bowl, it produces a continuous, harmonic vibration that can calm the mind, balance energy centers, and promote deep relaxation. Each bowl is often tuned to a specific frequency, corresponding to one of the body's chakras, making it a powerful tool for energy alignment.

Singing bowls are prized for their ability to help deepen meditative states, clear negative energy, and create an atmosphere of peace and harmony. They are a sacred tool used in personal spiritual practice, yoga, or even in group healing sessions.

You can find singing bowls at spiritual stores, online marketplaces, or artisan shops that specialize in handcrafted meditation tools.

When selecting a bowl, trust your intuition and listen to its sound to find one that resonates with you.



9. Tune Into Your Intuition

Your altar is a living space that reflects your evolving spiritual journey. Trust your instincts to add or remove items as your needs and intentions change. It is your personal sanctuary, and there is no "right" way—only your way.

Affirmation for Your Altar:

"This sacred space holds the light of my intentions, the wisdom of my guides, and the love of the universe. I honor this altar as a reflection of my soul's journey and divine connection."

Your altar is a mirror of your spiritual path, a reminder of the sacred in every moment. Let it inspire and empower you as you deepen your relationship with the divine.



19. Mediumship Practice

- Why it works: Actively inviting guide communication sharpens your intuitive channels.
- How-to: Sit in silence, speak aloud to your guides, and write down impressions without judgment.

20. Moonlight Meditations

- Why it works: The moon's energy is deeply connected to intuition and spiritual insight.
- How-to: Meditate under the moon, asking for clarity and messages from your guides.

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CONCLUSION: HONORING THE JOURNEY

Connecting with your spirit guides is a lifelong relationship, one built on trust, patience, and love. As St. Germain says, “Never alone, but all one. You are loved and blessed beyond measure.” Let these techniques guide you to the divine partnership waiting within and around you.

Affirmation to Close:

“I am open, receptive, and aligned with the wisdom and love of my guides. I trust the process and honor their presence in my life.”



Some sacred tools and objects mentioned in this workbook include links to trusted sources where you can explore or purchase them through our affiliate partnerships. These carefully chosen recommendations align with the teachings and practices shared in this guide, supporting you holistically on your spiritual journey. By using these links, you not only find items that resonate with your energy but also support our work as spiritual educators. Trust your intuition as you select what calls to you!

