

ST. GERMAIN

**BUILDING A
RELATIONSHIP
WITH YOUR
GUIDES**

love story
between you &
your guides

Channeling through Riz Mirza
& WORKBOOK
Mt. Shasta

BUILDING A RELATIONSHIP WITH YOUR
GUIDES

LOVE STORY BETWEEN YOU &
YOUR GUIDES

INSPIRED BY
ST. GERMAIN CHANNELING

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Picture the universe as a wondrous, sparkling tapestry, each thread woven with love, light, and wisdom. Nestled within this sacred fabric are the gentle forces—our Spirit Guides and Archangels—who walk alongside us, enveloping us in their incredible warmth and guidance. Can you pause for a moment and imagine the sensation of being guided? It's like being wrapped in a soft, radiant blanket of energy that fills you with peace and reassurance. When you open your heart to your Spirit Guides, it's as if you're entering a sacred dance with the Universe.

You might feel a gentle nudge during a moment of uncertainty, or a thought that suddenly brightens your mind, illuminating the path ahead. This is the essence of their guidance—a beautiful whisper in your soul, reminding you that you are beloved and never alone. Our Spirit Guides, with their unique personalities and connections to us, can bring such a profound sense of comfort. They may communicate through dreams, signs in nature, or even subtle feelings in our intuition. When you see a repeated number, like 111 or 444, or when a particular song plays right as you're contemplating a decision, take a moment to feel how loved you are in those moments. They're making their presence known, like a warm embrace from an old friend who knows you deeply.

Now, let's turn our gaze to the Archangels—oh, what splendid beings they are! When you connect with an Archangel, like the fiercely protective Archangel Michael, it feels as if a wave of courage rushes over you. Imagine feeling emboldened, every ounce of fear melting away as you sense his shield surrounding you. It's a feeling of unshakeable will and safety, as if nothing can penetrate your energy field while he stands by your side. Then there's Archangel Raphael or Michael or the plethora of others, the embodiment of healing and compassion. When you reach out to him, you might experience a profound sense of calm washing over you. Picture it—soft green light enveloping you like a gentle breeze, easing your worries and soothing any pain. He helps you remember that healing is not just physical; it's emotional and spiritual, too.

Each time you connect with him, you're reminded of your inherent worthiness to receive healing and love. Now, let me encourage you to engage deeply with this connection by keeping a journal, a sacred space to pour your thoughts and experiences. Imagine lighting a candle and setting an intention to commune with your Spirit Guides. As you write down their messages, signs, or synchronicities, I invite you to really immerse yourself in the feelings that surface. You will start to recognize patterns that reveal their loving presence in your life more clearly. When you read back through your journal, you might feel the gentle warmth of their energy surrounding you, as if they're guiding your gaze to see how far you've come and the love that has always been there, waiting for you to notice.

It's like uncovering a treasure map, where each entry brings you closer to understanding the divine purpose you're weaving in this life. So let's take this journey together, my dear friend. Embrace the feeling of being guided and supported, knowing that each step you take is accompanied by a loving presence that wants nothing but the best for you. Lean into this beautiful connection, and let the universe reveal its wonders to you.

Spirit Guides Examples

1. **Animal Guides:** Many cultures believe in animal spirit guides, such as the wolf, eagle, or deer, that offer wisdom and protection.

2. **Ancestors:** The spirits of deceased family members or ancestors who provide guidance based on their experiences.

3. **Nature Spirits:** Entities like tree spirits or elemental beings (like fairies and gnomes) that connect with specific natural elements.

4. **Ascended Masters:** Highly evolved spiritual beings who assist humanity, such as:

- Kuan Yin (Chinese): The goddess of compassion and mercy.
- Buddha (Buddhist traditions): Represents enlightenment and inner peace.
- Sanat Kumara (Theosophy): A spiritual master associated with wisdom and guidance.

5. **Celtic Spirits:** Spirits such as the **Druids**, who connect with nature and the cycles of life.

Archangels

1. Archangel Michael: Known as the protector and warrior, he helps with strength and courage.
2. Archangel Raphael: The healer, who provides physical and emotional healing.
3. Archangel Gabriel: The messenger, associated with communication and creativity.
4. Archangel Uriel: The archangel of wisdom and intellectual insight.
5. Archangel Chamuel: Associated with love and relationships, helping to bring peace and harmony.
6. Archangel Zadkiel: The archangel of mercy and forgiveness, guiding individuals to release negativity.
7. Archangel Jophiel: The angel of beauty and enlightenment, helping people see beauty in themselves and others.



Cultural Variations

- Hinduism: Spirit guides may include deities like **Ganesha** (remover of obstacles) and **Lakshmi** (goddess of prosperity).

-Native American Tradition: Many tribes believe in animal spirit guides, such as the **bear** for strength or the **owl** for wisdom.

African Traditions: Ancestors are often seen as spirit guides, with practices differing across various tribes.

Shamanic Practices: Shamans often work with spirit guides that can include nature spirits, ancestors, or even mythological beings specific to their culture.

These spirits and archangels offer unique insights and support based on their characteristics, roles, and the cultural beliefs surrounding them.



The Teachings

St. Germain teaches, “The metaphysical is simply the physical that you have not yet understood or seen.” Your guides exist as part of the cosmic web that connects all beings. They are not separate from you but woven into the fabric of your existence. This module helps you shift from perceiving guides as external entities to recognizing them as extensions of universal consciousness.

Set Clear Intentions: Begin by clearly stating your desire to connect with your Spirit Guides. You can do this through meditation, prayer, or simply speaking your intentions aloud.

Create a Sacred Space: Designate a quiet, comfortable area where you can engage in spiritual practices without distractions. Decorate it with items that resonate with you, such as crystals, candles, and meaningful symbols.

Practice Meditation: Regular meditation helps quiet the mind and opens your intuition. Focus on your breath and allow any thoughts to pass, creating space for messages from your guides.



Journaling: Keep a journal dedicated to your experiences with your Spirit Guides. Write down any messages, signs, or synchronicities you encounter. This helps in recognizing patterns and deepening your understanding over time.

Visualize Your Guides: During meditation, visualize your Spirit Guides surrounding you. You can imagine them as specific figures or simply as loving energy. This strengthens your connection.

Develop Your Intuition: Engage in practices like tarot, pendulum work, or other divination tools to enhance your intuitive skills. The more you trust your instincts, the easier it will be to recognize guidance from your Spirit Guides.

Ask for Signs: Request specific signs from your guides that are meaningful to you. Pay attention to any synchronicities or symbols that appear in your daily life as responses to your requests.

Engage in Daily Rituals: Incorporate small daily practices such as lighting a candle, saying a prayer, or simply sitting in silence to cultivate a deeper connection with your guides.

Be Open and Receptive: Approach your connection with an open mind and heart. Allow for the possibility that guidance may come in unexpected forms, such as thoughts, feelings, or physical sensations.

By incorporating these practices into your routine, you can enhance your psychic connection with your Spirit Guides and cultivate a deeper sense of spiritual awareness.

Understanding Your Connection

"Never alone, but all one. You are loved and blessed beyond measure."

Core Concepts:

- Your guides are expressions of divine love and wisdom, always available to help you align with your higher purpose.
- Building a relationship starts with belief and intention.

Practice: Inviting Your Guides

1. Set an Intention: Create a quiet space, light a candle, and say aloud:
2. "I invite my guides of the highest light to make their presence known. I welcome your love, wisdom, and guidance."
3. Listen and Feel: Close your eyes and observe any sensations, thoughts, or feelings that arise. These may be subtle signs of their presence.



Module 1: Understanding the Cosmic Web

Philosophical Layer:

St. Germain teaches, "The metaphysical is simply the physical that you have not yet understood or seen." Your guides exist as part of the cosmic web that connects all beings. They are not separate from you but woven into the fabric of your existence. This module helps you shift from perceiving guides as external entities to recognizing them as extensions of universal consciousness.

Emotional Layer:

Building trust in this unseen connection can stir emotions like doubt or fear. It's natural. Begin by affirming your worthiness to receive guidance: "You are remarkable beings." Reflect on the ways you have already been supported in life.

Practical Layer:

- Exercise: Create a "Guide Awareness Journal." Spend 5 minutes daily writing about moments where synchronicities or intuitive nudges felt like guidance.
- Affirmation: "I trust the unseen forces of the universe to guide me with love and clarity."



Module 2: Awakening Your Perception

Philosophical Layer:

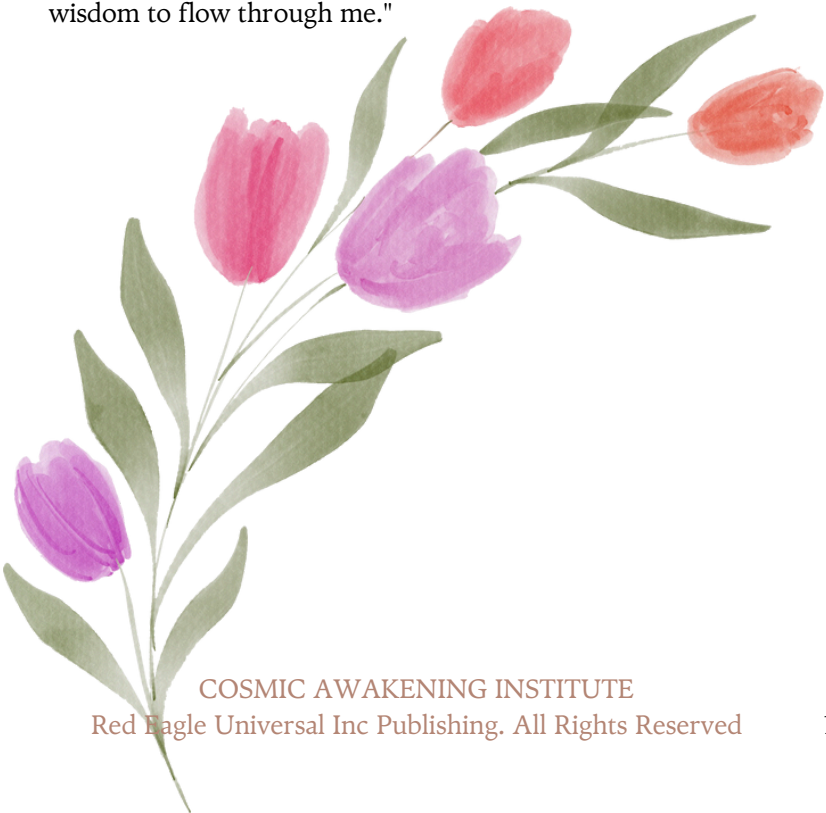
St. Germain says, “Your chakras are portals within you that you carry.” These energetic centers act as bridges between the physical and spiritual realms. When they are aligned, communication with your guides flows naturally.

Emotional Layer:

Connecting with your chakras opens you to deeper awareness. It might feel overwhelming at first, but remember: “If love is all there is, then all else is temporary.” Trust that your guides communicate through love.

Practical Layer:

- **Ritual:** A Chakra Tuning Meditation. Spend 10 minutes focusing on each chakra, imagining it as a portal of light, inviting guidance.
- **Affirmation:** "My chakras are open and aligned, allowing divine wisdom to flow through me."



Module 3: Recognizing the Language of Guides

Philosophical Layer:

Guides often communicate through subtle signs and synchronicities. As St. Germain says, “The metaphysical is simply the physical that you have not yet understood or seen.” These messages may appear in nature, repeating numbers, or intuitive feelings.

Emotional Layer:

Acknowledging signs from your guides can be an emotional process, especially if you’ve doubted their presence. St. Germain reminds us, “Forgive yourself, for you are forgiven by the universe.”

Practical Layer:

- Exercise: Start a "Synchronicity Log." Write down patterns or symbols you notice daily and reflect on their meanings.
- Activity: Meditate on a question for guidance, then observe your environment for answers in unexpected places.
- Affirmation: "I recognize and honor the signs my guides send to me with love."



Module 4: Strengthening the Bond Through Practices

Philosophical Layer:

“There is only one emotion, and that is love,” St. Germain teaches. Building a bond with your guides requires nurturing this love through daily practices.

Emotional Layer:

Let go of resistance or fear. Trust that your guides are here to support your highest good. Remember St. Germain’s words: “You are rooted in the soil of the creator, which is one with you.”

Practical Layer:

- Daily Ritual: Dedicate 15 minutes in the morning to prayer, journaling, or simply sitting in silence to invite your guides to connect.
- Exercise: Write a letter to your guides, expressing gratitude and asking for their support in specific areas of your life.
- Affirmation: "I open my heart to the wisdom and love of my guides, knowing they are always near."



Module 5: Overcoming Barriers to Connection

Philosophical Layer:

We often place limitations on our ability to connect with guides due to societal conditioning or personal doubts. St. Germain says, “There is no shame in wanting to be seen and heard.” This module explores how to overcome self-imposed barriers.

Emotional Layer:

Feelings of unworthiness or fear can arise. Shift your perspective by affirming: “You are remarkable beings.” Your guides see your potential, even when you don’t.

Practical Layer:

- Practice: Engage in mirror work. Look into your eyes and say: "I am worthy of divine guidance."
- Activity: Write down limiting beliefs about spiritual connection, then rewrite them as empowering truths.
- Affirmation: "I release all doubts and fears that block my connection to divine guidance."



Module 6: Deepening Your Relationship

Philosophical Layer:

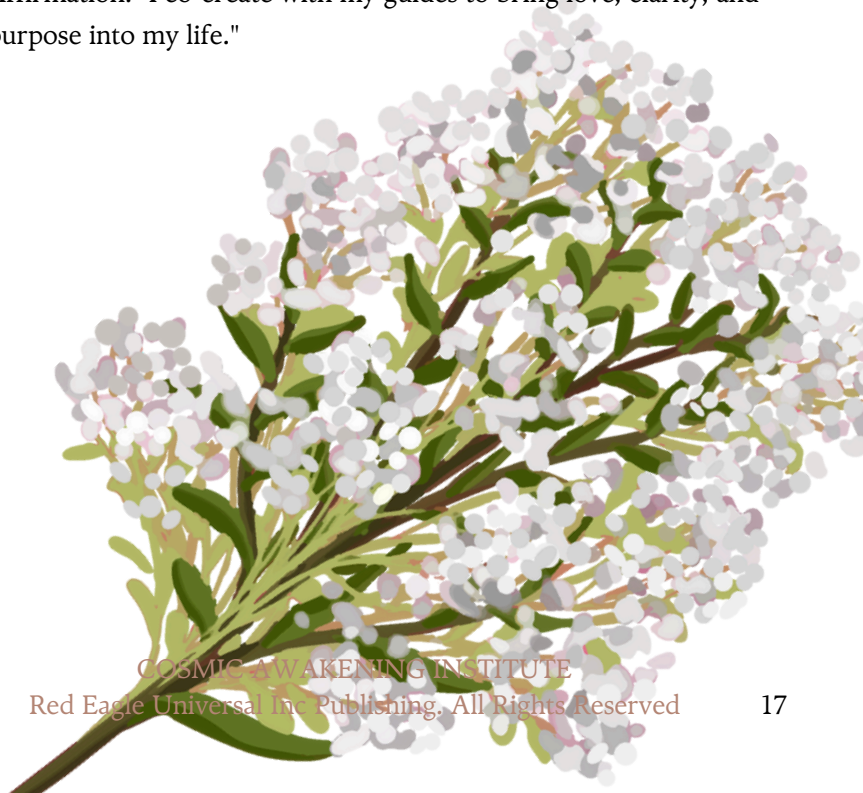
Your relationship with your guides is a co-creative process. St. Germain states, “There is only the joy of creation for creation’s sake, as you are creators.” Embrace this collaboration as a sacred dance.

Emotional Layer:

Connecting deeply with your guides can bring a profound sense of belonging and love. St. Germain assures us: “Never alone, but all one. You are loved and blessed beyond measure.”

Practical Layer:

- **Meditation:** Create a sacred space, light a candle, and invite your guides to join you. Listen and note down any impressions or feelings.
- **Exercise:** Spend time in nature and ask your guides to show you their presence through the natural world.
- **Affirmation:** "I co-create with my guides to bring love, clarity, and purpose into my life."



Module 7: Living a Guided Life

Philosophical Layer:

St. Germain's teachings remind us, "If love is all there is, then all else is temporary." Living a guided life means aligning with love and surrendering to divine timing.

Emotional Layer:

Living this way requires trust and patience. Release control and embrace the flow of guidance. "Forgive yourself, for you are forgiven by the universe."

Practical Layer:

- Exercise: Reflect each evening on how your guides influenced your day. Write about any insights or lessons learned.
- Ritual: Create a weekly intention-setting practice, inviting your guides to support your goals and aspirations.
- Affirmation: "I live each day with trust in my guides, knowing I am divinely supported."



Conclusion: Becoming One with Your Guides

St. Germain’s wisdom encapsulates this journey: “You are but within the cosmic body of a much larger beingness.” You are not separate from your guides—they are part of you, always guiding you toward love, growth, and higher understanding.

As you progress through these modules, embrace the truth that “You are remarkable beings.” You are capable of building a profound, lifelong relationship with your guides that will illuminate your path and deepen your spiritual practice.

Blessings on your journey.

Make sure you have read St. Germain’s talk first!

