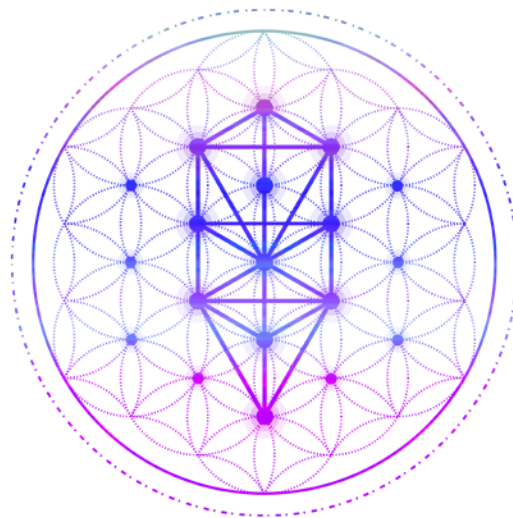


HOW TO TALK TO MY SPIRIT GUIDE

GETTING COMFY WITH HIGHER SELF



THE AWAKENED STATE

SPIRIT GUIDE WORKSHEET

We can talk to our guides and higher self all the time. All we need to do is listen to what comes through. Use this Space provided to allow yourself to let go and merge with higher self. The last 3 Questions are blank so you can ask your own after getting comfortable.

QUESTIONS TO ASK MY GUIDE

1. Hello, What may I call you wise one?

2. What is the Reason I am stuck right now?

3. What past life do you come from to help me?

4. How Do I start Awakening my True Self's potential?

5. Dear Spirit Guide, please help me find clarity about....

SPIRIT GUIDE WORKSHEET

6. What have you been trying to show me that I'm ignoring?

7. Can you show me how I can be more comfortable & loving in my body?

8. What do I need to do next on my path ahead?

9.

10.

11.
