

SARAH TYLER-WALTERS
TRANCE MEDIUM

Ten Things you always wanted to know about Spirit!

by Sarah Tyler-Walters

1. We talk about the afterlife; however, as this is an incarnation, we begin our journey in Spirit. Therefore this is after and not before. The origin of the soul is Spirit.
2. Loved ones, guides, Angels e.t.c are all Spirit. Their vibrations may be different, and they may or may not have had a physical life on Earth, but they are still Spirit.
3. Ghosts can be Spirit, but mostly they are energetic memories of highly emotional moments in the past that you register psychically.
4. Spirit visit in the early hours of the morning, not to wake you up, but because in that half-asleep state you are more receptive and hence they can connect.
5. Should Spirit visit, and you wish them to leave, tell them to go. It is one of the spiritual laws that they must leave if asked. They can, of course, return at a later date, and this may need more action to resolve.
6. Spirit let you know they are there in all manner of ways. Such as noises, smells, flashes of light (sparkles), orbs, lights flickering, radio interference, and object going missing only to turn up in unlikely places. They are trying very hard to get your attention, why not acknowledge what you notice, so they don't have to work so hard.
7. In the same vein, they like to move photographs of themselves to help you identify which Spirit is with you; keep an eye on your picture frames - have they moved?
8. Spirit watch over you at all times, but this concerns some people - they think "even in the shower?". Spirit is watching over you energetically, this is a form of awareness not actually looking.
9. Spirit can hear your thoughts (all of them) but to make life easier why not address your thinking directly to them to make it more transparent; such as Dear Spirit Guide e.t.c.
10. Lastly, there is no time in Spirit, an instant for them, maybe years for you. Your loved one may need that time to adjust before they can communicate, it is not a sign that they don't care, just that they need time.

Hashtags: #Spirit #Spirituality #SpiritGuides #GuardianAngel #MentalMedium
#SpiritCommunication #Doorkeeper