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TRANCE MEDIUM

Connecting to Spirit: Do you know who you are talking to?

By Sarah Tyler-Walters

If I asked you who you prayed to, you'd give me a clear and direct answer. However, when I ask people who they talk to in Spirit, the responses are mixed. Often vague or precise names. Yet when queried - they don't know who the Spirits are or why they are talking to them. The answer is usually "I was told to" or "I read it in a book".

Religion gives you clearly defined deities and structure, prayers to follow or guidelines on addressing your God. But spirituality seems to be a free-for-all. Ask this Spirit being for this or that, or don't ask them and try these instead. Differing opinions and ideas. So how do you work it out? Who do you talk to in Spirit?

Like religion, it needs belief. Who do you believe in? There is no point talking to a Spirit being you don't believe in or don't understand. For instance, some people love the idea of Angels, and others don't; some want E.T and others don't.

Spirit is Spirit. These titles are just descriptions or, in some cases, labels to help us relate to them. If it sounds fanciful to you, you won't get a good connection with them as your critical mind and beliefs will interfere.

Spirit beings step forward in many guises, ensuring we can relate to something. Think of it like going into a shoe shop - which pair are you drawn to, do they fit when you try them on, are they comfortable? You wouldn't leave the shop with any shoes the assistant handed you just because they think you should have them. But people do when it comes to talking to Spirit.

When you want to talk to Spirit, start at the beginning - Your Soul, after all, is a fragment of Spirit, guiding you from within. Your Soul knows more about you and your life than anyone else.

Next, talk to your Spirit Guides. There are three with you from birth to death - Main Guide, Doorkeeper and Guardian Angel. (There's the Angel word again, there for those who believe in Angels more than any other Spirit).

Your Main Guide oversees your life, supports you and supervises all other Spirits who work with you. They have had human experiences, so they can relate to what you are going through. Your Doorkeeper is about protection; they are your bodyguard, mainly for the unseen and energetic.

Your Guardian Angel supports you and the other two Guides. They can do their duties if you prefer to only connect to Angels, as well as helping you with spiritual ideas and concepts.

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Other Spirit Guides come and go throughout your life, helping out with particular experiences or things you do in your life, such as Healing or Mediumship.

If you need something more or different, you have access to the countless other Spirit beings that exist. We're back to the shoe shop again but think of it like a warehouse full of shoes this time. How do you find the right one? Firstly, type - court shoe, trainer, boot; then colour, size e.t.c Spirit are no different.

Type - Angelic, Ascended Master, Loved One, Communicator, Teacher, Healer and so on. Some have had human incarnations (Ascended Masters and loved ones, for instance), and some have not (Angelic beings). A human embodiment may not be necessary to you but give it a moments thoughts. Would the Spirit understand human life be helpful when giving you guidance and assistance or not?

Think of it like this - your car has broken down at the side of the road, and two people stop to help you - a monk and a mechanic - which are you going to choose? You would thank the monk for offering to help, but you would ask the mechanic to fix your car. Spirit is no different. Some things suit some Spirits better than others. For instance, I wouldn't ask the Angels what was wrong with a car, but I have occasionally asked them for help finding a parking space.

There are lots of books about Angelic beings and Ascended Masters - have a look through them. You don't need to read them cover to cover; you can use them as a reference. Pick one Spirit being and get to know them. Talk to them, work with them, build a relationship with them.

It isn't networking where you have the names of many people just in case they can one day do something for you. It's a relationship, a friendship where you communicate, respect and trust each other.

Of course, you can have a relationship with several Spirit beings, just like having several friends. And, just like making friends, it takes a little effort, but it is worth it.

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