Tracy Fance
Clairvoyant-Medium

A Spiritual Guide To.....

Meeting & Working With Your Guides

By Tracy Fance

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Chapter One

Preparing to Meet Your Guides

By Tracy Fance

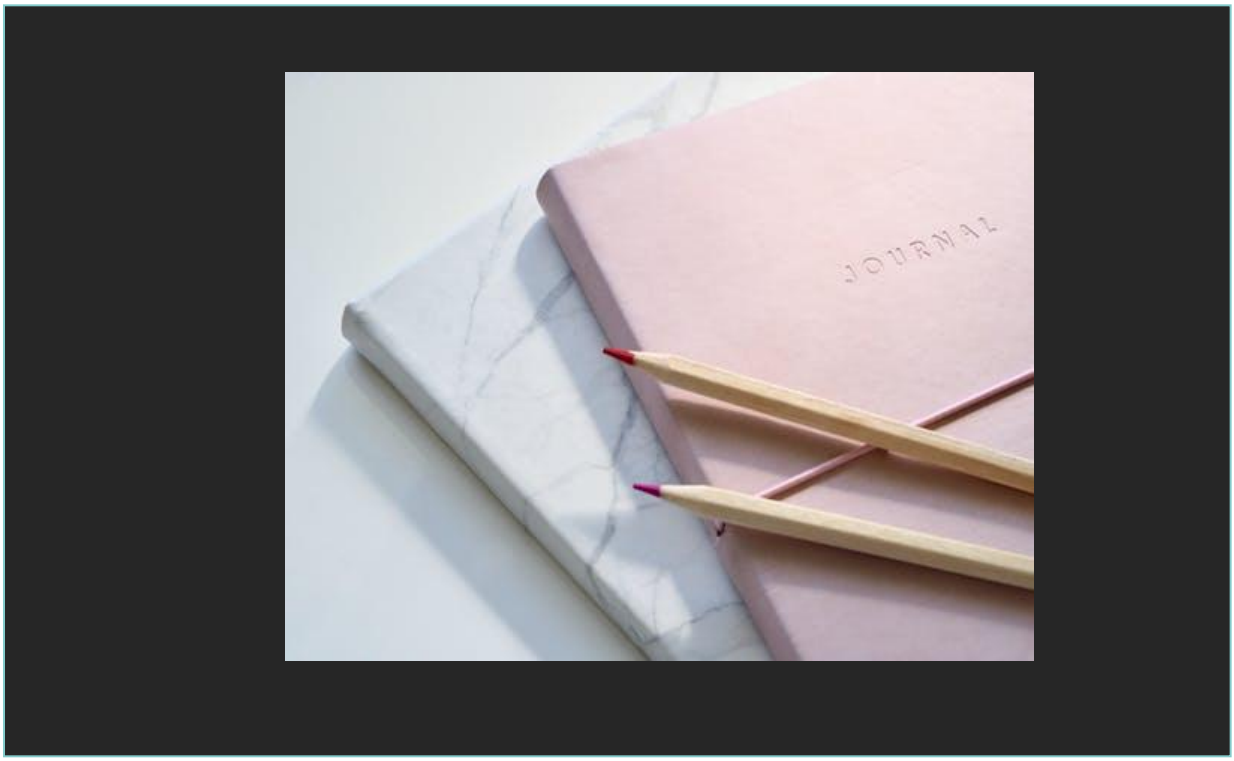
Preparation

What you need to know before you start

Here is a list of what you will need for this course:

- Notebook
- Pens/Pencils
- Comfortable chair or meditation cushion
- Foam blocks or cushions
- Water
- Switch off your technology
- Make sure no one will disturb you

Before you begin, please read the tips to ensure that you get the most out of the exercises. These tips are all based on my experiences as a student and as a teacher.



Photo; Pexel Bay

It is important that you understand how essential a journal is. It is a wonderful reflection of your journey, and when read back, it will tell you how far you have come and how much you've grown.

Please keep full notes on each meditation that you do. How you feel, what you experience on a physiological level, any thoughts that come to you later in the day, or dreams you may have. Don't worry if it feels tenuous or as though your imagination is running wild, you will get confirmation in the coming days which you can note in your journal. This in turn will build your trust and confidence.

Journalling is a voyage to the interior...

Author Christina Baldwin

Preparation Notes

Chair & Comfort

It is essential that you are comfortable during the meditation and visualisation exercises. Choose a comfortable chair. If you are unable to place your feet on the floor, use some yoga blocks or foam blocks to rest your feet on or a cushion will suffice. Sitting on a meditation cushion or beanbag works well too.

Water

This is a great conductor of the psychic energy, always have a glass or bottle of water on hand when doing spiritual work. It is also very thirsty work! Avoid fizzy drinks, sweet drinks and tea or coffee etc as these may ground you and bring you out of the psychic energy.

Technology

When working spiritually you are in the right hemisphere of the brain. This will take you into a higher energy/vibration. If you decide to check your email, texts, social media or even just have a quick everyday chat with a family member, you will come out of the psychic energy and back into the left hemisphere, which is a more logical and grounded energy. It will then be necessary to start all over again. I recommend that all technology is switched off or left in the other room, until you finish the exercises.

It is very unsettling for the mind and body to be wrenched out of a deep meditative state by the phone ringing or family members suddenly entering the room.

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Chapter Two

Guides 101

By Tracy Fance

Spirit Guides 101

A General Overview of Guides

Let me give you some background on Guides to help you understand more about them and how they interact with us.

Types of Spirit Guides

Who and What Are Guides?

Spirit guides are discarnate beings who are assigned to us before we are born. Their main priority is to help nudge and guide us through our chosen life.

Together, with these beings, our higher self (spirit self) will have a Soul Plan Meeting, which is where our soul and those of our Soul Group, decide which souls will be key in our next incarnation. During this time we will also determine the roles each one will play in our lives, such as parent, lover, child, friend etc. They will go on to help us to accomplish what we need to in the incarnation that we are entering. We will then go on to discuss with our Guides/helpers why we are agreeing to this body and life and who will facilitate our journey through it. It is the guides/helpers responsibility to help us fulfil the spiritual contracts we make with ourselves and others before we incarnate, but they cannot interfere with our free will once we are born to the earth.

We each have a Guide who acts as our Doorkeeper/Gatekeeper (spiritual bouncer, if you will). Their job is to keep out negative energies or forces which are not for our highest good. However, if a negative person or energy needs to enter our lives, for us to develop and grow, then the guide will allow access.

We also have a Main Guide. This Guide will be with us from birth to death and he/she will NOT be a person you have known in this life. Family do not make good guides as they are emotionally invested in you, but they can appear as helpers to get you through a particular issue or dark time, in your life.

Types of Spirit Guides

There are particular Guides who will drop in from time to time, to help with specific areas of your life or goals that you wish to achieve, these Guides are at varying levels of consciousness themselves. Some may be ascended masters (such as Jesus) and others may be your average spirit who just happens to be a master in a certain area such as Art or Healing. They can appear in male or female form and may have lived a physical life, or they might be spirits who have never taken physical form and they appear as a feeling or colour. You may be the only person they are guiding, or they may be on the "panel" for other people as well. When it's time for your spirit guides to help you, they will tune into your energy and direct you on to the right path to fulfil your earthly mission.

Think of these Guides as the head teacher, along with the heads of department in a school with students of different levels of learning. This analogy will give you a better idea of the structure. The Guides, other than your main Guide, are the heads of department, based on YOUR skills such as tarot, mediumship, platform, healing etc.

As you learn 1 + 1 = 2 progressing to long multiplication, you will be given Guides more suited to your level of learning, until you reach the point where you don't need anymore advanced Guides. Let's face it, a first-year teacher at kindergarten, will not be proficient to teach a university student algebra!

When a Guide is changed, expect to see changes in yourself. This means in the way you work and live your life, as a whole. Also expect to see changes in your energy and how the new guides will work with you.

How Do Guides Help Us?

Spirit guides know what is going on in our lives, and when it's time for them to guide us or to actually intervene; they have several ways they can accomplish this.

1. **Sending signs**. Guides arrange synchronicities to alert us to something we need to see or know about. It may be a song that you keep hearing, or a repeating number such as 11:11 on a clock. Pay attention to these signs.

2. **Gut Instinct:** Guides will show us something they want us to pay attention to. Following your gut instinct is always a good idea. Have you ever had a sensation that something terrible was going to happen or a feeling of being unsettled for no reason? Ever felt that something was not for you or even that it was totally right for you? This is your Guides talking to you.

3. **Intuitive insight**. Guides will give us a flash of intuition which may sound like a voice in your head saying "Slow down!" or "take this turn" when you would normally not go that way to get to your destination. Then you realise that you were almost in a car accident or stuck in traffic, which would have made you late for work or an important interview. You may keep thinking of someone for no reason or think something about them such as "They aren't well." These are thoughts that appear to come out of nowhere, but which contain important information you will want to take notice of. Many people tune out their intuition, but it's a valuable source of information.

How Do Guides Help Us?

4. **Connecting You to Key People.** Our Guides often conspire with other people's Guides and together they will create a meeting between their charges. Perhaps you are thinking about someone from your past and you see them in the street later that day. Chance encounter? It feels like a coincidence, yet there is no such thing as coincidence, synchronicity has a purpose. You are in need of a marketer who is very spiritual to help you in your business and then you go to yoga and get chatting to a person who happens to be…….a spiritual person and a marketer!

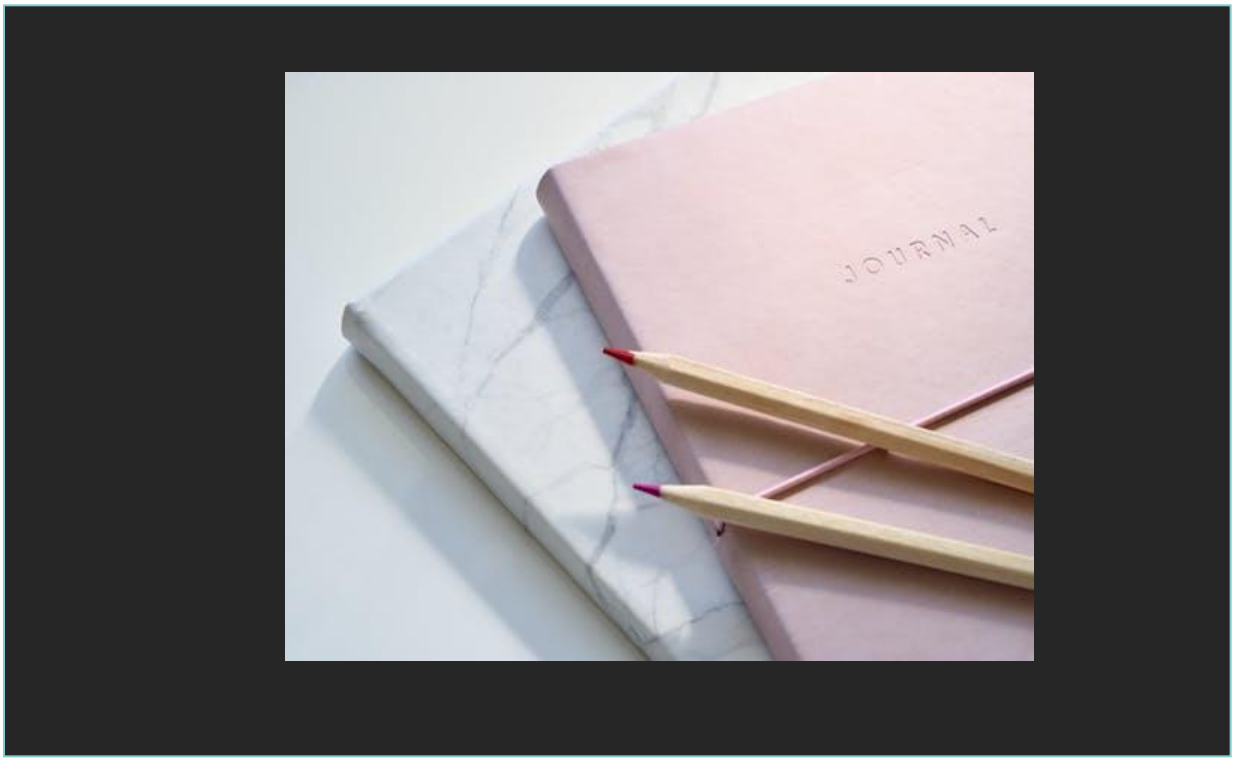
5. **Manipulation.** Guides will try to send you in the direction they want you to go, or arrange for something to happen to you. For example, perhaps you are running late and can't find your keys, which although is frustrating, as you need to be somewhere at a set time , it meant that you didn't miss that important call. You are going on a plane journey and can't find your tickets and miss the flight. Then you hear the plane crashed. Your Guides will always try to protect you. But they can only intervene so much or nudge so hard. So, pay attention to the clues, the more you can pick up on them, the better you will be. Sometimes you just need to surrender to a situation that seems frustrating.Everything has a point or purpose.

Connecting With Your Guides Directly

It would be awesome if our Guides could just phone us and say ‘be here at X time’ or ‘avoid that flight, it is dangerous’ or that your child needs you and you should get to them right away. For most of us that is not how it works. It takes time and practice to be able to hear, see, or feel your guides. Here are some ways you can work on increasing your connection.

1. **Listen to your intuition**. Intuition is the quiet whisper (mine is always in the right of my head, just below my ear) whereas my doubts and fears which are really loud are in my left ear! That little voice that tells you to “slow down” or “take a brolly” or “don’t do X” are all direct communication from your guides and/or your higher self. Listen to your intuition! And make a note of what you are given and then go back and put what action you took (if any) and compare the results. As a race, we are so logical and analytical that many of us just dismiss their intuition.

2. **Go with Your Gut**. As mentioned earlier, following your gut instinct is communication from your Guides too. I always say that Alan Sugar is psychic, this always raises a laugh, yet he follows his ‘gut instinct’. He probably calls it business acumen, but it is all the same thing. Imagine you are in a business meeting, your logic and reason tell you that the people sitting in front of you will fulfil their end of the deal, but your gut feeling says these people are not going to. Listen to that gut feeling, don’t dismiss it, or at the very least make safeguards, so that in the event your gut is right, you won’t be disadvantaged. If something doesn’t feel right, it isn’t.



Photo; Pexel Bay

Journal Note; Our Guides can bring their influences to our lives. Think about what you are drawn to in terms of cultures, music, food, periods in history and so on. Think about anything from when you were younger too, not just now.

I had a Tibetan Buddhist monk for a while, so I was drawn to Buddhist icons and I had no idea why as I am not religious but after meditating I was made aware of his presence. I also have a fascination with Egypt and discovered that I have an Egyptian Guide which made total sense.

Journalling is a voyage to the interior...

Author Christina Baldwin

Connecting With Your Guides Directly

3. **Watch for Synchronicity or Signs**. Ask your guides for what you want and then watch for signs that you have been heard. Signs can come in many ways, some subtle, some are not. Maybe you are wondering if you should take up Pilates? You go out to your car and see a flyer offering classes in your area under the windscreen wiper, you then go home and your partner gives you the same flyer that they had randomly found. You see a Facebook ad about Pilates later that night or on the television. These are all confirmation signs.

4. **Keep a Diary.** This is a method I recommend to a lot of people who are new to meeting their guides. Keep it next to your bed as guides do like to give info whilst you are asleep. This is because it is easier to connect to your higher self at this time. You may also get information as you are falling asleep or waking up.

5. **Meditate/Hypnosis**. Do a meditation where you imagine yourself going into a room or a garden and ask your guides to appear and maybe sit with you and chat. Hypnosis will allow you to go deeper into an altered state of consciousness, allowing your guide to connect to your subconscious mind and relay a beautiful exchange between you both.

6. **Dream**. One of the best ways to meet and connect with your guides is to meet them halfway. Open your dream up to them. You can put out the intention every night to see and connect with your guides in your dreams. It may take a while, but it will eventually work. Remember to write it down in your diary.

Types of Spirit Guides

There are many different types of Guides, this includes a joy guide, teacher, protector/guardian, gatekeeper, helper, nature spirits and animal totems.

Higher Self

This is best explained through a metaphor. As our shadows are part of our physical being, so are we to our higher self. It lives in a higher plane and looks at us with love and grace. This guide is a wonderful source of wisdom as it has a better viewpoint. It is known as that tiny voice inside you. Our Higher Self is the part of us that never incarnates, it is the repository of all our soul's lives and it knows what Soul Purpose and Plan we have agreed to. It knows what is right or wrong for us, it has no ego.

Joy Guide

They can display behaviour that would be described as mischievous. Your Joy Guide is the one who is responsible for bringing out the lighter side of our personalities. When things go missing, your Joy Guide is there to let you know to lighten it up. Laughter is the key to working with your Joy Guide, the more laughter in your life, the more your Joy Guide beams with delight. Even though this Guide appears to be childish in many ways, be respectful to them. They are highly intelligent beings in all ways, as with all of your guides. They have chosen to be with you in this lifetime to remind you to lighten up and accept Joy into your life. A Joy Guide's best kept secret is in the fact that they love to be kept busy.

Types of Spirit Guides

Regular Spirit Guide or Teacher Guide

A typical spirit guide is archetypical, symbolic or representative of something else. For example, you may find your guide appears in the form of a warrior, a storyteller, or a wise woman and they have appeared to you for a purpose. Typically, that purpose is to teach you and guide you along a particular path. They may also introduce you to other archetypes along your journey, and help out with problem solving, based upon your needs. They are known to provide insight by way of dreams or meditation, and will only be around for as long as you need them. Teacher guides can also be a collective group of beings.

Guardian/Protector

This guide, in most cases, is our most important spirit protector. They are often understood to be the most enlightened spirits helping us. Similar to the group of highly evolved spirits who help groups, countries, planets. The Guardian/Protector is a being who helps you and they are responsible for the overall spiritual guidance that you receive. It is also their job to protect you and help you navigate the different spiritual dimensions. Some of the most common types of Guardians/Protectors are Native American Spirits and Guardian Angels.

Types of Guides

Helpers
These spirit beings are like guides, but often they are interested in some facet of our life rather than us personally. For example, if we were a carpenter, and a spirit guide who was a carpenter is aware that we are doing this, then he/she may take an interest in what we are doing.

Gatekeeper/Doorman
If you do any form of mediumship you will work closely with your Gatekeeper guide. They facilitate the flow of passed on loved ones and guides of the person who is sitting for a reading plus they act as your bouncer, keeping away anything or anyone that is not for our highest good.

Power Animals, Animal Totems & Animal Spirit Guides

Totems are the archetype of an animal such as bear or wolf and may be associated with an individual or a tribe or coven. Whatever your Totem is, you can learn and grow from their influence. Think of what a certain animal means to you, think how those qualities can be channelled. Just as with astrology and the time you are born, the Totem was chosen before you incarnated and is part of your soul plan.

Animal Guides are with us all the time, they will come and teach us a lesson, help us with difficult issues and more. They are more temporary than our human Spirit Guides, as they tend to change much more frequently.

Types of Guides

Power animals, are there to be called on when we need them or their qualities so think about sayings such as ‘sly as a fox’ or ‘wily as the coyote’ or ‘stubborn as a mule’. A Power Animal is not a specific animal as much as it is the energy of that species that you are drawing on, so don’t expect a lion or fox to appear if you are calling on that energy. You don’t have a fox Guide in this instance, you have Fox Energy. Power animals are not given individual names.

Your power animals are constantly changing, they respond to your call for help or lend you their abilities such as hearing, sight, strength.

The native cultures such as Native Americans believe that we have a different power animal for above, below, back, front, within, right, left and the cardinal points too.

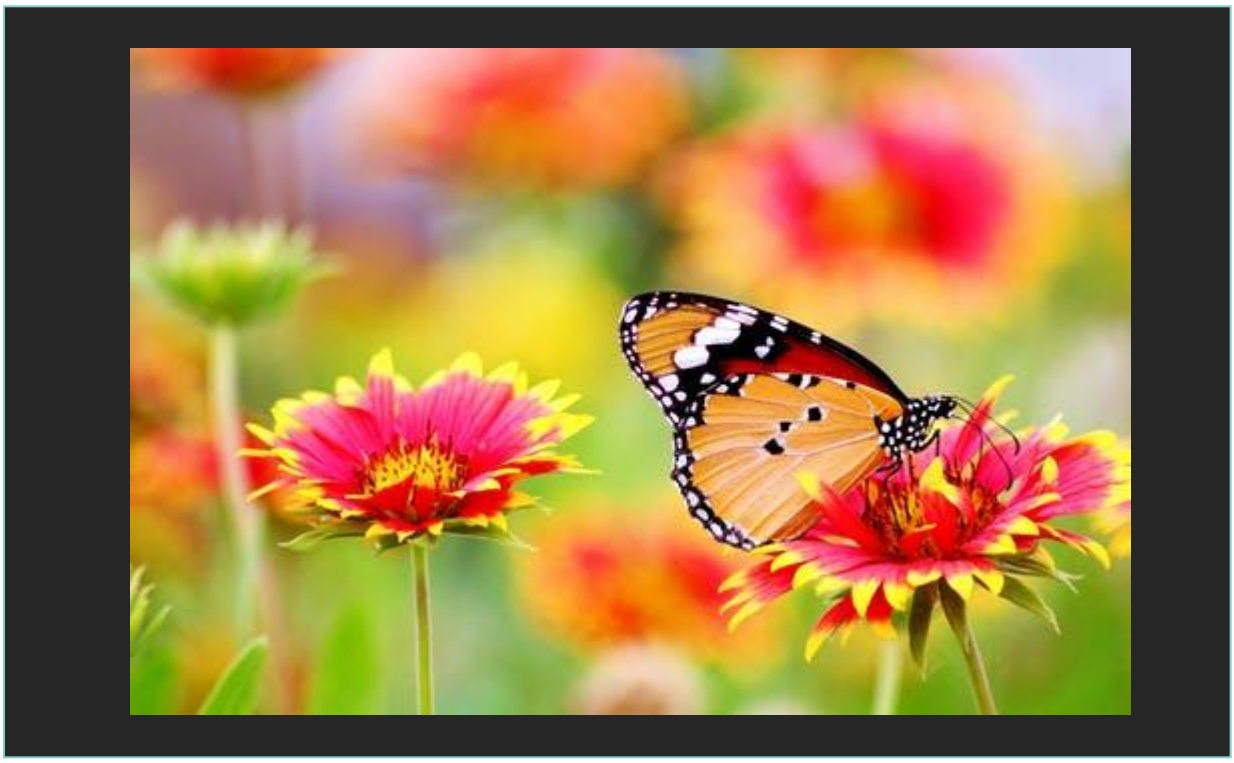


Photo by Pexel Bay

Your Spirit Guides know what you need, even when you don't……..

Author James Van Praagh

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Chapter Three

The Chakra System

By Tracy Fance

The Chakra System

The basics of the chakra system

The more you can learn about chakras the more this will benefit you in all types of psychic or spiritual work, I have given you the basics so you can get going but there is so much more to the subject and I don't wish to overload you.

Chakras & Guides

Here we are looking at the major aspects of our energetic self. You may as well get used to hearing teachers, books, videos etc all telling you the same: chakras, chakras, chakras, & meditation, meditation, meditation as these are so core to what we do.

Meditating will NOT make you psychic or a medium, it will however allow you to get used to clearing your head of your everyday stuff so you can work with Spirit. When we look at the main seven chakras we can see how they link to the Guides we work with.

You will require all these skills to enable you to connect and work with your Guides. Start now by cleansing your chakras to bring balance to them.

Depending on your life journey, they may require a lot of work to have them working properly. It is a constant effort to maintain the balance as events in day to day life will always knock them off centre.

The Chakra System

The 7 Chakras are the energy centres in our body through which energy flows.

The word ‘chakra’ is derived from the Sanskrit word meaning ‘wheel’. Literally translated from the Hindi it means ‘Wheel of Spinning Energy’.

A chakra is like a whirling, vortex-like, powerhouse of energy within our bodies. We have seven of these major energy centres and many more minor ones.

You can think of chakras as invisible, rechargeable batteries.

They are charged and recharged through contact with the stream of cosmic energy in the atmosphere, in much the same way that your home is connected to a central power source within a city. The only difference is that this cosmic energy source is free.

Imagine this: a vertical power current rather like a fluorescent tube that runs from the top of the head to the base of the spine. Think of this as your main source of energy. The seven major chakras are in the centre of the body and are aligned with this vertical “power line”.

This image shows where the main chakras in are located in your body. You can read a brief, yet full explanation for each chakra below.

The Chakra System

Chakras connect your spiritual bodies to your physical one.

They regulate the flow of energy throughout the electrical network (meridians) that run through the physical body. The body's electrical system resembles the wiring of a house. It allows an electrical current to be sent to every part of us, and it is ready for use when needed.

Sometimes chakras become blocked because of stress, emotional or physical problems. If the body's 'energy system' cannot flow freely it is likely that problems will occur. The consequence of irregular energy flow may result in physical illness, discomfort or a sense of being mentally and emotionally out of balance.

Chakra 1 - the Base (or Root Chakra)

Its colour is red and it is located at the perineum, base of your spine. It is the Chakra closest to the earth. Its function is concerned with earthly grounding and physical survival. This Chakra is associated with your legs, feet, bones, large intestine and adrenal glands. It controls your fight or flight response. Blockage may manifest as paranoia, fear, procrastination and defensiveness.

Chakra 2 – The Sacral (or Navel Chakra); Its colour is orange and it is located between the base of your spine and your navel. It is associated with your lower abdomen, kidneys, bladder, circulatory system and your reproductive organs and glands. It is concerned with emotion. This chakra represents desire, pleasure, sexuality, procreation and creativity. Blockage may manifest as emotional problems, compulsive or obsessive behaviour and sexual guilt.

The Chakra System

Chakra 3 – The Solar Plexus; Its colour is yellow and it is located a few inches above the navel in the solar plexus area. This chakra is concerned with your digestive system, muscles, pancreas and adrenals. It is the seat of your emotional life. Feelings of personal power, laughter, joy and anger are associated with this centre. Your sensitivity, ambition and ability to achieve are stored here. Blockage may manifest as anger, frustration, lack of direction or a sense of victimisation.

Chakra 4 – The Heart; Its colour is green and it is located within your heart. It is the centre of love, compassion, harmony and peace. It is also known in some cultures as the house of the soul. This Chakra is associated with your lungs, heart, arms, hands and thymus gland. We fall in love through our heart Chakra, then that feeling of unconditional love moves to the emotional centre commonly known as the solar plexus. After that it moves into the sexual centre or Base Chakra where strong feelings of attraction can be released. When these energies move into the Base Chakra we may have the desire to marry and settle down. Blockage can show itself as immune system, lung and heart problems, or manifest as inhumanity, lack of compassion or unprincipled behaviour.

Chakra 5. The Throat

Its colour is blue or turquoise and it is located within the throat. It is the Chakra of communication, creativity, self-expression and judgement. It is associated with your neck, shoulders, arms, hands, thyroid and parathyroid glands. It is concerned with the senses of inner and outer hearing, the synthesising of ideas, healing, transformation and purification. Blockages can show up as creative blocks, dishonesty or general problems in communicating one's needs to others.

The Chakra System

Chakra 6 – The Third Eye (or Brow Chakra)

Its colour is Indigo (a combination of red and blue). It is located at the centre of your forehead at eye level or slightly above. This Chakra is used to question the spiritual nature of our life. It is the Chakra of question, perception and knowing. It is concerned with inner vision, intuition and wisdom. Your dreams for this life and recollections of other lifetimes are held in this Chakra. Blockage may manifest as problems like lack of foresight, mental rigidity, 'selective' memory and depression.

Chakra 7 – The Crown

Its colour is violet and it is located at the top of your head. It is associated with the cerebral cortex, central nervous system and the pituitary gland. It is concerned with information, understanding, acceptance and bliss. It is said to be your own place of connection to God, the Chakra of Divine purpose and personal destiny. Blockages can manifest as psychological problems.

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Chapter Four

Opening Your Energy Centres & Grounding

By Tracy Fance

Energy Centres & Grounding

Working Safely

By opening your energy centres correctly and knowing how to ground yourself you will work more effectively & safely.

Opening The Chakras

Chakra Opening Exercise

When doing any spiritual work, it is essential to ensure our chakras are cleansed and healthy. We need to open them to a greater degree than we would generally do so on a day to day basis. You may never have been aware of your chakras before, but that does not mean they have not been there all the time. All things affect them, including your birth karma, the events and situations you have been through and your thoughts and feelings now.

All spiritual work involves the energetic centres or chakras, and before working, we must open the chakras to increase the energy flow and when we finish spiritual work, we close them down.

The following meditations will show you how to open the chakras and how to ground yourself. You can always record this on to your phone to enable you to listen to it instead of trying to memorise it. You can also buy the meditation to download from my website if you wish.
www.tracyfance.com/shop/

Take a moment now to tune in to your body and see if you can feel your chakras at work. This chakra exercise may seem "odd" - simply go with the flow and soon, you will not be a chakra novice any longer.
You may sense the pranic energy centres very lightly, very intensely or not at all. Whatever happens it is right for you.

Exercise:

First, start by making sure you're in a quiet space. Have a cool glass of water beside you. Sit quietly for a moment and take a few deep breaths. Let tension and stress slide away. **Just be in the moment, with your body.**

Opening The Chakras

Pause for a moment.

Now, bring your attention to the base of your spine, your tailbone, and imagine a bright spinning red light. Feel it pulsing and rotating with your breath. *Sit with that for a moment. See it blossom open like a beautiful flower.*

Move your attention up your spine to the area a couple of inches below your belly button. Feel the warmth of a bright, orange spinning light. Again, notice how it moves with your breath. *Sit with that for a moment. See it blossom open like a beautiful flower.*

Guide your attention further up to a couple inches above your belly button. You're probably familiar with this area, because when you feel strong emotions like love or fear, you are likely feel it here. Notice how you can sense the intense yellow light rotating in that spot. *Sit with that for a moment. See it blossom open like a beautiful flower.*

Bring your attention further up to the centre of your chest where your heart is. This area harnesses a bright green light. When you're touched or moved, you might instinctively place your hand over this spot. Connect with that area now. *Sit with that for a moment. See it blossom open like a beautiful flower.*

Then, bring your attention to your throat, the dip in between your collar bones. Imagine a bright blue light spinning in that area. You may feel the urge to swallow or clear your throat as you think of it. *Sit with that for a moment. See it blossom open like a beautiful flower.*

Next, move your attention up to the space on your forehead between your eyebrows, your third eye. This area holds a deep indigo rotating light. Imagine yourself becoming wiser as it spins and becomes brighter. *Sit with that for a moment. See it blossom open like a beautiful flower.*

Opening The Chakras

Next, move your attention up to the space on your forehead between your eyebrows, your third eye. This area holds a deep indigo rotating light. Imagine yourself becoming wiser as it spins and becomes brighter. *Sit with that for a moment. See it blossom open like a beautiful flower.*

Next, move your attention up to the crown chakra. This area holds a deep violet rotating light. Imagine your crown opening as the light spins and becomes brighter. *Sit with that for a moment. See it blossom open like a beautiful flower.*

Simply sit and enjoy the feelings of love and acceptance, enjoy the feeling of being in the moment.

This relaxed feeling is so intense and so wonderful.

It is almost time for you to return to consciousness, to the physical world.

Take a few moments to become aware of the chair beneath you, how it feels, the heaviness of your physical body, the clothes on your skin, allow your awareness to go to your breathing, allow it to return to your normal breathing pattern, and when ready simply open your eyes and have a drink of water.

You feel relaxed, centered, grounded but invigorated and subtly aware of a change in your energy.

Protection

N.B. It is essential that we protect ourselves before working in a spiritual or psychic way. Ask your Doorkeeper to work with you every time and do this quick meditation/visualisation.

Record this on your phone or device so you can let it play back to you, remember to make it much slower than normal speaking pace.

This is also in the webinar if you prefer to have that
www.tracyfance.com/shop

Make yourself comfortable, find a relaxed position, keep your hands in your lap and your feet on the floor (use foam yoga blocks or a cushion if need be) allow your body to relax,allow your eyes to close, inhaling deeply then slowly, exhaling. Allow your breath to flow in and out, in and out, in……out…….in……out.

On your exhalation, allow the tension to leave your body. Take slow, calm breaths. Continue to follow your breath.

Mentally scan your body, taking note of how your body feels. Focus on the areas where tension is stored, and concentrate on relaxing those areas. Allow your body to become more relaxed.....slowly releasing tension.....letting go of stress....

You will notice that you are relaxing more and more, going deeper and deeper within the quiet space of your mind....as you continue to become even more relaxed you visualise a protective white light.

Imagine that light is enveloping your body, becoming almost like an aura... you are glowing. This light is going to keep you safe from stress, tension, worries, and negativity.

See yourself in your mind's eye being surrounded by light. Feel how relaxed, calm, and secure you feel in this beautiful, protective light.

Protection

Your light is like a shield, deflecting anything that is not for your highest good. This is your spiritual armour that protects you, helping you to feel calm and relaxed.

See the light surrounding you.... from your head to your feet.

Now focus your attention on your feet.... feeling how relaxed you are, what sensations can you feel around your feet? Notice that your feet are now surrounded by this beautiful protective light, as are your ankles too, let your ankles become loose and relaxed. Feel your lower legs relaxing, surrounded by the light, feeling soft, heavy, relaxed. Your thighs are relaxed, surrounded by light too, so very warm and relaxed.

Allow your attention to wander to your hands, feel as the relaxation spreads there, feel as your hands become very relaxed, limp and heavy, feel it spread into your wrists, forearms.... and upper arms, all surrounded, protected, and shielded by the protective light.

Feel the relaxation at the core of your body. It fills the solar plexus, flowing outward, allow the relaxation to flow from the centre of your body, out to your back, your chest, your hips, feel as the relaxation flows into your body. Notice that the outside of your body is still enveloped in a shield of light.

Allow the relaxation to continue to flow through your body, feel as it goes up your body to your neck and shoulders, feel your face relaxing, all the tension leaves the face muscles, softening and relaxing them, feeling calm, feeling at ease, feel the protective light surrounding your head and face, your whole body in fact is now wrapped in light.

You are surrounded from head to toe in protective light, shielded from any worries, negativity or troubles. Just rest here, relaxing, basking in the protective light.

Protection

Pause for 1 minute

Pay attention to any areas of tension in your body,

Some worries may remain in your mind. What colour is this tension or worry? Give them a colour. See the coloured tension being drawn out of your body by the protective light. Feel the worries and stress leaving your body and mind, leaving peace and calmness behind.

The protective light is like a magnet, drawing out the tension and worries from your body, letting it go. Once your body is tension and worry free, it is repelled by the light, it cannot return to you. The light works as a shield, protecting you from anything that is not good.

The protective light also works as a magnet for good, drawing in healing, positivity, relaxation to you.

Enjoy this feeling of being safe and protected by your spiritual shield of protective light, know that any negativity around you such as anger, jealousy, disharmony,. bounces off your shield, it is unable to return to you.

(pause) You are so calm, relaxed, peaceful and protected.

(pause) Now you are ready to return to your day. Remember, any time you feel the need, you can re-imagine the shield strengthening around you, ensuring your protection is constant.

Slowly allow yourself to become aware of your fingers and toes, move your body a little, feeling your muscles waking up. Stretch a bit if you like.

Then open your eyes and drink a glass of water.

Photo; Pexel Bay

Grounding: It is essential to be grounded before working spiritually or doing psychic work.

Imagine you are an Oak tree, feel roots coming out the soles of your feet, plunging down in to Mother Earth, anchoring you. Your body becomes the tree trunk and your arms become the branches.

Feel the earth between your toes, feel the sense of security you have. You are now grounded and ready to work.

On this earth where I stand. Digging my roots deep in the land. Fill me with the energy so bright, & fill me with your strength of might.

Author So Mote It Be

Tracy Fance

Clairvoyant-Medium

Chapter Five

Meet Your Clairs

By Tracy Fance

Meet Your Clairs

The Psychic Senses

When working in the Spirit realms our information comes to us in different ways, this chapter explains those senses to help you identify how you are getting your information.

Meeting Your Clairs

There are seven skills which we all have and they all start with Clair (French for clear). For each sense we have on the physical plane, we also have a psychic equivalent. It is important to note that these senses can all be either objective or subjective.

Objective

When a sense is objective it will be outside of our physical self, so if you can see Spirit objectively you will see them just like any person in the physical. If it were an aura you would see the aura physically around the person, much like the Ready Brek Kid or like the halos around religious figures in stained glass windows.

Subjectively

If you were to see subjectively instead of seeing Spirit physically, you would see them in the centre of your imagination (the brow chakra). If I asked you to think of your mum or dad, you will see them in your head like a photograph, this is your subjective ability to see at work.

Discover which are your strongest and which are your weakest:

Clairvoyance

This is French for ‘clear seeing’ this is the ability to ‘see’. Some people will see colours, auras, Spirit, the future and so on.

Clairaudience

This is the ability to ‘hear clearly’ so you may hear voices, music, sounds etc.

Clairsentience – ‘Clear feeling’ is a more difficult sense to describe; think of the times when you are in a room or situation where you can ‘feel the tension’ in the room. With this sense, you can feel the personalities and emotions of those around you living or passed.

Meeting Your Clairs

Clairgustance

The ability to taste. Imagine that you were working with a client whose grandfather is connecting with you. If they took snuff, chewed tobacco etc you may be able to taste it. If a person had cancer you may get that metallic taste, so this tells you that they had this illness.

Clairolfactory/Clairalience

Smells are so evocative of memories – imagine the smells which transport you back; perfume, aftershave, engine oil, creosote, coffee, polish, apple pie, body products such as Brylcreem, soap etc. These smells will relate to your loved ones or those of the people you are reading for.

Claircognizance

Perhaps the hardest of the senses, claircognizance is the sense of just knowing something that they could not know by any other means, but are unable to explain where it comes from. Claircognizance includes precognition as well as retrocognition – knowledge of the future and knowledge of the past. There are no restrictions on what may be known with clear knowledge.

Claireloquence

This is the psychic art of speech when you are used as a channel for Spirit to speak through you. It may be their words or style of speaking that resonates with the sitter, or it may be that you just feel compelled to speak with no knowledge of what is coming.

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Clairvoyant-Medium

Chapter Six

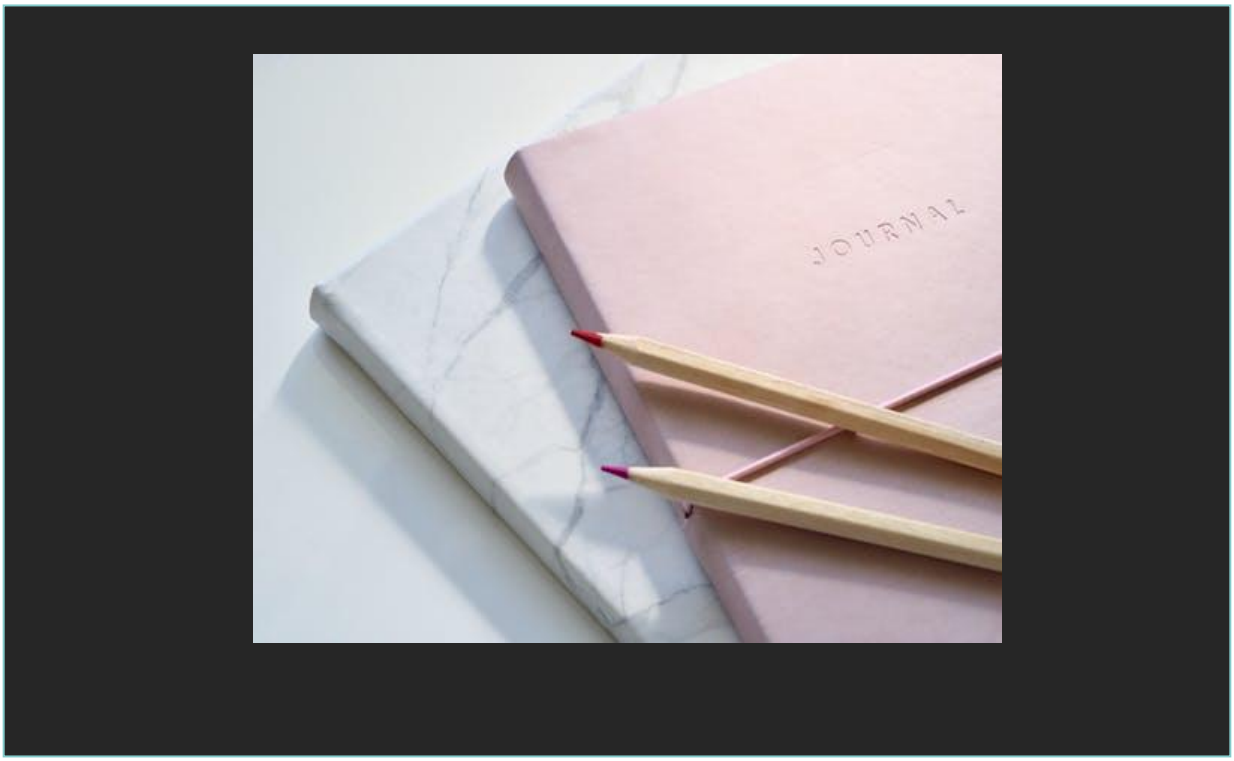
Meeting Your Guides

By Tracy Fance

Meet Your Clairs

The Psychic Senses

When working in the Spirit realms our information comes to us in different ways, this chapter explains those senses to help you identify how you are getting your information.



Photo; Pexel Bay

Journal Note; Everything you get is valid, don't question it, edit it or assume you are making it up or that it is not relevant. Take note of your thoughts, feelings, your body and any images or inspiration that comes to you.

Make a note in your diary of everything you are aware of.

Journalling is a voyage to the interior...

Author Christina Baldwin

Connecting to Your Spirit Guides

Sit comfortably with your hands in your lap, palms up. Breathe in through the nose, slowly, then exhale through the mouth.

Repeat the breathing, in and out.

Allow your mind to let go of any thoughts, concerns or worries you may have.

You may become aware of images coming into your mind, don't analyse them, don't try to focus on them or bring them closer, simply relax and allow them to come when they are ready. You may not see anything you may simply sense, or know.

Feel yourself transported to a tropical island, you can hear the sea on the shore, you can smell the salt of the sea, the earthy smell of a forest which the beach runs up to, the sun on your skin.

A path is before you, made of earth and leads into the forest. Walk down it, feeling safe and secure. The birds are singing, the crickets humming, the buzz of the bees going about their business, gentle permeates the air, and you walk until you find yourself entering a clearing.

Before you is a collection of smooth boulders, sit on a comfortable looking one, close your eyes and tilt your face to the sun.

As you sit there feeling relaxed, ask your main Guide to step forward, you will immediately become aware of a presence. Pay attention to everything about them. Notice their height, age, whether they are male or female. What do they look like?

Now is the time to ask your Guide any questions you may have. Remember the information may come to you in a variety of ways. See, hear, feel, know the responses to your questions.

It will soon be time to leave this place and your Spirit Guide, but you can communicate with them whenever you wish. They will work with you wherever and whenever you need them. Remember to bring back with you, all you have learned today about your Guide. It may not be consciously accessible, but it will always be with you.

Connecting to Your Spirit Guides

Become aware of your breathing again, slowly in and out. Feel the chair or cushion beneath you, become aware of the clothes on your skin.

Becoming aware now of your surroundings, the chair, the temperature. Feel as the heavy feeling in your limbs disappears, leaving your muscles feeling relaxed yet energised.

Allow your eyes to open when they feel ready.

Now is a good time to drink some water to ground you again.

N.B. Make notes in your journal whilst it is still fresh before moving on to the next page, chapter or exercise.

Feeling & Scribing With Your Guides

Feeling Spirit Guides

Calm your mind, allow your body to relax, ensure your breathing is slow and deep, in through the nose and out through the mouth.

Ask your Guides to step forward, ask them to show a physical sign of their presence around you.

Make a mental note of what you feel, a touch, a sensation such as cobwebs, heat/cold, goose pimples etc.

Scribing with Your Guide

Calm your mind, allow your body to relax, ensure your breathing is slow & deep, in through the nose and out through the mouth.

With your notebook and pen in hand, continue to sit calmly, ask your Guide to draw close and to repeat whatever the physical sensation was you felt before during contact, to affirm it to you.

Now, staying calm and relaxed, draw your Guide, don't worry about being Picasso, just draw what comes to you. Write down anything that comes to you about them. Relax and let it flow.

You can repeat this exercise with any question you may need to ask them. What do you want to ask them? Maybe things about them or you, past lives, their purpose in your life etc.

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later on in the day, come back and note it down.

Spirit Guides Q & A

Exercise

- With this exercise, work with a friend or a few of you.
- Write down questions for your guides:
- Are they male/female
- Are they tall/short
- What are they wearing
- What nationality are they
- Do they have a defined job; nun, nurse, priest etc
- What name or initial do they have
- What are they here to help you with

Exercise

- In pairs, sit opposite each other;
- Choose who will go first; They will be the reader and will tune in to the other person and pick up information about their guide, prompted by their questions.
- As the reader, close your eyes, tune in to the energy of the person you are working with and their guides energy (you can hold hands if you think it will help) now the person being 'read' should ask their questions, one at a time as they note down the responses, as the reader gives whatever they get as soon as it comes into their head.
- Once all the questions have been asked and the answers given, the reader should write or draw any further information on the paper and then sign and date it. This is their gift to you.
- Thank the Guide for working with you and then swap with your partner.

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later come back and note it down.

Seeing A Friend's Spirit Guide

This is an excellent exercise for working in pairs:

Sit comfortably with your hands in your lap, palms up.

Breathe in through the nose, slowly, then exhale through the mouth

Repeat the breathing, in and out, and allow your mind to let go of any thoughts, concerns or worries you may have. Close your eyes.

You may become aware of images coming into your mind, don't analyse them, don't try to focus on them or bring them closer, simply relax and allow them to come when they are ready. You may not see anything you may simply sense, or know.

You are in a beautiful temple at the top of a mountain, you look around and know that you are alone, but you are in a safe in this spiritual place where you will not be disturbed. You become aware of the smell of the incense as it is carried on the air to you, at the same time you become aware of the sound of gently trickling water.

Look to your left and you will see a water feature in the room. Sit down and relax comfortably on a cushion on the floor of the temple. Here you can bend up and down with ease. There is no pain. In the peace and tranquillity of the room, allow its energy to raise your vibration, higher and higher. Your body feels lighter and lighter, almost as though your soul can float out of your physical body at any point!

Open your eyes and look at the person you are working with until their outline begins to blur. Now ask their Guide to step forward. Note their height, age, appearance, sex, clothing, skin tone, etc

Ask them anything you like, and wait for their response.

Write down what you see, hear and feel and then compare notes. Don't worry if it feels as though you are imagining it, clairvoyance and the imagination are a hair's breadth apart from each other.

Having a Dialogue With Your Spirit Guides

It is time to meet one of your spirit guides.

Today you will ask spirit questions that are not personal, and can be answered with a simple Yes or No.

The answers may be accompanied by physical sensations around your body such as:

- Pressure on top of your head (the opening of the crown chakra).
- Sensation on the left side of the body or face (our left side receives, the right side sends when working energetically, the left side goes to the right side of the brain, the intuitive side).

Before you start, see if you can sense the presence of your spirit guide/s.

Sit quietly, centre yourself with the breath, become aware of how your body feels; its temperature, where you ache, how you hold yourself etc

Now, focusing on your Guide, send the thought ... *Hello!*

You may hear a greeting in response, but this is not definite, you may feel a response instead.

Now ask your question telepathically or verbally i.e. is my name Tracy?

Relax, allow the response to come naturally as a thought or words in your head.

Continue asking more Yes or No questions until you are comfortable with the way you get responses. Keep practicing. There is no hurry, Spirit does not do time!

Try this again with your other Guides.

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later come back and note it down.

Questions For Your Spirit Guides

Ensure you have paper and pen.

Telepathically or out loud ask '*What is your name?'*

Don't worry if you struggle to understand the name, or it feels foreign to your ear and tongue. Just focus on what you are being given, then come as close to what you hear as you can. Spirit will accept whatever name you give them. Names can be long, so they may have to be shortened. There may be more than one name for a spirit i.e. Spirit Eagle, or as with some cultures, they have a familiar name and a formal name.

Begin a dialogue. Trust what you hear, see, feel and know.

Ask this Guide by name *'Are you ready to answer questions?'*

Wait for an affirmative answer.

Example questions to ask

- Do I know you?
- Have you ever helped me? If so, how?
- How many Spirit Guides do I have?
- What is the purpose of our connection?
- Are you my twin flame?
- What is my soul purpose?
- Are you my Doorkeeper?
- Have I seen you before?
- Which culture do you come from?
- What country do you come from?
- Are you male?
- Are you female?
- Anything else you fancy asking

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later come back and note it down.

Spirit Guides & Past Lives

Ensure you have your questions ready in advance. Get comfortable & then greet your Spirit Guide.

Example questions

- Did we know each other in another lifetime?
- How many lifetimes have we been connected? In what relationship?
- Have we ever reversed roles where I was your spirit guide while you lived on the Earth plane?
- What did we learn from each other in those lives?
- Why did we choose to work together this time?
- Have you always been in my life in this incarnation?
- Other questions you may have

You can do this exercise as many times as you like, so make a note of any questions in preparation for your next session.

Make sure you note down the responses you get, even if it is just a feeling and not a word or picture, Guides will communicate energetically too, not just the way we humans do.

Spirit Guides & The Universe

Ensure you have your questions ready in advance. Ensure you are comfortable and then greet your Spirit Guide. Take your time, you may need more than one session.

Example questions:

- Explain reality to me.
- How big is the universe?
- How and when was it created?
- Is there life on other planets?
- Do entities watch us from UFO's or other places?
- Did I know you in an alien form?
- Are there Angels?
- Who is God? (Close your eyes and think *Show me!*)
- Are there other dimensions? How many? (Think or say out loud; *Show me!*)
- Can a soul exist in more than one dimension?
- Does the future co-exist with the past and present?
- Do we have free will?
- Is our life preordained?
- Is time linear?
- Did Atlantis really exist?

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later come back and note it down.

Your Spirituality & Spirit Guides

You should now feel comfortable with your Guide as well as being able to differentiate their thoughts from your own.

Hopefully you may have met more than one guide now as well as learned about the many ways each Guide helps you.

In the following exercises, ask personal questions, but remember to amend the questions based on your personal needs.

Spiritual Questions:

- Am I on the right spiritual path?
- Will you guide me to the next part of my spirit journey?
- Should I be working as a healer?
- Should I be working as a reader?
- Will you lead me to a book or home page to further learn what I have to?
- Is my current teacher right for me? Should I seek others?
- Do I need to move to a new location to find my destiny? Suggestions?
- Do I need to travel to fulfil my destiny? Where?
- Is this another aspect of my soul experiencing in this reality now?
- Any other questions that are important to you

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later come back and note it down.

Spirit Guides & Adoption/Fostering

Your greatest mechanisms for learning lessons and responsibilities are with your family or those close to you who are like family to you. Sometimes these people remain in your life forever and other times they stay for a while and move on. Remember, people enter our lives for a reason, a season or a lifetime.

Example questions:

- Are members of my biological family from my past lives? Ask for names and other relevant information. If you are adopted or had foster parents - use this for biological and adopted family members.
- Questions about the members of your family in relationship to you and to each other as well as, as a whole.
- Determine if a deceased family member is a guide for you. Generally, they are not, as they are too close emotionally, but may linger around and be sensed as guiding you in some way.
- Is my main karma in this lifetime to be the caretaker of XXXX.
- Is there any ancestral karma?

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later come back and note it down.

Spirit Guides - Career/Work

Most people change jobs/careers in a lifetime, and many retrain at some point. Spirit guides have a tendency to guide these changes to bring us better experiences and lives.

Example questions:

- Do I have a chosen career or am I here as a explorer/searcher?
- Is the career I have chosen a lifetime career?
- Can I find a career that I am passionate about?
- I want to work spiritually. Can I earn a living working in that field? Can I work part time in the spiritual?
- Will I find work or should I go to school and train for a career?
- Is my job a dead-end or will it improve? Bring promotion? Pay rises?
- Does my boss appreciate my work?
- Am I being back stabbed at work?
- Should I have a relationship with a colleague at work?
- Women: Would I truly be happier at home raising a family and changing nappies?
- Would I be happier working part time?
- Can I support myself with two part time jobs?
- Am I best suited to be XXXX? Create a list of desired job choices.
- Should I start my own business? On my own? With a business partner? Family member?
- Will my business merge? Evolve into something else? Fail?
- Will my race /ethnic background/past, etc. impede my chances for finding my suited career? Help my career?
- Am I settling for less than I could be because I have emotional problems, low self-esteem or learning disabilities?
- Am I smarter than I believe I am?
- Could I succeed in school after years of absence?
- Can I work from home? Choices ...

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later come back and note it down.

Spirit Guides & Relationships

You are ready to ask questions about your love life. Now this is where things get tricky as the ego always kicks in here and you want to connect with The One.

Example questions if you already have a partner:

- Is my partner my soul mate?
- Are we together because we have karma to work out? In what way? Where does the karmic debt lie?
- Is my partner for the rest of my life? Will I have another?
- Is my partner growing spiritual as I am?
- Have we grown apart?
- Am I holding on to a relationship that is over?
- Does my partner still love me?
- Am I in this relationship for the wrong reasons?
- Does my self esteem make me remain in this relationship?
- Why do I stay with my partner? Finances? Family? Afraid to live alone? Other?

Example questions if gay

- Is there a reason I chose to be gay? Genetic? Karmic?
- Was I prejudiced in a past life?
- Are there learning lesson here?
- Does my soul prefer a male role/female role?
- Is this the first time I have been gay?
- Am I a balancing my male/female energy, which I would not be able to do if I was straight?
- Am I afraid to admit that I am gay?

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later come back and note it down.

Spirit Guides - Romance

Example questions if you are single

- Will I ever marry?
- Will I live with someone?
- Will I find a soul mate?
- Does my soulmate exist on the Earth plane?
- Does my Twin Flame exist on the Earth Plane?
- Will I always be alone?
- Do I need therapy to maintain a relationship?
- Do I sabotage relationships?
- Will I ever have a child?
- Is my destiny other than marriage and children?
- As my guide, can you bring me a partner?
- Does working with rituals help manifest partners?
- Would my soul's needs best be met by living alone? With a mate?
- I have searched for a partner all of my life. I am now 40 and have never met the perfect partner. Is this because I am too picky or I really don't have a partner out there?

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later come back and note it down.

Spirit Guides - Relationships

Example questions if searching for love

- Do I have a soul mate?
- How will we meet?
- Will that person recognize me?
- Will that person be ready for a full time commitment?
- I am dating XXXX are they my true soul mate? Ask detailed questions. Rather than yes/no questions.
- Why do I keep finding the same issues in relationships?

Example questions if married

- Why are my partner and I together?
- Is there relationship Karma for us?
- Have we been in love?
- Are we Soul Mates?
- Are we Twin Flames
- What are our money Soul Contracts?
- Why am I afraid to be alone?
- What has this marriage shown or taught me?
- Why does issue XYZ keep causing us issues?
- Other?

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later come back and note it down.

Spirit Guides & Goals

Example questions.

- Are my goals in life realistic?
- Do I need to change my goals pertaining to my love life? Marriage? Work? Money?
- What goals will I accomplish?
- Other

Dialoguing with Spirit Guides While 'On the Go'

Spirit guides are always there for us, they are ready to talk if you focus on them.

As you go about your day, decisions will be made about your experiences.

Driving is a great time for spirit to chat with you. ***Remember to pay attention to the road still!*** Ask Spirit your questions, but act quickly if the 'little voice in your head' sends an urgent warning:

Sample questions when driving:

- Is there traffic ahead? Where?
- Will I be late?
- Should I change routes?
- Other

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later come back and note it down.

Meeting Your Higher Self

The Consistent Aspect of Us

Your Higher Self is the equivalent of having an unbiased adviser at HQ who knows everything about you dedicated to taking your calls, advising you and not judging you, sound good?

Meeting Your Higher Self

See a cinema screen in your mind's eye, as though you are at the cinema watching a film. Look up onto the screen of your mind, just inside the forehead, and imagine a beautiful door.

As you open the door and step through you can see a spiralling, descending slope - imagine yourself drifting - drifting down and down - deeper and deeper - into the most comfortable feeling you've ever experienced.

Float down - deep - deep down - to the very core of your being.

For a few moments just experience this exquisite feeling of total deep relaxation.

There are no problems to solve - there is no place to go - nothing to do but just relax - and let go - so - relax - and let go and enjoy this wonderful calm, relaxing feeling.

In the peace and tranquillity, you experience a curious sense of anticipation - you are on a journey today - to connect to your higher self - the intuitive self - the part of you that knows everything there is to know about you, past, present, & all potential futures.

You can remain in this place for as long as you wish in hypnosis time - and the curious part of yourself can detach - ready to explore all the answers to what you'd like to know.

But for now, bring your curious self on this journey; Look to your right, you will see a flight of stairs leading up to a room where your higher self resides. It is a beautiful golden staircase - which goes up - and up - forever.

Meeting Your Higher Self

As you place your foot on the first stair, feel your body becoming instantly lighter - and you feel as though you are now almost floating up the stairs - ascending higher and higher.

Can you see any colours? They are more vibrant than any you have ever seen before.

The higher you go, the more comfortable and relaxed you become - higher and higher than ever before.

You are floating up - almost at the top of the staircase - up and up - just a few more moments and you will be there.

As you approach the top of the staircase, you see that the colours subside and are replaced by a pure white light. This pure white light cleanses your spirit and protects you from any outside influences. The white light will remain with you until you have met with your higher self and are ready to descend the stairs.

(Pause)

And now - as you reach the top of the stairs you arrive at a landing leading onto a corridor. Your feet are now touching the ground, but you still feel so light.

Walk down the corridor to the door ahead. Your higher self is waiting for you.

Meeting Your Higher Self

This is the door that leads to your super conscious mind - a sacred place, and now that you have found where it is you'll be able to return to this place whenever you wish.

The door opens for you and there - sitting on the floor of your super conscious is your higher guide - with their hands held open - ready to welcome you.

You take your place on the floor, just in front of your higher self, and hold out your own hands - and as your hands meet you can feel the instant connection to your higher self.

You are now connected to your higher self and can ask for answers to any questions or problems that have been bothering you; Ask what your soul contracts are. Ask if you have any vows that bind you still.

Ask your question and listen carefully to any answers that you receive.

These answers may come in verbal form, as thought transference, as images or feelings or simply intuitively knowing that this is the response you are looking for.

Meeting Your Higher Self

Your higher self offers you guidance and inspiration and you feel totally safe and comfortable here.

I'm going to be quiet for a few moments as you communicate with and listen to what your higher self has to impart.

Pause 5 mins

That's good - now bid your higher self farewell - knowing that it will become stronger and clearer each and every time you repeat this self hypnosis exercise.

When you are ready - leave the room and find yourself back in the corridor of your mind - walking toward the staircase begin to descend - one step at a time - until you find yourself floating again - down past the white protective, healing light - into the vibrant colours - going down and down and down.

You are now standing at the bottom of the staircase - ready to return to the ordinary everyday world. And I want you to bring back with you all the knowledge, wisdom, guidance and inspiration that you have received.

Good - now when you're ready - I'm going to count from one to five and at the count of five you'll be wide awake.

One, two, three, four, five.

Make full notes in your journal whilst it is fresh in your mind, if you recall anything later come back and note it down.

Tracy Fance
Clairvoyant-Medium

Chapter Eight

Closing Your Energy Centres

By Tracy Fance

Closing Your Energy Centres

Returning to the physical world

It's essential that when we are done working we close the energy centres ready to re-enter the physical world. Think of it like waking up from a deep sleep and being expected to be right with it!

Closing Your Energy Centres

Sit comfortably, keep your feet firmly on the floor on on your blocks/cushion. Now allow your eyes to close.

Breath in slowly through your nose, feel the energy as it drops back down from the Crown Chakra, gently closing the chakra, like a flower gently closing at night.

Allow it to keep dropping like the mercury in a thermometer or the sap in a tree, gently, slowly. Feel the change in your energy as the energy comes down through your body.

Feel as it reaches the 3rd Eye chakra, gently closing the chakra like a flower gently closing ready for night. Feel the energy as it drops back down to the next chakra.

Feel as it reaches the Throat Chakra, gently closing the chakra like a flower gently closing ready for night. Feel the energy as it drops back down to the next chakra.

Feel as it reaches the Heart Chakra, gently closing the chakra like a flower gently closing ready for night. Feel the energy as it drops back down to the next chakra.

Feel as it reaches the Solar Plexus Chakra, gently closing the chakra like a flower gently closing ready for night. Feel the energy as it drops back down to the next chakra.

Feel as it reaches the Naval Chakra, gently closing the chakra like a flower gently closing ready for night. Feel the energy as it drops back down to the next chakra.

Closing Your Energy Centres

Feel as it reaches the Root Chakra, gently closing the chakra like a flower gently closing ready for night. Feel the energy as it drops back down into Mother Earth.

Your chakras are now closed and you are back in everyday energy.

Now see yourself in the hooded garment of a monk, pull the hood up over your Crown Chakra and take a couple of deep breaths in and out.

You are now ready to go on with your daily life.

N.B. If you feel a bit light-headed or woozy eat a biscuit, square of chocolate or drink something. These will all have the same effect of grounding you, if all else fails do the Oak Tree visualisation again.

Well done! You have worked from start to finish and now need to keep building on the relationship you have just established. It will transform your life!

Your intent is the key to your journey of discovery! Enjoy!

Author Tracy Fance

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