


ASK
YOUR
GUIDES



Calling in Your Divine Support System
for Help with Everything in Life

AUDIOBOOK SUPPLEMENTAL MATERIAL

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ASK YOUR GUIDES SUPPLEMENTAL MATERIAL

Describe your spirit here:

My spirit is _____.

What feeds your spirit?

My spirit is fed by _____.

Who is your spirit?

I am a _____ spirit.

What about you?

My spirit's name is _____ for now.

My spirit best expresses when I _____.

My spirit needs _____.

What about you? What does your spirit love?

- _____
- _____
- _____
- _____
- _____
- _____

ASK YOUR GUIDES SUPPLEMENTAL MATERIAL

Try This

Either writing here or in a journal, or recording your responses on your smartphone voice recorder, answer the following questions:

When do you feel most alive? _____

What leaves you feeling energized and fulfilled? _____

What leaves you feeling centered, relaxed, at ease, and peaceful? _____

What makes you laugh, leaves you feeling lighthearted and weightless in your skin? _____

These answers reveal what nourishes and expresses your spirit. They eventually open the door to connecting with the world of spirit guides.

What about you? When do you relax and talk to your guides?

- _____
- _____
- _____
- _____
- _____
- _____

ASK YOUR GUIDES SUPPLEMENTAL MATERIAL

YOUR TURN

Start noticing the spirit in everyone and everything around you as a matter of habit. Describe spirits in simple terms such as “light,” “heavy,” “quick,” “steady,” “bright,” or “dull.” Don’t worry about getting it “right.” Let your imagination take over and don’t censor your impressions. The key is to bypass your brain and let your *feelings* express directly. Trust me. This is more natural than it may feel at first. You are aware of more than you think you are.

My mother’s spirit is _____.

My neighbor’s spirit is _____.

My boss’s spirit is _____.

My child’s spirit is _____.

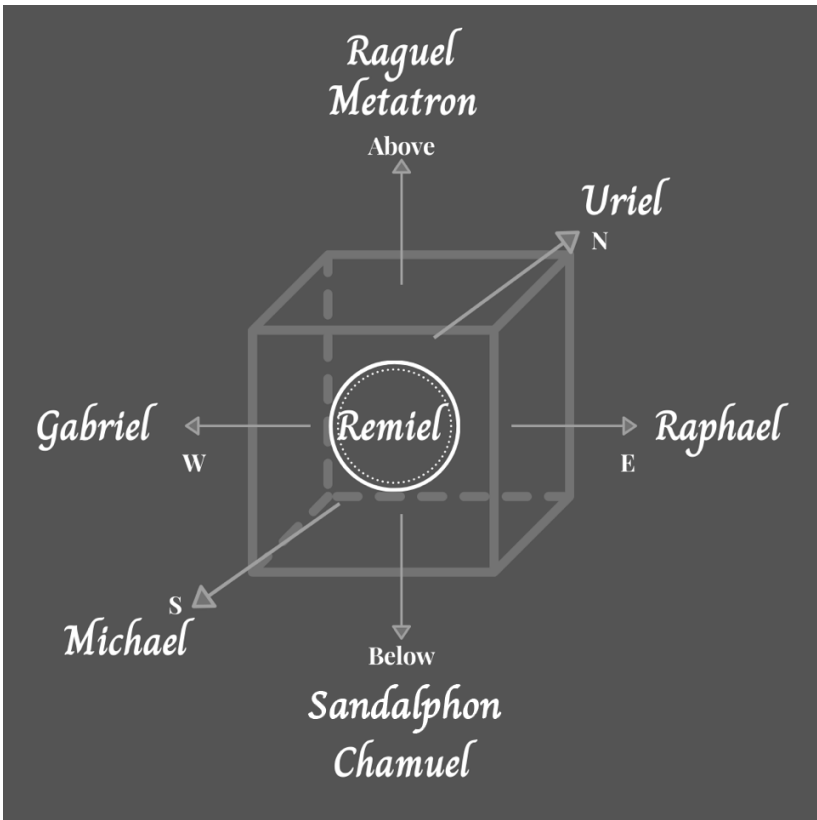
My best friend’s spirit is _____.

I’m grateful that . . .

- _____
- _____
- _____
- _____

ASK YOUR GUIDES SUPPLEMENTAL MATERIAL

Have you met your guardian angel? What happened? Write it down here.



ASK YOUR GUIDES SUPPLEMENTAL MATERIAL

Have you had an SOS angel experience?

Share it here:

Do you know anyone else who has had an SOS angel experience?

Share it here:

Make a list of the top five things you'd like your guides to help you with now

- _____
- _____
- _____
- _____
- _____

ASK YOUR GUIDES SUPPLEMENTAL MATERIAL

CALLING IN YOUR FAMOUS HELPERS

Make a list of deceased celebrities and famous people in your fields of interest and write down their specialty next to their name.

Jane Austen _____ Writing novels

Duke Ellington _____ Composing music

Johnny Cash _____ Writing song lyrics

Maya Angelou _____ Writing poetry

Frida Kahlo _____ Painting