

How to Get Answers From Your Spirit Guides

By Jim and Jennifer Kinney

People often wonder, "Why can't I get answers from my angels or spirit guides? I'm always asking, but I never seem to hear an answer." Usually the problem is the 'what' and 'how' of the question.

If we are asking questions like, "What should I do in this situation?" or "What choice should I make here?" or "Please tell me what to do! I don't know how to do this," we are asking questions that our guides cannot answer.

Now there's nothing wrong with these questions. It's the way in which the questions are being asked. By asking questions in this manner, we are turning our power over to our guides and asking them to make decisions for us. Understand that our guides do not want to live our lives for us. In truth, they can't. It goes against the laws of Spirit. If our guides were to answer these types of questions, it would violate our free will.

A guide is just that – a guide. They do not/will not tell us what choices to make. On the other hand, our guides can offer a tremendous amount of help in making choices that are in our best interest. So how can we get answers from our guides?

There are some people that have the ability to hear their guides speaking clearly. These people are referred to as having clairaudience. It's important to know that we all have the ability to hear our guides communicate with us. It's no different than a physical muscle that needs training and exercise in order to be fully functional. Our spiritual/light body also needs training and exercise to develop its abilities.

There are some simple methods that will build your guidance muscle. The first thing to know is whether you are receiving a "yes or "no" from Spirit. Try this short exercise to develop that skill using your feelings:

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Sit or lie down with your eyes closed and get relaxed by taking a few slow, deep and centering breaths. Once calm and relaxed, visualize something that you enjoy very much. Make it something that you really love and enjoy doing or some place you have been that was fun and exciting. Anything that you truly enjoy will work. Once you have that image in your mind's eye, lock it in and keep it throughout this exercise.

Now, repeat the words "I love" over and over again to yourself. As you do this, pay close attention to how your body feels inside. Look to see if it feels relaxed, calm, warm, light, happy or excited. However it feels, remember it, for this is what it feels like to be told the truth. Lock it into your memory. Applied to future questions, this is how it feels to get a "yes" response from your guides.

Next, hold in your mind's eye the same image that you visualized in the first part of this exercise. Once it is locked in, repeat the words "I hate" over and over again. Notice how your body feels inside. Look to see if it feels agitated, irritated, tense, angry or frustrated. It doesn't matter. Whatever the sensation or feeling is, remember it, for this is what it feels like to be told a lie. Lock it into your memory. Applied to future questions, this is how it feels to get a "no" response from your guides.

Feelings are an easy way for guides to communicate with us. Practice the yes/no feelings exercise over and over again until you become very familiar with the feeling of your answers. Repetition is the most time-honored teaching tool on the planet! The more familiar and trusting we become of our feeling senses, the easier it will be to recognize the answers we receive from our guides.

Now for the fun part. Quiet your mind and ask questions that can be answered with a simple "yes" or "no" and then feel the response. Here's some ways you may want to phrase your questions: "Will choosing ____ lead me in the direction that I want to go?" "Is ____ in alignment with my higher consciousness?" "Is ____ the highest perspective for me at this time in my life?" "Is doing ____ for the highest good of all concerned?" "Am I making a responsible choice by deciding _____ ?"

Your feeling response to these types of questions will be a direct message from your guides. Using this simple process will empower your decision making as well as your spiritual growth and evolvment.

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Listening to our guides can open the door to Spirit. By working with our guides, we can end the illusion of separation and be delivered back to the source of our inner strength. This is where we will find true power. The power to *do* anything. The power to *be* anything. The power to *have* anything. For the power to create is derived from the inner strength that is produced through unity. There is truly no limit. *Have fun and many blessings to you!*

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About the authors: Jim and Jennifer Kinney are cofounders of the Santa Fe Harmony Center, which offers experiential approaches to healing and transformation through energy medicine, drum circles, spiritual music, workshops, and shamanic retreats. For more information, visit: www.santafeharmonycenter.com