

# HOW TO CONNECT TO YOUR SPIRIT GUIDES!

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Have you ever wondered if there are spirit guides who are specifically looking out for you in this life? Maybe you've heard people talk about their spirit guides and you have an intuitive sense that you might have one (or even some) of your own, but you have no idea how to connect with them.

Each of us has guides in the spirit world who are looking out for us and guiding us on our path. But like any relationship, if you want to connect with your spirit guides, you have to put in the effort. You have to develop a relationship with them.

Think of it this way - if you never call up your friend, they're going to think you're not interested in them! The same goes for your spirit guides.

But how do you begin to develop a relationship with someone you can't necessarily see, hear, or interact with in your physical reality?

That's what I'm going to share with you today!

## What is a Spirit Guide?

*Some people believe spirit guides are people who have crossed over, which may be true, but I believe they are also some form of ascended beings who make the commitment to guide us.*

COLETTE BARON-REID

COLETTEBARONREID.COM

I like to look at spirit guides as guardians of light. They can take many forms and will be different for each of us, but the purpose of a spirit guide is to protect, guide, and care for us on our path.

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**Whatever their form, your spirit guide is like an active and intimate intermediary between you and the conscious Universe.**

If you begin to develop a relationship with your guides, you may be able to directly ask them for messages or protection when you need it. But whether or not you ever make conscious contact, your spirit guides are always there for you - like a guardian angel.

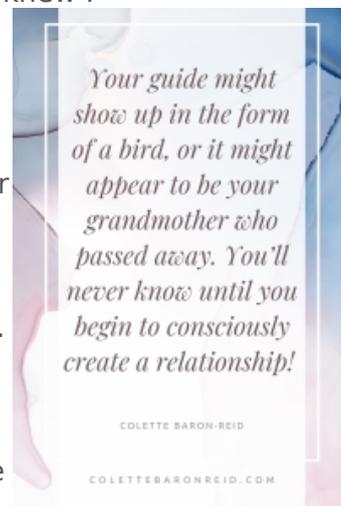
I believe we're surrounded by multi-dimensional beings who want us to succeed and evolve both individually and collectively. We're not alone, even though we may feel separate in our current, physical reality.

Some people may have a guide they've felt or connected with before but won't know specifically who they are or how to make contact with them. For as long as I can

remember, I felt that I had a guide who would show up for me in the form of a very tall angel. I've seen them in a startling experience during a meditation ( I wrote about this wild life-altering experience in my first book *Remembering The Future*) and I've felt their presence, but it never occurred to me to ask their name.

Many years ago, after a friend of mine shared with me that her guides were the ascended masters, I decided I was ready to consciously connect with mine. I knew I

had an angel ( or several) and now I decided I might connect to another kind of guide, you know, to make it official. One day in meditation, I finally connected with a playful and very present energy that I could feel so close to me it was uncanny. I asked their name and they said their name was Olli. It was actually pretty funny since my friend had insisted she was talking to Buddha, and Jesus and a slew of famous spiritual masters, and I got lil old "Olli". Still, I was surprised that all I had to do to find out their name was ASK. I heard them clear as a bell. It really can be that simple. Today I have identified 3 or 4 specific guides around me and I have felt their love when I most need it.



So if you're ready to begin connecting with your spirit guides, I invite you to try some of these exercises. Remember to keep an open mind and know that your higher consciousness will show you exactly what you're supposed to see, not what you want to see.

The form is not as important as the spirit that is present within it. Your guide might show up in the form of a bird, or it might appear to be your grandmother who passed away.

You'll never know until you begin to consciously create a relationship!

## Meditation to meet your spirit guide

Every meaningful contact I've made with spirit guides has always begun in meditation. In this space, you open yourself up to consciously connecting with your guide and finding out who they are. If you're wondering how to talk to your spirit guide, this is a great place to begin.

Years after my experience of meeting Olli through meditation, I developed a guided meditation called, "Get On Your Bird." This is an experience that enables you to move quickly from anxiety and stress to relaxed, detached observation. From this place of peaceful neutrality, you can connect with and meet your Spirit Guide. ***You can download the meditation for free here...***

Although this meditation isn't designed specifically for connecting with spirit guides, it can be used for this purpose. Your guides want you to tell them how to communicate with you – and this is an opportunity to do just that.

When you do the meditation, ask your spirit guide to come to you in the form of a bird. That doesn't mean they ARE a bird, it's just the form they're going to take in this exercise. This is a form you can meet and recognize them in.

Then, once you meet them, ask them what their name is! The first name that comes to you is always significant. Their name is a beautiful indication of what they are here to show you and guide you on.

## Why your spirit guide's name matters

I want to tell you another story about spirit guides to show you the importance of finding out their name. When I was writing my book, *Uncharted*, I connected with a chorus of spirits who sang and called themselves "Fred."

After a month-long intense series of mediumship readings I did for a Canadian television show, I was exhausted and so drained I thought perhaps I was hearing things – still hearing the voices of those who had crossed over related to the people in the audience. Yet, the voices didn't drift away as I expected them to after the show. Instead, I felt their presence no matter where I was. To be honest, it was weird, as I had never felt "accompanied" like this.

For months, this group of spirits stayed gathered at the edges of my awareness. "They" felt like a collective source of loving intelligence available for communication. It took me months to explain or make sense of what I was experiencing.

As I worked on my new book, it was as if this group of spirits was there guiding me – sharing insights that seemed to come out of nowhere as I needed them for the book. When I got too stuck in my intellectual approach to writing, their intelligence or energy would gently guide me to simpler ideas and insights that seemed to come out of nowhere. Throughout the process of writing, *Uncharted*, it was as if this chorus of voices, my editor, and I all worked together to create this book!

Before long, my editor told me I needed to find a consistent way to refer to the chorus in my book. I didn't feel clear about what to call them, so my editor suggested I simply ask them.

I went into meditation to do just that...

At first, I heard, "*We are We. You are We. We are Light. We are When You listen.*"

Then I closed my eyes again and saw an image of Dana Carvey from *Wayne's World* with his wig and glasses on. This certainly wasn't going how I had expected at all.

“Umm, are you guys still there?” I asked. Sure enough, I felt their presence overwhelming my senses.

Then the answer came, “*We are! We! Fred!*”

‘*FRED?*’ I asked. Please don’t tell me to call you Fred.

“*Fred. Fred. Fred.*” They responded.

So... “They” are “Fred.” I didn’t really want the chorus to be called Fred, but their answer was clear.

After my meditation and communication, I decided to look up online the meaning of the name Fred. It turns out it means “peaceful ruler.” I also decided to text a friend to find out the name of the Dana Carvey character in Wayne’s World, trying to make sense of this part of my meditation experience. I found out it was Garth, and when I looked this name up, I learned it means, “garden” and “defender,” or “defender of the innocent.”

And so I came to find out that Fred is the consciousness of Peace, the Defender of the Garden. They let me know that we are here to create and that there’s always enough in the garden and we must defend that against our fear. We have to be playful as we plant, grow, and co-create.

Through their name, they were communicating what they were here to show me and share with me through the experience of writing my book. And if I hadn’t asked, I may have never known!

This story is just another example of the information that’s available when you choose to make conscious contact with your spirit guides and find out their name and what they’re here to teach you. **Use the *Get On Your Bird Meditation*** as a starting point to make this connection and learn their name.

And once you do, do a little research online to find out what your spirit guide’s name means! You may be surprised by what you discover through a simple google search.

Personally, I love to use the website [www.sheknows.com](http://www.sheknows.com) to look up the meanings of names.

## Automatic writing to talk to your spirit guides

Another way you can consciously begin to make contact with your spirit guides is through automatic writing or journaling.

The way this works is to use writing to start a conversation. This can be as simple as sitting down and writing, “Dear Spirit Guide...” followed by a message to them. What do you want to communicate with them? What do you want them to know?

Once you write for a few minutes and you feel complete, then you simply allow a response to come through you from your guide.

This might sound silly or unnatural at first, but it's truly uncanny the dynamic that can happen when you give this a chance. Often, you'll find yourself writing things you never would have thought of!

Go into this exercise trusting that your spirit guide will use your imagination on your behalf for your highest good. That they are here to support you and will never hurt you or tell you to hurt others. They will only give you supportive, meaningful, evidential information for the highest good of all.

## Beginning a conscious relationship with your spirit guide

If you're feeling called to connect with your spirit guide, I hope you enjoy trying some of the methods I've shared. The ***Get On Your Bird Meditation*** is a wonderful place to begin making contact and forming this relationship.

No matter what method you find that works for you to connect with your guides, remember that these spirits are here to help and protect us and they will never, ever do anything to harm you. To begin this relationship, you have to start telling your spirit guide how you want it to talk to you!

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