

# The Voice Box

*Seeking To Establish Knowledge and Understanding*

## Spirit Guides

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### **Introduction:**

A Spirit guide is a spirit person who works closely with a medium. He/She has a variety of jobs, but their main concern is to teach their medium spiritual truth. They can be looked upon as helpers, guiding and helping the medium about clairvoyance, healing and other spiritual skills.

### **Who are they?**

A guide can be anybody, but often, in fact most times; they have lived on the earth before, and some, many centuries ago. Because of the time they have spent in spirit, they have become highly developed in spiritual ways. They choose to remain close to the earth life, and act as a link and teacher. (It must be stated that they have had to earn the right to become a guide.) Many mediums will often tell of their guides being a North American Indian or from some other exotic race. One always asks why so many mediums have Red Indian guides. The reason is simple, Red or North American Indians lived a very spiritual existence whilst on the earth plane. They also believed in their own psychic skills, so based on this background of spirituality, they are ideally suited to spiritual work. But it is not always the case; the level of spirituality dictates if they are able and capable of taking on the work, not their background. A guide could also be, as some mediums report, someone they knew in a previous life, or indeed a family member. It is quite common for family members after passing through the veil, to become helpers of their loved ones on the earth plane. Whoever the guide is, and from whatever background, the medium will have some sort of affinity with them. It is this familiarity that bonds them and allows them to work closely together.

### **One Guide for One Medium:**

For some, yes. But often a guide will be with a medium for a particular part of their life, or to teach certain things. It may also be that a medium has more than one guide, each assisting with various tasks that the medium performs. For example; they may have a guide that assists them with healing, another for clairvoyance etc. For some mediums, they meet their guides very early on in their lives and that guide will stay with them until the end of their earth life. It could be that many people meet their guides in development circles, where they learn to get to know and trust them. Guides present themselves as people, and even have a sense of humour. They are also concerned with your personal growth not just your psychic ability, you do not have to be a medium to have a guide. Some people refer to them as "Guardian Angels".

## **Guardians and Spirit Helpers:**

Mediums also have a Guardian; this spirit person can be likened to a door keeper, he is there to protect the medium and generally keep things in order. He can be called upon to sort things out if the medium becomes over worked or confused. Unlike the guide, the guardian is not a teacher but rather an onlooker with the mediums interest in mind.

There are other spirit helpers who may be known or unknown to you, who will aid you at certain times although it may not be always obvious to you. But, if you listen to your 'gut feeling', or recognise an idea or new thought, you may have been listening to your guide or helpers.

## **The Purpose of Spirit Guides:**

The guide acts as a link between the medium and the spirit world. He assists the medium to form a better contact with those who wish to communicate and aids less experienced communicators to get their message across. He will teach his medium how to attune to the spirit world and is both a friend and advisor. Another important role of the guide is in 'Trance Communication'. Some guides have spoken through their medium. The guide will always assist when another spirit person wishes to speak through the medium.

It must be remembered that a guide does not control or run the life of his/her medium. He or she must maintain full free will. A guide cannot force a medium to do what they don't want to do and in no way dominate them. Nor can working with a guide free you from responsibility or making the wrong decision in your life. They will of course, help where they can to lead the medium in the right direction, although ultimately the decision still remains the mediums themselves. A guide and a medium form a partnership. They both have the desire to be of service and to let others know that their loved ones have survived into the new world, or passed through the veil that we call death.

## **Do we all have Guides?**

Wherever our life has led us, we all have guides, although these may be referred to as 'Guardian Angels'. These Angels will watch over us and try to steer us in the right direction. Perhaps you have had that 'gut feeling' that made you do something or not do something. Often, that is your Guardian Angel lending a hand. It is however, still up to you to follow or reject those feelings. Many will go through life totally unaware of these spirit helpers, often only being able to listen when tragedy strikes.

As our spirituality increases, for whatever reason, we tend to attract spirit helpers around us. We may be told by a medium who they are, and often this is just a general description. But it is when we begin to develop our own psychic or mediumship skills that we truly become aware of our guides.

## **Contacting Your Spirit Guide**

Our expectations on how spirit can contact us, can often be too high. Spirit existence can best be described as thought energy. So it makes sense for them to contact us through our own thoughts, but how do you tell the difference?

The thoughts will sound like your own, but they may also be of better clarity, more structured and eloquent in delivery.

If you can still your mind, as with meditation for example, you may be able to detect these thoughts better. Ask questions, but don't ask for predictions for your own life, and see what thoughts come to you.

We also have to be patient sometimes, a lesson in itself. Spirit will be working with you, but on their understanding, not yours. They often wait for us to remove doubts, blockages and other distractions that may undermine the very work they strive to teach.

If, through your meditation and perception, you sense to see someone in the distance, this is often a new guide waiting to join you, waiting for you to be ready. This could be a guide that will stay with you for the next forty years, one who through your mediumship will teach not only you, but many people through you. A guide who has waited for you since you were first born, how wonderful that is! Would you wait and be patient for such a guide? We are not saying that this is always the case, but just expressing an example of how to alter your thoughts, expectations and how to have patience. All things happen in their own time.