

IndigoNews

About the Nature of Spiritual Guidance

Part -2-

Many ways to guidance

The spirit world offers many ways to guidance -- people, books, dreams, synchronicities, animal totems. Angels, Masters, and personal guides of all sorts and much more, who have lots of good advice, hint in the right direction and with much experience. Some guides have been human themselves, some have not. They are in service of the Divine Order, part of the White Brotherhood, in service of The Love and The Light. They are in service of God, Goddess, All That Is, The Source, Great Spirit (or whatever name you want to give it). They work together with the Higher Self.

Religion

Religions are created to give certain ways and tools for humanity and to be intermediary's with the spiritual world during the times when it was difficult for humans to be in direct contact with their own spirituality. Religions are organizations with their own morals and their own culture. The "rules" of most religions are outdated, since the change of the frequencies has opened humanity up to direct contact with the spiritual world. The new children are living examples of that awareness. The new children can be very upset when they hear awful stories connected with religions. The basis of all religions is Love. Religion comes from the word *religare* which means connecting. Religions connect people in certain ways of doing things and often give advice that is strongly related to the organization of human life and thinking. Most written religions are very male-oriented and give women a second place.

There is a big and often confusing difference between religions and spirituality. The organization and interpretation of a religion can be counterproductive to spiritual aliveness and guidance. Many people suffer deeply when the words of the organization of their religion do not fit their personal experience and integrity anymore. Many think that they not only have to let go of their belief system and community, but also need to let go of their beloved Christ, Mother Mary, Buddha or Quan Yin. Nothing is less true. Although some religions are quite possessive of their Saints and inspirations, all Masters can be accessed without the religion they originally "belong" to, and they know each other very well. Knowing this can be a great comfort, and a great help in one's spiritual evolution. Ceremony, ritual, initiation, and celebration are human/spiritual needs that may find new ways.

Shadowy guides and words of warning

When becoming more aware of personal guides and guidance it is important to also be aware of guides, teachers, and other interesting beings who are not working for the highest good of all. They are the "guides" or "beings," who are

unhealthy caretakers. They are the tricksters, who want your fear, unrest, hatred, anger or addiction. They feed off of it. So they will do everything in their power to create negative emotions. Many people offer gourmet meals of emotional distress to these “dark” ones. They are the bullies who tell you that you are bad or that your “enemies” are really dangerous and not also children of God. Other “dark” guides seek power through you or your actions. Some attempt to block the connection with your Higher Self.

It is just like in the human world: you do not want to go with everybody who offers you candy. Teach yourself to listen to your intuition, if it does not feel good, do not do it. If it suggests harm to you or another, do not listen, refuse to connect any more. Many children have periods when they are visited at night by, often curious, beings that really scare them. Teach the children to call in an angel of Light in their bedroom for protection and ask Archangel Michael to remove any negative energy; rehearse these things with them. Teach the children also to say NO, I do not want to talk with you, Go Away. In the mean time, teach yourself to do the same. Always ask if the “guide” is of the Love and of the Light, working for the good of all. When in doubt ask for help.

Working with a guide can still bring up old pain, fear, and anger. Cry it out and pound a pillow, journal, sing or find a friend or therapist to talk with. They will never threaten or force you. Your free will is always respected.

Passed over loved ones

Some guides are loved ones who have passed over and offer their guidance. Many do not know much more than the average human, except they can see somewhat farther, they are standing on a spiritual hill so to say. They love you very much. They sometimes hang out in peoples’ energy fields, taking up the sacred space of the individual, wanting to be helpful. These spirits need to be told to support by staying out of a persons’ energy fields. To not “hold hands all the time,” to just be “available.” They usually understand this immediately and are very happy to get this instruction. No well meaning spirit guide will use your own personal space without your invitation. Many passed over loved ones like to communicate every once and a while. Many also want to further their spiritual path and feel constricted by the grief and continuous needs of their family members who are still in a human body. The dead as well as the living need to be respected.

In cultures where "ancestors" are offering main spiritual guidance, the "ancestors" stand for a large body of knowledge and wisdom.

Channeling and trance channeling

Allowing anybody, spirit guides or people, to stand in the place of your Higher Self and your personal space is not a good idea. This is called “overshadowing.” Trance channels, like Jane Roberts and Edgar Cayce, used to “fall asleep” and speak and act like the “guide” they were “channeling.” Most

people who give messages from the spiritual realms can remain conscious nowadays.

Everybody can “channel,” which means translating into words, spoken or written, what a spiritual being is communicating. Just like with any other translation, be aware of glitches or interpretations that come from the translator and not from the one who is “speaking.”

Always ask if your guides are from the Highest Source of Love and Light, working with the Divine Truth. Guides will never ask you do to anything harmful, disrespectful or hurtful to yourself or others. The guides, that work with your God given truth will make you feel peaceful deep inside, although what they tell you can be “off the wall.”

Ten Guidelines for listening to guidance

1 - Be still. Still your mind -- let your thoughts pass through your mind un-resisted; let go of all your ideas of what you need; quiet your body's demands; and create a clean slate in your mind so that you can hear. It is helpful to put aside all concepts of who you are and what you believe even such basic beliefs as what you call “good or bad.” Desire to listen and hear.

2 - Have no investments. Listening is difficult when you desire a special answer to any question you may have. Realize you do not know yet what is “best” for you at this time. If you think you know the answer already, ask if it is indeed a correct answer. Sometimes the answer is correct, but the question is not right. Keep asking till you feel that you are asking the right question. You may ask your guidance what the right question is.

3. Accept your situation. You are being guided even when you are unaware. You are where you are supposed to be. Totally accept your situation. What belongs to you cannot be taken away (and what is not yours you cannot keep).

4 - Be open to all sources. The building blocks of everything are Love and Light. Be open to all sources. The truth will stay and the rest will pass by. Songs, books, ideas, friends, and even enemies all speak, set aside time each day, preferably in the morning, to listen and to write. Be willing to listen. At the end of the day “skim” with your mind any messages or insights you have. Search for those “things/events/words” that seem to have light around it.

5 - Accept your answer. You may not get the answer you want, but it will be the right one. Be patient. The answer will come at the right time. Do not judge the message or the messenger. Be aware of what you have already and be grateful.

6 - Desire the truth. It is the Still Small Voice that speaks of love and peace. There is no need to be confused about the illusion of numerous voices. If you

work with more guides, they will shine light on different parts of your reality, and will be in accordance with your still inner voice.

7 - When in doubt, “Keep Listening.” You will always know the truth when it comes to you from deep inside. It feels like falling together with yourself. When you are confused, hurried, afraid, doubtful, and fearful, Keep Listening. All confusion is of your own making or something somebody else told you to believe. It merely needs to be released. Ask for release of negative feelings.

8 - Act when you feel peaceful. Even when you need more courage. You do not continuously have to ask for permission. This speaks more of fear than of trust. Have the desire to act in accordance with Love and Light and to be alert. You may ask: “Is this in alignment with the Divine Truth?” If your peace becomes disturbed, stop and ask for guidance. Never force things. Join your personal will with the Divine Will. Ask and you will be given. Ask “What would love do?” and first apply it to yourself.

9 - Listen to hear what is being done already. The purpose of listening is to have peace. Listen to hear what is being done, not what you should be doing. If you are upset, it is because your perception is mistaken. All is well.

10 - Changing perceptions. In order to hear properly, you need the desire and the willingness to change your perception of the world and of yourself. Gently accept responsibility for your present perceptions and be willing to see another way.

Will be continued with part -3- of [About the Nature of Spiritual Guidance](#).

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