

## 9 Ways Spirit is working in your life

- 1. Sending signs.** Spirit can arrange synchronicities to help alert you to something you need to see or know about. Ask your guides for what you want and then watch for signs that you've been heard.
- 2. Gut feelings.** Spirit can poke you in the gut when you're experiencing something they want you to pay attention to. Following your gut instinct is also a manner in which guides try to direct you. If something doesn't feel right, it probably isn't.
- 3. Intuitive insight.** Spirit can send you flashes of intuition which may sound like a voice in your head. "Slow down!" and then you realize you were almost in a car accident.
- 4. Sending people into your life.** Your guides/ Spirit sometimes get together with other people's guides and together they try to create a meeting between their charges. Perhaps you are thinking about someone from college and the next thing you know you see them in the bookstore later that day. Chance encounter? Probably not
- 5. Arranging and nudging.** Spirit can also nudge you in the direction they want you to go, or arrange for something to happen to you. For example, perhaps you're running late and can't find your keys. You're frustrated because you need to get somewhere on time. Suddenly, your phone rings and it's a really important call you would have missed if you had found your keys earlier.
- 6. Listen to your intuition.** That little voice that tells you to "slow down" or "buy bread" or "take notice of the pretty woman in line in front of you" is a direct communication from your guides or higher self. Try listening to your intuition and see what results you get
- 7. Journal.** A method I recommend to a lot of people during my [readings](#) is to open a journal program or just a Word document and write down some questions you'd like to ask your guides. Be quiet and meditative and type up the answers you hear. Keep going as if you're having a conversation with them. It may seem like you're just typing answers from your imagination, but keep going.
- 8. Meditate.** Do a meditation where you imagine yourself going to a room or a garden and ask your guides to appear before you, sit with you, and chat. Like the journaling method, just see what they say.
- 9. Dream.** One of the best ways to meet and connect with Spirit is to meet them halfway. Open your dream up to them. You can put out the intention every night to see and connect with your guides/Spirit in your dreams. It may take a while, but it will probably eventually work.