



MANMEET KUMAR

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SPIRIT GUIDES

11 WAYS TO
CONNECT

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www.manmeetkumar.com

11 PRACTICAL WAYS TO CONNECT TO SPIRIT GUIDES

Spirit Guides are the Higher Beings of Light who are responsible for our well-being and to ensure that we move towards our life purpose and lessons. They are also responsible for overseeing that we fulfill our soul contracts that we made before we were born.

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Everyone has a team of Guides that were chosen by us before we were born. They help us remember our purpose in this life, nudge us gently towards our lessons and protect us. They are waiting for us to connect to them

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WHO ARE THESE GUIDES?

1. These guides can be our ancestors, Angels and Archangels, Gods and Goddesses, our own Higher Self or the universal Consciousness.
2. Guides can also be animals and plants.
3. These have been chosen before our birth.
4. We will meet them from time to time and depending on which one we need at what time.
5. Praying to a God doesn't necessarily mean that they are our Guides.

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Guides can be Angels, Archangels, Ancestors, Animals, Plants, Gods and Goddesses. They are Light Beings who has very high vibration and can reach us energetically. Our Guides are chosen by us before we were born

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How can connecting with Guides improve our life?

1. We can connect with them for day to day guidance. Simple decisions like what exercise class to join to more serious decisions on job change, managing relationships and so forth can be easily addressed by Guides.
2. Guides can alert us of impending danger. I know of a client who was repeatedly told not to get on to a flight; and later found that the flight had crashed on take-off.
3. Guides can gently point us towards our Life purpose.
4. They can help us get through difficult times by offering hope and helping us see the silver lining.
5. They will always guide us to learn our lesson and ask us to do things in our highest good.
6. Talking to Guides can be fun! Many times, I personally find it to be destressing.

Can you imagine that we all have a team of Guides who are responsible for us, yet we hardly know about their existence and certainly most people do not know how to communicate with them!

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Know that your Guides are near you and keeping a watch. The right Guides will

present themselves to you at the right time. We have different guides for different things and they are responsible for our welfare and safety.

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Though modalities like Automatic Writing

(<https://www.manmeetkumar.com/automatic-writing>)offer us a precious

opportunity to connect with these guides forever, let's find some initial practical ways to try and communicate with them.

1. **Believe:** The very first thing is to believe. Read about them, believe that they are there, expand your knowledge about them, read about how they have helped other people. Read, read, read. This is key that the foundation of your relationship with them is trust and faith. “Seeing is believing” is for the logical people, you’ve never seen God, yet you believe, don’t you?
2. **Be Still:** Five minutes every day, find time to be still. You can listen to gentle music, soothing music or be in complete silence. This allows your inner radar to create time for them. This is a very good tip for increasing focus and concentration too.
3. **Write:** Keep a paper and pen handy. Three to four times in a day, sit for ten minutes and write. Write whatever is on top of your mind. This helps us in decluttering our mind and creates clarity and space for clearer messages from guides. If you develop a practice to write what is top of mind on a paper twice a day, trust me, in less than three weeks, you will be a much calmer person. Your mind chatter will go down considerably.
4. **Crystals:** Some crystals like amethyst, clear quartz, purple tourmaline have the ability to increase the connect to our

Guides. Wear them but remember to charge them weekly. You can do this safely by placing them overnight on a dish of dry salt. Throw the salt later. They can also be charged in the sunlight for an hour.

5. **Improve your Clairvoyance:** Clairvoyance is the ability to visualize or see things with your eyes closed. A good book for this is "Creative Visualization" by Shakti Gawain. You can do this by closing your eyes and imagining yourself in a party wearing your favourite dress. Some people are naturally good at it while others can develop this ability with ease.
6. **Third Eye:** Tapping your third eye 9 times before sitting in silence can help in getting faster messages. Massaging the area for a minute also activates the third eye. Opening the Third Eye must be done very responsibly and under the guidance of a Master. Automatic Writing offers one such opportunity. Read here to know more about the third eye and its activation: <https://www.manmeetkumar.com/post/signs-that-your-third-eye-is-opening-and-how-to-handle-it>
7. **Salt Water bath:** This always helps in cleaning out the negativity, excess thoughts and any lower emotions. Ask your Guides to help you while you are bathing- ask them to take away your sorrows and pain.
8. **Ask them for signs:** Asking your Guides for signs is always a powerful way to build faith. Keep in mind though that you ask for uncomplicated signs. For example, asking to see a green car in the next one hour that too when you are at home, may make it very tough for them. Keep it easy, keep it simple. And always thank them once the task is met. A good book for this is E squared by Pam Grout. It offers simple, practical ways to play with the Universe. Ask us for a free ebook on knowing how the guides are trying to reach you.
9. **Eat light, no dairy:** Milk clouds your third eye. It creates a thin film of mucous that doesn't let you "see" with your third

eye. In simple terms it means that it clouds your intuition. A vegan diet or at least vegetarian, allows faster channeling as the stomach is not busy digesting food all the time. You can make changes in your diet slowly, but know that a vegetarian diet allows a more powerful connection.

10. **Practice Guided Meditations:** Guided meditations are powerful and easy, especially if you find it tough to concentrate or you have a block with meditation. The idea is to find something simple yet effective. Find a voice that soothes you. Meditations on past life and spirit can help you to begin with. My meditation on past lives is here:

<https://www.manmeetkumar.com/product-page/past-life-regression-meditation>

11. **Angel Numbers:** Put an intent to see Angel numbers. These are numbers that repeat themselves, or are in synchronicity. Example, 1111, 222, 777. You may also be seeing time, bills, or these numbers will appear suddenly in your life. Each sequence means something specific and is a message from your guides.

Connecting to Guides can be an enriching experience. I am sure you felt it with me during the 7-day free trial to meet Guides. Cherish it and enjoy the journey!

Much love and blessings,
Manmeet



If you want to read more about Manmeet, click here:

<https://www.manmeetkumar.com/manmeet-kumar-biography>