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TIP FOR TODAY:

**I [enter your name here]
AM Divine Spirit Incarnate.
My Will is peace to my body,
Gaia, Earth, and the Human
Collective.
I am the true Beneficiary of the planet Earth, and Solar System.
I do no consent to war and thus
here order all persons, humans,
organizations, governments,
Trustees, and world leaders to
go to Peace Now and end all wars on and off the planet Earth.**

I hereby take stewardship of the Land and Planet Earth.

Spiritual Guides and Ascension

We do not live in isolation, either physically or spiritually. Just like we have people around us that can provide us with good advice, teachings and wisdom on the material plane, we also live in spheres of existence at a spiritual level that are also populated with other spiritual beings. In fact, we come to Earth accompanied with a whole entourage, a support team, of spiritual guides, teachers and helpers.

These have been called different names by different cultures, angels, ascended masters, spiritual

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guides, Jesus, animal guides... the list goes on and on. The shape, identity or vibration the guides take is very much designed for our personal and cultural acceptance. Are they all the same entity? As much as we are the same entity as our neighbors, teachers, brothers, sisters, parents and acquaintances. We are indeed One in [Oneness](#), but in our three dimensional reality we are separate and individual.



There are two main things to remember about guides as you look for them and accept them in your life:

1. They are not here to tell you what to do and to give you orders. I cannot tell you how many people have asked me, "what do my guides want me to do next?".

They are not your parents and you are not a child. Asking them what they want us to do is simply a form of avoiding responsibility for our growth, life and actions.

Your guides are here to help you get where YOU WANT TO BE. And they have no judgment, so if your main preoccupation is the thought that you are poor, they will make sure you stay poor because the vibration you are giving is "I am poor". If your main preoccupation is to continue on your soul journey, they will put in your path teachers, books, tv shows, and people who will help you in this journey. And yes, the journey will be flavored with what you think it should be like. So if you believe you have to suffer to get into heaven.. guess what? You will be shown ways to suffer. They are energetic entities, live beings, not supernatural, God like creatures, or figments of your imagination. As such, they have their own evolutionary process to accomplish, part of which is to come to Earth and help with your soul journey or ascension.

2. The way to interact with your guides is on an equal basis, like you are going to meet a good friend who happens to have access to the Universal Library of All. You establish a relationship of trust, then ask for guidance on your latest problem. So, for example, it's not, "tell me what you want me to do next to become an evolved being." Or, coming with a shopping list of items such as, "Can you send me money for childcare, a new car, a beautiful house, my soul-mate, a new job." But, "When I try to merge with Oneness, I am afraid I will loose my identity. Can you tell me if this is going to happen or not?" In other words, be specific. Guides are here to guide us, very much like a Tour Guide on your Earth Holiday. We don't go to the tour guide and tell him or her what they want us to do next! No, we tell them where we want to go and they show us the sites and explain the history and what you can do in the area. But it is our choice of destination.

For example, recently I went to see the movie Avatar, which I highly recommend by the way, and I was reminded of the Interconnectedness of Earth and all that is on Earth, including us. Anyway, I went to bed that night wondering if this interconnectedness is as still strong today as it was when I was a child, or whether in fact we have "ruined" it for all of us through exploitation of natural resources. I asked Mother Earth for a sign, a message, anything, to let me know what the situation was.

The next day, I wake up and go downstairs, put on the kettle, then go to my computer to check email. My study has a very large window overlooking my suburbia garden. There are two large willow trees at the back, one directly in front of my window. Suddenly I see a huge, and I mean HUGE, Redtail Hawk land on this particular tree. My jaw dropped. You see, I am in the middle of the suburb, and had never seen one before in all my years here. Some blackbirds, which were about the 1/3 of the size of this huge hawk, tried to scare it away, it just sat there watching them, and watching me too. Then a tiny little bird made it's way through the branches and stood right next to it, looking at it, had probably never seen such a creature in it's entire life. The hawk just looked at it, as they do, and then looked back at me. You know the feeling you get when you know an intelligent being is looking back at you? Well, that was the feeling I was getting.

I sat down, and instead of checking email, I did a search on the spiritual meaning of redbtail Hawks, this is the first page I found:

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"Part of the Role for the two-legged beside whom Red Tailed Hawk flies is that of Guardian of the Earth Mother. These are individuals who will possess an astute awareness of the concept of the interconnectedness of all things, and will have an inner reverence for all life." from http://wolfs_moon.tripod.com/RedHawkTotem.html

Do you see how it works? It is simple, yet inspiring, motivating and full of wisdom.

By the way, I'd like to thank Mother Earth for being such a powerful and inspiring Guide and Teacher.

Comments

#8 **Claudio Andrade** 2012-02-17 07:59 0

This reminded me of our child, when she was about to be born, a white wading bird appeared flying near me in a big city. As I was telling this to my wife, a colorful toco toucan passed flying in front of us. So magic...

Quote

#7 **Guest** 2011-08-08 23:09 +1

Quoting Glen Pavelich:

Movie Avatar: One of the things I took away with me from the movie "Avatar" was the beauty of their intimate greeting or acknowledgement "I See You." In the meditation for releasing fears and emotions where you suggest we allow it, thank it, let it build and then release it... the only words I need for the allowing and thanking part are "I See You." - then I just observe it and let it go. Loved the movie.

I totally agree with you, Glen. I actually forgot that they said that. :) Thanks for the reminder! It is a simple, yet profound and beautiful acknowledgment to say on a regular basis. And I agree that it goes wonderfully with the meditation for fear. Great observation! 😊

Quote

#6 **Guest** 2011-07-25 15:12 +1

Movie Avatar: One of the things I took away with me from the movie "Avatar" was the beauty of their intimate greeting or acknowledgement "I See You." In the meditation for releasing fears and emotions where you suggest we allow it, thank it, let it build and then release it... the only words I need for the allowing and thanking part are "I See You." - then I just observe it and let it go. Loved the movie.

Quote

#5 **Guest** 2011-06-11 12:56 0

This article has been very useful to me, Inelia! Thank you so much and thank you for coming into my life....!

Quote

#4 **Inelia Benz** 2010-08-14 00:03 0

Hi Stephanie,

I would suggest you employ a good psychic worker who specialized in spirit guides.

Do a search on the internet with those key words and then read a few psychic worker's pages, see which one resonates with you the most before buying a session.

love
Inelia

Quote

#3 **Stephanie Hinojosa** 2010-08-13 15:40 0

No spirits are telling me to harm myself or others. I am confused if my guides have taken on the form of a man I see around town. This "spirit" is helping me tremendously by just talking with me about all the things I go through each day with this ascension that has caught me off guard. I have gone through a divorce, bankruptcy and my family are not available to speak to me about what I am going through nor do I have any friends. I am not sure if this spirit who just sits and talks with me, And this includes great times of laughing and deep conversations, is in fact this man I see around town or a spirit guide taking on his form or both. This has been going on for 4 months. I am sane but have questioned this at times;) I would like to determine if this man and I are helping each other in this way because physical circumstances are in the way of us actually meeting. There is a romantic attraction and I have not experienced anything like this before. Any wisdom can help.

Quote

#2 **Inelia Benz** 2010-08-11 03:07 -1

Stephanie,
If the spirits are telling you to harm yourself or others, they are not good, or could be a sign of mental illness. If they are helping you evolve, grow and become more aware, self sufficient and happy, they are your guides.

Quoting Stephanie Hinojosa:

How can i contact help? I am in a rather tight spot and cannot determine what type of spirits I am in contact with and what their purpose is in my life.

Quote

#1 **Stephanie Hinojosa** 2010-08-10 10:27 0

How can i contact help? I am in a rather tight spot and cannot determine what type of spirits I am in contact with and what their purpose is in my life.
[email deleted]

Quote

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Thank you!

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 E-mail (required, but will not display)
 Website



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