# Working with your Spirit Guides and Animal Allies Workshop

**PREREQUISITE: Discovering and Connecting with your Reiki Guides**



Congratulations on taking the first step in connecting with your Reiki Spirit Guides. I hope you are beginning to enjoy the subtle ways in which Spirit has been communicating with you.

We will continue our exploration of the Spirit world in this workshop. We begin with exercises which will help you Communicate your Angels and other Healing Beings of Light. This experience will then be followed by a discussion helping you understand the Spiritual Realms a little better.

Next, we will explore the differences between Spirits, Ghosts and Spirit Guides. Can one being actually serve two purposes? Hmmmm!

Would knowing the various types of Spirit Guides including the Relative Guide, Spirit Guide, Angel Guides, The Master Teacher Guide and our Animal Spirit Guides be helpful in working with them? Would knowing who they are, why they would they want to work with you, and what can they offer you, be helpful? Well these topics and more are addressed in this invaluable workshop!

Once we have a good understanding of these types of Guides, we will dive deeper with discussions on what we can do to enhance our Spirit Communications.

How we can open up those lines of communication as it were. Topics will include:

* **Your diet** – are there certain things you should consume to enhance your communication with your Guides. Likewise, are there things you should avoid?
* **Water consumption** – Why should you drink water, how much and how often.
* **Salt intake** – IS salt good or not? Why type of salt? How often and when.
* **Fasting** – Would fasting intensify your communication with Spirit?
* **Bathing** – Should you bathe before or after a Spirit session? Is there anything special you should be doing while bathing?
* **Fragrances** - Would different scents attract different types of Spirits? If so which ones attract what groups?

Sound interesting? These topics and more will be covered on the first day of class.

After you have had time to try out these different methods for yourself …. we come back as a group and continue the class for the second day of this workshop. On this day you will have an opportunity to explore and actually try out…a variety of methods designed to further enhance your ability to connect with your Spirit Guides and Power Animals.

The first topic we will explore will be Dowsing, and the use of a Pendulum. You will practice with various dowsing methods including the Yes/No chart and the ABC chart.

Next we will explore Numerology and how to figure out your Personal Numbers based on your name at birth and the date and time you were born. Following this discussion, I BET you will find that the numbers you have seen on license plates, on your clock or even your computer screen were actual messages from Spirit. Come and learn HOW to decode these messages and apply them to your daily life.

We will also look at Astrology and what your Natal Chart has to do with the type of Spirit Guides you attract.

This topic is followed by a discussion and practice with various types/decks of Oracle cards. Could Spirit be trying to communicate to you using this type of method?

We will delve into the history of Runes and then work with a few sets and patterns to see what messages Spirit has for you.

Have you ever heard of Scrying? Scrying is a very old method of communication with Spirit. We will work together and see which one of our Guides prefers this form of communication.

Have you ever done any Automatic writing? Did you know there are actually two forms? Well there are: they are known as Active and Passive. We will look at both of these methods and discuss when and how to use each type.

Finally we will end our session with a meditation designed to allow you to meet one or several of your Spirit Guides OR your Power Animal.

Sound exciting? It will be! Come and be with like-minded people. Come for PART 1 of Working with your Spirit Guides and Power Animals – and then come back for the second part and finish the class. Both classes will meet from 8:30 am until 3:00 or 4:00 pm, depending on discussion.

The fee for this workshop is $ 200.00 and includes both Part 1 and Part 2.

Class size is limited. So please, if you are interested let me know and I will send you a registration form.

Come to the country and spend the day with like-minded people. Come and experience the benefits of our Wooded Paradise!

See you all soon!

Sharyn