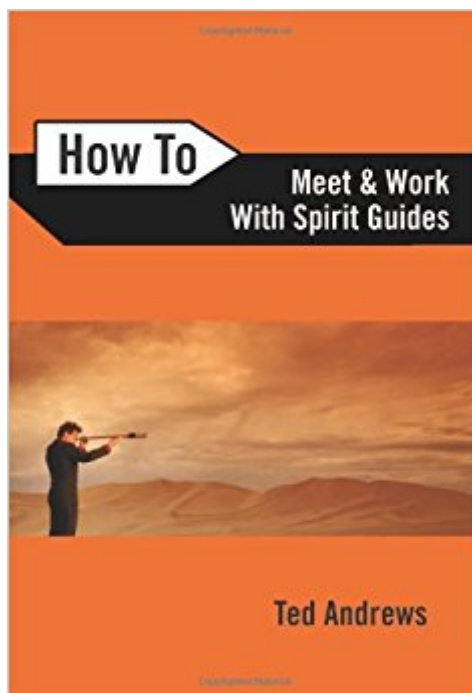


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# How To Meet And Work With Spirit Guides



## Synopsis

Each of us can benefit from contact with the spiritual realm, and we often do so without realizing it. Spirit guides serve many roles and take many forms of expression within our lives. They inspire creativity and insight, help open us to abundance, protect us, and serve as our companions. In *How To Meet and Work with Spirit Guides*, popular author Ted Andrews teaches you simple and effective techniques for establishing rapport with your angels and guides. Explore meditation, divination, fragrance, crystals, and other ways to connect with spirit helpers, and enjoy the many gifts and learning opportunities gained by working with: Guardian angels Spirit guides Loved ones in spirit Animal totems Nature spirits Fairies

## Book Information

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## Customer Reviews

Ted Andrews (1952-2009) was an award-winning author and deeply respected teacher in the metaphysical and spiritual fields. Through his seminars, symposiums, workshops, and lectures, he was committed to making esoteric material comprehensible and practical for everyone. Ted Andrew's many gifts included clairvoyancy, aura interpretation, past-life analysis, dreams interpretation, numerology, and Tarot. He wrote many books on these subjects, but is best known for his work with animal mysticism and for his bestselling *Animal Speak: The Spiritual & Magical Powers of Creatures Great & Small*. Certified in basic hypnosis and acupressure, Andrews was also involved in the study and use of herbs as an alternative path in health care, focusing strongly on esoteric forms of healing with sound, music, and voice. In addition to his interest in metaphysics,

Ted was a trained pianist and often used the Celtic harp, bamboo flute, shaman rattles, Tibetan bells, Tibetan Singing Bowl, and quartz crystal bowls to create individual healing therapies and induce higher states of consciousness. Ted Andrews is the author of *The Healer's Manual*; *Animal-Speak*, *How to See & Read the Aura*; *Enchantment of the Faerie Realm*; *Crystal Balls & Crystal Bowls*; *How to Uncover Your Past Lives*; *How to Heal with Color*; *Sacred Sounds*; *Simplified Qabala Magic*; and many other New Age titles. He passed away on October 24, 2009.Â Â

A very good guide to working with your spirit guides. Like anything else worth while, it does not come "over night". Working with the exercises, like working with weights, one develops the strength of connection to the other side.

I did not know the book existed until I was perusing the topic and Ted Andrews name came up. This is the perfect little book that is chock-full of info, exercises and excellent cautions. It uses the word "Development" which I was trained to use when "sitting" to meet Guides. It is quite accurate, I feel. Book is not lengthy but specific and perfect for travel too. It addresses some categories not found in other books. I suggest it highly as guide for GUIDES. Also, Seller sent it timely and in excellent condition-will use this for instruction to others and especially beginning students of "Development." Reccommend Seller too!--(Rev. Dr) A.L. Walton

I'm 53 and returning to occult studies after decades of being in the "punch-a-clock, 9-to-5" working world; and raising a son. My feeling of Ted Andrews is that he was knowledgeable and sincere and certainly dedicated to esoteric studies. Because of his extensive studies of animals and energy, I purchased this book. It is small and an easy read. It doesn't have an abundance of foreign or non-English words. He doesn't try to explain a whole philosophy, he sticks to the point. This book is about how to approach this with ease, gentleness and confidence. Some old texts on this subject lead you to believe that if you don't sit in the exact middle of a drawn pentagram and light candles in the four directions and sit there at 2 am, you're going to get possessed by the devil or something. Ted explains connecting to your spirit guides in a way that really just opens up your confidence to understand the energies and unseen forces that are operating all the time -- TO OUR BENEFIT. The practices are taken from ancient texts but made simple and are powerful for getting in touch with your energy and exploring the energies of those who surround you or want to connect/communicate with you. It's a good book to read if you are concerned about someone you know who might be interested in this. I like the book and for the price and content, would

recommend it to others.

I have read many books about this topic. I find it interesting that each author has similar ideas but yet the ideas have different approaches. This author has a more rigid approach. I'm not saying that is bad. Sometimes strict guidelines are the best for some people. I'm not sure that it is for me. If you feel a book resonates with you, then keep on reading it. I think it is a great book for those who are new to the concept of meeting and working with your spirit guides. If you like this topic and looking for more of a relaxed approach then I recommend "The Psychic Housewives Handbook" by Lorraine Roe.

Ted Andrews shares in this book some fun ways of increasing your non-physical awareness through diet (eating high-vibration foods like vegetables, and fruits - lemons, oranges, pineapples, papayas), fasting occasionally, bathing in salt-water, through acupuncture and gently massaging two points at the back of your head, and stimulating hui yin point (at the perineum) while your tongue is placed at the roof of the mouth (this is actually a part of Microcosmic Orbit practice, as well as moola-bandha in yoga). He then mentions varieties of scents that assist in spiritual perception - from frankincense that raises the vibration, to lavender that he says has been worn by individuals to see spirits and stimulate greater awareness of their presence, rose for spirit guides of love and joy, gardenia and wisteria, popular among the occultists to attract nature spirits and guides of creativity, healing and inspiration. He then shares exercises for relaxation, meditation and visualization for raising your personal vibration (see yourself as a light). One of the exercises he suggests for raising the vibration is the Middle Pillar exercise from Qabala, based on Golden Dawn tradition. This is followed by The Mystic Marriage exercise which activates and aligns the upper four chakra centers of the body and increase the flow of energy to them, enabling greater use of intuitive and Higher Self capabilities, which in turn facilitates recognition of spirit guides. (On the other hand if you have your own favorite way of increasing your awareness of the spiritual realm according to your affinity and beliefs, you may as well do what you feel most comfortable doing). Upon this you visualize your inner sanctuary, a place where you feel comfortable, safe and protected and where you will initiate communion with spirits. This book then contains techniques that involve mediumship, inspirational and automatic writing, even ouija board (many would advise to leave ouija boards alone), scrying with the crystal ball. Among the spirit guides, the author suggest you can contact guardian angels, archangels, all kinds of angels, nature spirits. He shares the method of working with archangels using the signatures base on the Golden Dawn technique of

tracing the Hebrew letters of the name on the symbol of the Rose-cross. The author then shares techniques for connecting with nature spirits, honouring spirit totems and animal spirits, this time through a combination of Golden Dawn and shamanic journeying techniques. And then we come to discarnate entities, ghosts and hauntings. Appropriately, there is a chapter on important precautions where you are advised to use discernment. When you are involved with spiritual beings who contribute to your well-being you experience increase sense of joy, vitality, creativity, inspiration, energy, and you feel a sense of inner peace. If the energy you sense unsettles you, then discontinue contact. If you prefer non-occult way for working with spirit guides, you may like better Sonia Choquette's book "Ask your Guides".

This book answered so many of my questions. I wish that I had found it sooner. There is so much to learn in this small book. Every page has great information in easy to understand format. I highly recommend this book.

I found the book relatively straight forward without any frilly requirements. If anyone is interested in this topic then this is written for you. Only 187 pages with some helpful meditation exercises as well as a bibliography that provides other resources on the topics covered in this book. Whether you take this subject seriously or not, this book lays out some basic information that you can decide whether to follow or not.

Excellent book for beginning mediumship development students.

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