



TUNE INTO SPIRIT :

7 SIGNS TO RECOGNIZE DIVINE SPIRIT GUIDANCE

Hello,

I am Kerry Cadambi, an intuitive energy healer. Over the last decade I have worked on perfecting my ability to communicate with Spirit for guidance, and I want to share this with you.

Congratulations for taking a step first toward tuning into your very own Spirit guidance. Yes, we all have it and everyone is able to access it themselves! This PDF guide, which I received by connecting to my divine Spirit guidance, can help you to recognize when and how you may already be receiving divine Spirit guidance.

I wish you all the very best on this your journey into, and exploration of, your Divine Spirit Guidance.

You CAN DO THIS!

Spirit is always available to guide and mentor each and every one of us. And you don't have to be "special" to make this connection. Anyone can tune into Spirit for guidance.

You might have already tried to connect to Spirit. Maybe you weren't sure about what you received. You may have wondered where the information came from: was it from Spirit or did it come from your own mind? That my friend is a great question.

There are several ways in which spirit is available to guide and mentor us. Their guidance may come in the form of answers to directly asked questions, this is often called channeling. The guidance may also come in other forms more subtle and seemingly less direct, so we need to be aware and watchful for other forms in which their messages come to us. I will talk about that here too.

In order to facilitate this connection to spirit guidance we also need to make ourselves receptive and open to recognizing their guidance. If we have the intention of asking for guidance and then are able to surrender to how and when that guidance comes to us, spirit is more than willing to oblige.

ASK FOR DIVINE SPIRIT GUIDANCE AND BE OPEN TO RECEIVING

Setting the intention of what you truly wish to know is a great way to ask for spirit guidance. Spirit waits for us to invite in their guidance, and there are many ways in which to invite them. The process of merely asking invites them to work with you. You may simply ask a question or ask for help. Be curious. Be conversational with it, asking questions and quietly, without expectation, listening to the response. Be willing to release the need to know or have an answer immediately. Trust that the guidance will come at right time, in right way.

Other ways to invite divine Spirit guidance include using a pendulum to receive an answer to a question. Or pull Tarot or Angel cards, then notice what the message of that card is. Be open to looking deeply, beyond the surface of what that card first means to you. Be open to the mystery.

IT'S NOT YOUR OWN TRAIN OF THOUGHT.

If the answer is surprising or unexpected, you can be sure that it is coming from a source outside of yourself. The information may also feel like it just dropped into your mind, that it was NOT a product of your train of thought that linked A to B to C. Also, just so you know, they may tell you what you *need* to know, not necessarily what you *want* to know !

When you begin by asking questions of Spirit, do you already have an answer in mind? It is best to clear your mind and enter into this conversation with no expectations. This allows you to notice whether the information comes through as a part of your train of thought OR as something that may feel completely new or unexpected.

IT'S NOT YOUR STYLE OF SPEAKING OR WRITING.

One way to connect with your divine Spirit guidance is to ask questions and then write or record the response that comes to you. This is referred to as channeling.

When you later review that written or recorded message, you may find that the language is stylistically different from your own way of speaking. You may also find that messages come complete; in an organized fashion with a beginning, middle and end, neatly summarizing the teaching in a well thought out manner. This aspect can be most surprising, especially when you are writing the response and literally do not know what word or idea is coming next. The message and idea formation and format seems to write itself.

YOU MAY FORGET WHAT YOU HEARD.

Have you ever woken up from a dream and can remember the details, only to forget them as the day wears on? Some dreams, and Spirit messages, may be unforgettable, and are forever stored in your memory. Meanwhile others, though they served to be helpful may be of a more subtle nature.

Conversing with spirit often requires an energetically higher vibrational state to facilitate this connection. Thus after receiving the message you may feel a bit like you've come

out of a dream state. And just as memory of dreams can fade once you are in the awake state, so can memory of these messages. For this reason, it can be helpful to write the messages or record them in audio for later review.

IT'S AN UNEXPECTED, RANDOM, SYNCHRONISTIC SOURCE OF INSPIRATION.

Not everyone is comfortable with the idea of channeling or ready to try it. No worries, there are other ways of asking and receiving guidance from your guides. I began my journey of asking for spirit guidance with simple requests; like asking for a good parking spot, or when driving if I should change lanes or wait. Sometimes they would respond “wait, they will turn soon”, and sure enough the other car did turn, allowing me to easily change lanes.

You may outright ask your guides directly for what you want. Yes, its just that easy. A bit like a prayer if you like. Or like telling the bank teller what you want to transact today. Or merely setting an intention. Once you make your request, then release any expectations and surrender to how and when guidance may show up.

Once, when returning from a healing center in Brazil, I knew I was going to need help lifting my carryon suitcase into the overhead bin as I was not supposed to lift heavy weights,.... but I was reluctant to ask for help. After agonizingly lifting my bag onto the conveyer belt to pass through security I resolved to ask for help once I got on the airplane (this was a big shift for me at that time !). When I walked down the aisle of the aircraft, as I approached my seat there was an airline attendant standing there. Without my even looking at him or asking, he immediately picked up my bag and deposited it into the overhead bin and then walked away without a word. That was spirit in action, guiding me to release my hold on ‘doing it myself’ and to know that I am being supported.

THERE ARE MANY WAYS THAT GUIDANCE SHOWS UP.

It may be a knowing of something you weren't aware of before or it may come through one of your senses - hearing, seeing, smelling, feeling. Be open to all these options and more. Here are some ways I have experienced spirit guidance:

- *Hearing* just the right song on the radio. The lyrics of a song, maybe even just the chorus, is exactly what you needed to hear. Is this coincidence? I think not. Or it may come in the form of a conversation with another person. Sometimes it is a pattern of hearing the same message repeatedly over a short period of time that will catch your attention. Notice what you *hear* that resonates for you or to which you have an emotional or physical reaction.

- *Seeing* an image that answers my question. Spirit guidance may come in the form of something you see; like a sign, billboard, advertisement, social media posting. You may go to a bookstore and find a book practically call to you from the shelf.

- *Knowing* something before it happens. This may seem like a random thought that drops into your mind. For example: that a friend will be moving, that your job will change. And you later find out that it has happened or will happen.

- *Smelling* a scent which reminds you of someone or someplace. And you have no explanation for the source of the scent in your vicinity. For example: some people report smelling a rose scent when connecting with Mother Mary.

- *Feeling* a presence. This may be a loving presence, ensuring you that you are being taken care of, provided for, watched over.

Notice how you feel when this occurs: is it a comfortable, open, joyful, loving response, or is it uncomfortable, out of balance feeling. Are you in your head or in your body? Your body's response lets you know what is true for you. Be aware of any head responses, the mind trying to make logic of or explain away something. Always go with the body's response, the heart response. That is your connection to spirit.

RECOGNIZING DIVINE GUIDANCE AND HOW IT SERVES US.

Spirit's desire for us is that we communicate with our guides/teachers/mentors of the highest light. Messages that result from this elevated connection will always be loving to their core. They will never ask you to do anything beyond your capabilities or that would be hurtful in any way to anyone or anything.

These messages can be loving but also can be firm at the same time. Imagine a loving parent guiding a child who has strayed. They will be firm about what was not in the child's best interest and still lovingly communicate what is expected; letting the child know they are loved and supported, all while giving guidance. Then it is up to the child to hear the message, and do their best to follow that guidance. When they next stray, the parent again provides that loving guidance. Spirit is like that loving, guiding parent.

Divine guidance will always resonate with the 'do no harm' maxim. The information should always serve a higher purpose. That purpose may be one of learning some lesson. That lesson may seem difficult at the time but in the long run will serve the person who poses the question or makes a request. The resulting lesson will do no harm to anyone at anytime. Spirit guidance is always meant for healing at some level and elevating and evolving of humanity. So, measure messages against the yardstick of love and of serving a higher purpose.

AND NOW,....

The lesson in all of this is that spirit can communicate with you through many forms. You can know that is it spirit if the message does not come from your own train of thought. When you review the message later you notice it is not in your voice or style of speaking/writing. You may have forgotten some of the message until you review it. And sometimes the message comes at unexpected times from unexpected sources. This is when you have asked for guidance and then released that prayer, allowing spirit to deliver at right time and right form.

There is an art to forming your request and then there is a magic to releasing and allowing, so that spirit can provide what you need. Having faith and trusting that you are held, supported and divinely guided greases the wheels of this connection to spirit.

Know that you are divinely loved and supported. Ask for wise guidance and counsel from your Spirit guides in the highest light. Know they are present always for you and willing and waiting to help you on your earthly path. Ask, Dear Ones, and you shall receive.